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**LIST OF ABBREVIATIONS AND TERMINOLOGY**

BMI	Body Mass Index
DPB	Diastolic Blood Pressure
DM	Diabetes mellitus
DKAB	Diabetes Knowledge and Behavior
DSOC	Dietary Stages of Change
DSMRS	Diabetes Self-Management Record Sheet
FBG	Fasting Blood Glucose
HbA1c	Hemoglobin A1c
HDL	High Density Lipoprotein
HRQOL	Health Related Quality of Life
IDF	International Diabetes Federation
iSMS	Interactive self-management support
JBI	Joanna Briggs Institute
LDL	Low Density Lipoprotein
myDIDeA	Malaysian Dietary Intervention for People with Type 2 Diabetes
PRISM	Proactive Interdisciplinary Self-Management
PRISMA	Preferred Reporting Items for Systematic reviews and Meta-Analyzes
PICO	Problem Intervention Compare Outcome
RISKESDAS	Basic Health Research
SBP	Systolic Blood Pressure
WHO	World Health Organization
WHR	Waist to Hip Ratio