

Supplementary File

Online Table A: Mean changes in metabolic, patient-reported, and medication use outcomes over course of study and differences between treatment groups

Variable	Intervention (EOS Vs Baseline) Mean [95%CI]	Usual care (EOS Vs Baseline) Mean [95% CI]	Mean Difference between groups (Intervention – Usual care)	95% CI	p-value
HbA1c (%)	-1.6[-1.8,-1.4]	-1.2[-1.4,-0.98]	-0.4	[-0.7, -0.19]	<0.001
Systolic BP (mmHg)	-18.3[-20.4,-16.2]	-12.9[-14.7,-11.0]	-5.4	[-8.2, -2.6]	<0.001
Diastolic BP (mmHg)	-7.9[-9.0,-6.8]	-4.9[-6.2,-3.7]	-2.9	[-4.6, -1.3]	<0.001
LDLc (mg/dL)	-28.5[-31.8,-25.2]	-21.3[-25.1,-17.6]	-7.1	[-12.1, -2.1]	0.005
Weight (Kg)	0.45[-0.04, 0.94]	0.35 [-0.15,-0.86]	-0.09	[-0.81, 0.62]	0.79
BMI (Kg/m ²)	0.21[0.01, 0.41]	0.16[-0.04, 0.37]	-0.05	[-0.33,0.23]	0.73
Waist circumference (cm)	-0.23[-0.99, 0.54]	0.34[-0.51, 1.2]	0.56	[-0.58, 1.71]	0.33
EQ-5D score	5.9[4.4,7.4]	4.1[2.7,5.5]	1.8	[-0.2, 3.9]	<0.001
DTSQ score	2.1[1.59,2.69]	0.54[0.15,1.2]	1.6	[0.7, 2.5]	0.08
Creatinine	0.087[0.041,0.133]	0.014 [-0.064,0.092]	0.07	[-0.01, 0.16]	0.11
Albumin to Creatinine ratio#	0.49[0.41,0.59]	0.49[0.41,0.59]	-	-	0.35
Medications use*					
OHA use (%)	0.031[0.009,0.05]	-0.09[-0.05,-0.12]			0.0001
BP-lowering drug use (%)	0.104[0.049,0.158]	-0.02[-0.08,-0.04]			<0.0001
Lipid-lowering drug use (%)	0.258[0.208,0.303]	0.042[-0.02,0.10]			<0.0001
Insulin (%)	0.153[0.094,0.211]	0.06[0.001,0.12]			<0.0001

Abbreviations: HbA1c (glycated haemoglobin), BP (Blood Pressure), LDLc (low density lipoprotein cholesterol), EQ-5D (European Quality of life – 5 Dimension), DTSQ (Diabetes Treatment Satisfaction Questionnaire), OHA (Oral hypoglycaemic agent), SE (standard error), CI (Confidence intervals), BMI: Body Mass Index

#Geometric mean presented for log-transformed Albumin to Creatinine ratio and P value for difference is calculated using Wilcoxon sign rank test

*Medication use data is reported only for non-missing values

Footnote: Paired t-test used for within group difference in mean values of all variables (EOS – Baseline values)