Supplemental material

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1   SUPPLEMENTARY TABLES AND FIGURES

2   Supplementary Table 1. Cross table of Number of participants per medication class at baseline and 24 months

3   (n=234) and per subgroups, 1) per baseline HbA1c level categorie (< or > 7.0% (53mmol/mol)); 2) per SES group

4   (low, middle, high)

| | 24 months | | | | |
Baseline	No medication	Metformin	Metformin + SU-derivate	Metformin + SU-derivate + Insulin	*Subtotal*
No medication	0	0	0	0	*0*
Metformin	34	31	2	1	*68*
Metformin + SU-derivative	20	56	22	2	*100*
Metformin + SU-derivative + Insulin	11	19	17	19	*66*
Subtotal	*65*	*106*	*41*	*22*	*234*
1. HbA1c baseline category					
≤ 53 mmol/mol					
No medication	0	0	0	0	*0*
Metformin	22	16	0	1	*39*
Metformin + SU-derivative	14	20	9	1	*44*
Metformin + SU-derivative + Insulin	6	6	4	7	*23*
Subtotal	*42*	*42*	*13*	*9*	*106*
HbA1c baseline > 53 mmol/mol					
No medication	0	0	0	0	*0*
Metformin	12	15	2	0	*29*
Metformin + SU-derivative	6	36	13	1	*56*
Metformin + SU-derivative + Insulin	5	13	13	12	*43*
Subtotal	*23*	*64*	*28*	*13*	*128*
2. SES category					
Low SES					
No medication	0	0	0	0	*0*
Metformin	9	5	0	0	*14*
Metformin + SU-derivative	7	20	6	0	*33*
Metformin + SU-derivative + Insulin	1	5	3	1	*10*
Subtotal	*17*	*30*	*9*	*1*	*57*
Middle SES					
No medication	0	0	0	0	*0*
Metformin	7	9	1	0	*17*
Metformin + SU-derivative	5	11	12	0	*28*
Metformin + SU-derivative + Insulin	5	2	10	7	*24*
Subtotal	*17*	*22*	*23*	*7*	*69*
High SES					
No medication	0	0	0	0	*0*
Metformin	18	17	1	1	*37*
Metformin + SU-derivative	8	25	3	2	*38*
Metformin + SU-derivative + Insulin	5	12	4	10	*31*
Subtotal	*31*	*54*	*8*	*13*	*106*

5   * p chi square <0.001

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7   Supplementary Table 2. Mean levels ± SD and change of HbA1c in percentage (mmol/mol) at baseline and at 24

8   months, including subgroup analyses per baseline medication category (low vs. high), HbA1c levels (≤ or > 53

9   mmol/mol) or SES (low, middle or high)

	N	Baseline	24 months	Mean difference	P value paired t-test	P value repeated measures *
HbA1c in mmol/mol	234	56.3±10.5	55.6 ±12.8	-0.7 ±12.9	0.430	0.002
Subgroup analyses						
HbA1c baseline ≤53 mmol/mol	106	47.3± 4.1	51.5± 9.9	4.2± 9.5	<0.001	NA
HbA1c baseline > 53 mmol/mol	128	63.7 ±8.0	59.0 ±13.9	-4.7 ±13.9	<0.001	NA
						NA
Medication use baseline metformin only	68	52.4 ±9.3	48.8 ±8.0	-3.6± 9.3	0.002	NA
Medication use baseline SU-derivative and/or insulin	166	57.9 ±10.6	58.4 ±13.3	0.5 ±13.9	0.623	NA
						NA
SES low #	57	55.4 ±9.3	54.8 ±11.5	-0.6 ±13.7	0.743	NA
SES middle	69	58.3 ±12.2	58.5 ±15.7	0.1 ±13.7	0.930	NA
SES high	106	55.6 ±9.8	54.2 ±11.1	-1.4 ±12.0	0.243	NA

10   * for generalized linear models (GLM) repeated measures data at baseline, 6m, 12m, 18m, and 24m were included;

