

**Supp. 4 Correlation between changes in HbA1c levels and the Stress**

Item	n	$\rho$	p	*
Stress (before)	939	-0.03	0.391	
Stress (after)	945	0.03	0.371	
$\Delta$ Stress	936	0.07	0.034	*

\*p<0.05 Spearman's test