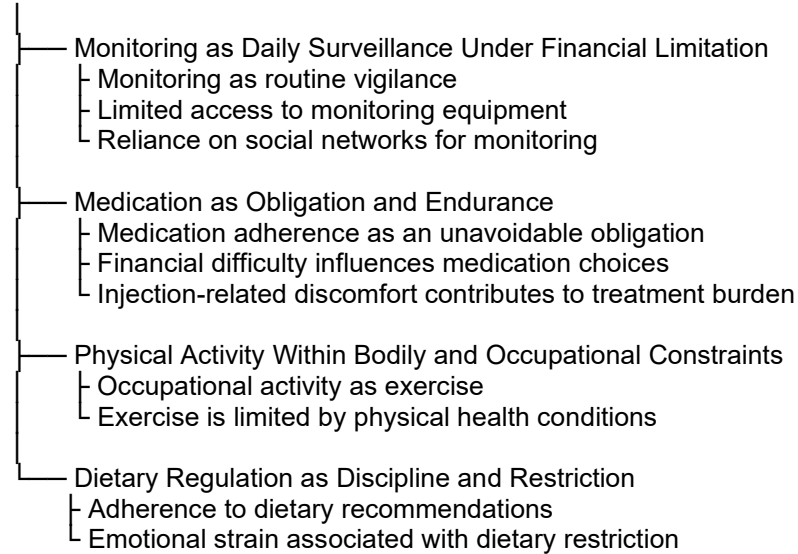


Supplementary File 2

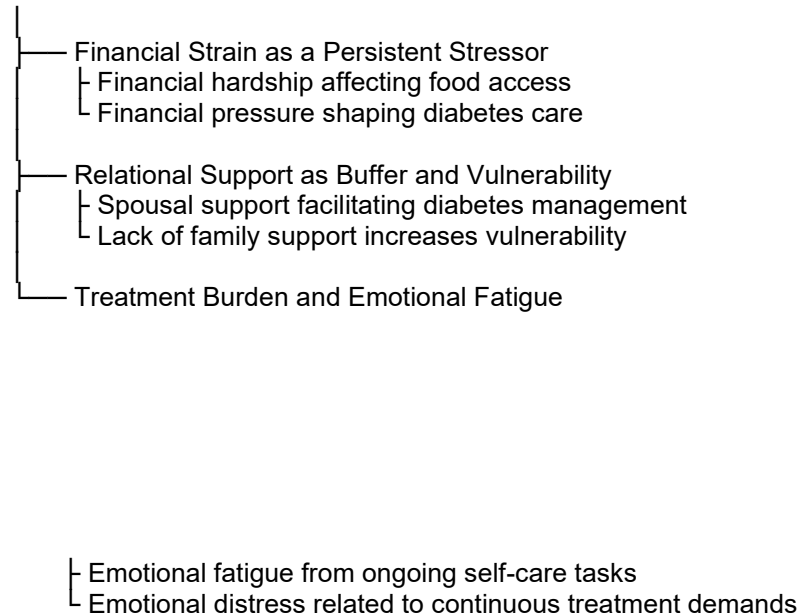
Codebook Excerpt and Coding Structure

Coding Tree

Structured Self-Care Behaviour Within Structural and Relational Constraints



Diabetes-Related Distress as Cumulative Emotional and Material Burden



Codebook Excerpt

Interpretive Code	Sub-theme	Interpretive Domain	Example Quote
Monitoring as routine vigilance	Monitoring as Daily Surveillance Under Financial Limitation	Structured Self-Care Behaviour Within Structural and Relational Constraints	"I check my blood sugar level twice a day – in the morning and at night... the morning is constant to plan my meal." (P2)
Limited access to monitoring equipment	Monitoring as Daily Surveillance Under Financial Limitation	Structured Self-Care Behaviour Within Structural and Relational Constraints	"I bought a glucometer machine to monitor my blood sugar regularly, but the machine is faulty now." (P4)
Reliance on social networks for monitoring	Monitoring as Daily Surveillance Under Financial Limitation	Structured Self-Care Behaviour Within Structural and Relational Constraints	"I used to check my BP and blood sugar level in one of my church members' houses, who has the machines." (P5)
Medication adherence as an unavoidable obligation	Medication as Obligation and Endurance	Structured Self-Care Behaviour Within Structural and Relational Constraints	"I do not have other choices, so I take my insulin and use other drugs as prescribed." (P2)
Financial difficulty influences medication choices	Medication as Obligation and Endurance	Structured Self-Care Behaviour Within Structural and Relational Constraints	"Initially, I was using an ljebu drug... Now, I am using the prescribed orthodox drugs." (P8)
Injection-related discomfort contributes to treatment burden	Medication as Obligation and Endurance	Structured Self-Care Behaviour Within Structural and Relational Constraints	"Taking my injection and medication is burdensome... The injection site is painful too." (P3)
Occupational activity as exercise	Physical Activity Within Bodily and Occupational Constraints	Structured Self-Care Behaviour Within Structural and Relational Constraints	"I am a farmer and most of the time I trek to my farm." (P5)
Exercise is limited by physical health conditions	Physical Activity Within Bodily and Occupational Constraints	Structured Self-Care Behaviour Within Structural and Relational Constraints	"I don't do sports because of the arthritis that I have." (P8)
Adherence to dietary recommendations	Dietary Regulation as Discipline and Restriction	Structured Self-Care Behaviour Within Structural and Relational Constraints	"I eat those foods that I was told to eat and avoid others." (P2)
Emotional strain associated with dietary restriction	Dietary Regulation as Discipline and Restriction	Structured Self-Care Behaviour Within Structural and Relational Constraints	"Sometimes I get depressed... not eating what I want." (P18)
Financial hardship affecting food access	Financial Strain as a Persistent Stressor	Diabetes-Related Distress as Cumulative Emotional and Material Burden	"I usually cook a soup that lasts two to three days, but now it lasts for more than seven days due to lack of money." (P4)
Financial pressure shaping diabetes care	Financial Strain as a Persistent Stressor	Diabetes-Related Distress as Cumulative Emotional and Material Burden	"There is nothing that I can do without money." (P1)
Spousal support facilitating diabetes management	Relational Support as Buffer and Vulnerability	Diabetes-Related Distress as Cumulative Emotional and Material Burden	"My wife is aware of my condition, and she has been supportive." (P19)
Lack of family support increases vulnerability	Relational Support as Buffer and Vulnerability	Diabetes-Related Distress as Cumulative Emotional and Material Burden	"I do not have a strong support system ever since I lost my husband." (P1)
Emotional fatigue from ongoing self-care tasks	Treatment Burden and Emotional Fatigue	Diabetes-Related Distress as Cumulative Emotional and Material Burden	"Checking of my blood sugar and giving myself an injection is wahala (stress) for me." (P2)
Emotional distress related to continuous treatment demands	Treatment Burden and Emotional Fatigue	Diabetes-Related Distress as Cumulative Emotional and Material Burden	"Sometimes I get depressed with taking my drugs, checking my sugar levels, and not eating what I want." (P18)