11   NA: not applicable (sample size too small).

12   #SES missing for n=2

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13   Supplementary Table 3A. Secondary outcomes per subgroup of baseline HbA1c values (≤ or > 53 mmol/mol): Mean

14   levels (SD) and change of health parameters, self-perceived health, quality of life, and fatigue at baseline and 24

15   months

	N	Baseline	24 months	Mean difference (24m vs. baseline)	paired sample t-test
		Mean (SD)	Mean (SD)	Mean (SD)	P-value
Baseline HbA1c levels ≤ 53 mmol/mol					
Fasting glucose (mmol/L)	75	7.71 (1.46)	8.09 (1.87)	0.38 (2.11)	0.125
Total cholesterol (mmol/L)	65	4.71 (1.21)	4.92 (1.23)	0.21 (1.19)	0.163
HDL (mmol/L)	67	1.29 (0.50)	1.47 (0.59)	0.18 (0.72)	0.048
LDL (mmol/L)	74	2.58 (1.00)	2.81 (1.07)	0.22 (1.09)	0.082
Total cholesterol/HDL ratio	62	3.85 (1.27)	3.65 (1.13)	-0.21 (1.42)	0.256
Triglycerides (mmol/L)	63	1.97 (1.07)	1.70 (1.02)	-0.27 (1.17)	0.074
Body weight (kg)	83	91.6 (16.4)	85.5 (15.6)	-6.04 (6.85)	<0.001
BMI (kg/m^2)	83	30.8 (4.6)	28.7 (4.4)	-2.03 (2.28)	<0.001
Waist circumference (cm)	54	108.0 (11.9)	100.9 (11.7)	-7.11 (8.45)	<0.001
Health	89	7.15 (1.23)	7.51 (1.66)	0.36 (1.65)	0.042
Quality of life	89	7.49 (1.20)	7.73 (1.35)	0.24 (1.40)	0.115
Fatigue (CIS-score)	89	60.9 (23.3)	52.2 (24.1)	-8.65 (20.8)	<0.001
Baseline HbA1c levels > 53 mmol/mol					
Fasting glucose (mmol/L)	76	9.61 (2.27)	9.47 (2.80)	-0.14 (2.88)	0.665
Total cholesterol (mmol/L)	71	4.56 (1.16)	4.76 (1.21)	0.20 (1.28)	0.196
HDL (mmol/L)	72	1.21 (0.32)	1.39 (0.45)	0.17 (0.27)	<0.001
LDL (mmol/L)	81	2.59 (1.00)	2.72 (1.04)	0.13 (1.03)	0.252
Total cholesterol/HDL ratio	64	3.96 (1.17)	3.72 (1.43)	-0.24 (1.05)	0.070
Triglycerides (mmol/L)	71	2.15 (1.38)	1.75 (1.24)	-0.40 (0.87)	<0.001
Body weight (kg)	96	96.2 (14.5)	88.4 (13.9)	-7.89 (6.76)	<0.001
BMI (kg/m^2)	96	31.8 (4.0)	29.2 (3.7)	-2.64 (2.26)	<0.001
Waist circumference (cm)	57	112.7 (12.1)	104.1 (10.4)	-8.6 (1.06)	<0.001
Health	106	6.71 (1.26)	7.18 (1.58)	0.47 (1.35)	<0.001
Quality of life	106	7.25 (1.22)	7.57 (1.51)	0.32 (1.28)	0.012
Fatigue (CIS-score)	106	67.2 (23.1)	56.9 (24.5)	-10.3 (20.7)	<0.001

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18   Supplementary Table 3B. Secondary outcomes per subgroup of baseline GLmed category (only metformin or high):

19   Mean scores (SD) and change of health parameters, slef-perceived health, quality of life, and fatigue at baseline

20   and 24 months.

	N	Baseline	24 months	mean difference (24m vs. baseline)	paired sample t-test
		Mean (SD)	Mean (SD)	Mean (SD)	P-value
Baseline GLmed – only metformin					
Fasting glucose (mmol/L)	44	8.35 (1.48)	7.89 (1.88)	-0.46 (1.59)	0.063
Total cholesterol (mmol/L)	42	4.88 (1.40)	5.01 (1.19)	0.13 (1.23)	0.511
HDL (mmol/L)	42	1.27 (0.33)	1.53 (0.67)	0.26 (0.70)	0.021
LDL (mmol/L)	48	2.75 (1.17)	2.92 (1.03)	0,17 (1.03)	0.246
Total cholesterol/HDL ratio	41	4.00 (1.37)	3.63 (1.00)	-0.37 (1.02)	0.025
Triglycerides (mmol/L)	40	1.96 (0.90)	1.54 (0.66)	-0.41 (0.74)	0.001
Body weight (kg)	54	93.5 (16.1)	88.7 (15.8)	-4.73 (6.55)	<0.001
BMI (kg/m^2)	54	31.3 (4.66)	29.7 (4.49)	-1.61 (2.23)	<0.001
Waist circumference (cm)	38	108.5 (12.1)	103.1 (12.6)	-5.4 (8.1)	<0.001
Health	61	6.80 (1.42)	7.03 (1.94)	-0.23 (1.54)	0.250
Quality of life	61	7.33 (1.18)	7.36 (1.65)	0,03 (1.45)	0.860
Fatigue (CIS-score)	61	64.6 (25.5)	60.3 (27.5)	-4.4 (19.9)	0.092
Baseline GLmed – high medication use					
Fasting glucose (mmol/L)	107	8.80 (2.34)	9.15 (2.61)	0.35 (2.81)	0.198
Total cholesterol (mmol/L)	94	4.52 (1,06)	4.76 (1.23)	0.24 (1.24)	0.066
HDL (mmol/L)	97	1.24 (0.46)	1.38 (0.43)	0.14 (0.45)	0.004
LDL (mmol/L)	107	2.51 (0.91)	2.69 (1.06)	0.18 (1.07)	0.092
Total cholesterol/HDL ratio	85	3.87 (1.14)	3.71 (1.41)	-0,15 (1.33)	0.291
Triglycerides (mmol/L)	94	2.11 (1.37)	1.80 (1.29)	-0.31 (1.12)	0.009
Body weight (kg)	125	94.4 (15.4)	86.3 (14.2)	-8.0 (6.7)	<0.001
BMI (kg/m^2)	125	31.4 (4.1)	28.7 (3.8)	-2.68 (2.23)	<0.001
Waist circumference (cm)	73	111.3 (12.2)	102.2 (10.4)	-9.14 (8.07)	<0.001
Health	134	6.96 (1.18)	7.46 (1.44)	0.51 (1.47)	<0.001
Quality of life	134	7.37 (1.23)	7.77 (1.32)	0.40 (1.27)	<0.001
Fatigue (CIS-score)	134	64.1 (22.4)	52.3 (22.5)	-11.9 (20.7)	<0.001

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25   Supplementary Table 3C. Secondary outcomes per subgroup of SES category (low, middle or high): Mean scores

26   (SD) and change of health parameters, self-perceived health, quality of life, and fatigue at baseline and 24 months.

	N	Baseline	24 months	Mean difference (24m vs. baseline)	Statistical significance paired sample t-test
		Mean (SD)	Mean (SD)	Mean (SD)	P-value
Low SES					
Fasting glucose (mmol/L)	39	8.75 (2.09)	8.16 (1.98)	-0.59 (2.45)	0.143
Total cholesterol (mmol/L)	37	4.75 (1.27)	4.95 (1.22)	0.19 (1.20)	0.331
HDL (mmol/L)	37	1.25 (0.36)	1.47 (0.54)	0,23 (0.34)	<0.0001
LDL (mmol/L)	42	2.62 (1.05)	2.90 (1.00)	0.28 (1.15)	0.119
Total cholesterol/HDL ratio	33	3.92 (1.41)	3.48 (1.01)	-0,44 (1.14)	0.034
Triglycerides (mmol/L)	37	2.07 (1.25)	1.51 (0.78)	-0.56 (0.98)	0.001
Body weight (kg)	48	92.3 (15.8)	85.8 (14.8)	-6.5 (6.3)	<0.001
BMI (kg/m^2)	48	31.4 (4.0)	29.2 (3.8)	-2.2 (2.1)	<0.001
Waist circumference (cm)	29	109.1 (12.7)	101.1 (10.8)	-7.98 (9.06)	<0.001
Health	51	7.06 (1.26)	7.84 (1.33)	0.78 (1.27)	<0.0001
Quality of life	51	7.49 (1.12)	7.84 (1.43)	0.35 (1.02)	0.017
Fatigue (CIS-score)	51	63.2 (26.2)	47.2 (23.3)	-16.0 (19.0)	<0.001
Middle SES					
Fasting glucose (mmol/L)	45	9.17 (2.64)	9.26 (2.77)	0.09 (2.35)	0.796
Total cholesterol (mmol/L)	40	4.52 (1.24)	4.84 (1.34)	0.32 (1.44)	0.169
HDL (mmol/L)	42	1.21 (0.31)	1.39 (0.69)	0.18 (0.69)	0.095
LDL (mmol/L)	44	2.59 (1.06)	2.78 (1.20)	0.19 (1.09)	0.257
Total cholesterol/HDL ratio	37	4.01 (1.18)	4.07 (1.55)	0.06 (1.21)	0.765
Triglycerides (mmol/L)	41	2.10 (1.61)	1.93 (1.45)	-0.18 (0.91)	0.221
Body weight (kg)	51	97.2 (16.7)	88.9 (16.3)	-8.3 (7.7)	<0.001
BMI (kg/m^2)	51	32.1 (4.5)	29.4 (4.5)	-2.7 (2.5)	<0.001
Waist circumference (cm)	32	114.4 (12.2)	104.5 (12.1)	-10.0 (8.5)	<0.001
Health	56	6.95 (1.24)	7.36 (1.83)	0.41 (1.66)	0.069
Quality of life	56	7.38 (1.24)	7.79 (1.66)	0.41 (1.39)	0.031
Fatigue (CIS-score)	56	67.0 (22.6)	57.1 (28.1)	-9.9 (22.2)	0.002
High SES					
Fasting glucose (mmol/L)	67	8.29 (1.69)	8.83 (2.50)	0.54 (2.64)	0.098
Total cholesterol (mmol/L)	58	4.64 (1.10)	4.78 (1.15)	0.14 (1.13)	0.365
HDL (mmol/L)	59	1.28 (0.51)	1.40 (0.35)	0.14 (0.52)	0.047
LDL (mmol/L)	68	2.58 (0.95)	2.68 (0.99)	0.10 (0.99)	0.397
Total cholesterol/HDL ratio	55	3.86 (1.12)	3.57 (1.20)	-0.29 (1.31)	0.104
Triglycerides (mmol/L)	55	2.06 (0.89)	1.74 (1.07)	-0.32 (1.12)	0.039
Body weight (kg)	79	93.3 (14.6)	86.6 (13.7)	-6.7 (6.5)	<0.001
BMI (kg/m^2)	79	30.9 (4.2)	28.7 (3.8)	-2.2 (2.2)	<0.001
Waist circumference (cm)	49	108.7 (11.5)	102.1 (10.8)	-6.6 (7.4)	<0.001
Health	88	6.80 (1.28)	7.01 (1.56)	0.25 (1.47)	0.173
Quality of life	88	7.27 (1.25)	7.43 (1.28)	0.16(1.46)	0.310
Fatigue (CIS-score)	88	63.2 (22.2)	57.6 (21.7)	-5.6 (19.9)	0.010

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