

SUPPLEMENTARY DATA

Supplementary Table S1. Baseline characteristics of drop outs

Drop outs	Control group (n=26)		TeLiPro group (n=9)	
Sex male / female [n] (%)	10 (38%) / 16 (62%)		3 (33%) / 6 (67%)	
Age [years]	62 ± 7		55 ± 8	
Diabetes duration [years]	13 ± 6		13 ± 4	
Time [weeks]	-12	0	-12	0
Glycaemic control				
HbA _{1c} [%] (mmol/mol)	8.3 ± 1.0 (67.2)	8.2 ± 1.0 (66.1)	8.3 ± 1.8 (67.2)	8.3 ± 1.9 (67.2)
Fasting blood glucose [mg/dl]	167 ± 49	177 ± 57	166 ± 56	172 ± 21
Body weight and composition				
Body weight [kg]	106.7 ± 22.5	105.8 ± 22.2	102.7 ± 14.4	103.9 ± 15.4
Excess body weight [kg]†	37.4 ± 17.5	36.5 ± 16.9	29.8 ± 9.8	31.0 ± 9.9
Body mass index [kg/m ²]	37.0 ± 5.8	36.6 ± 5.6	34.3 ± 3.4	34.7 ± 3.4
CVD risk factors and 10-year CVD risk				
Systolic blood pressure [mmHg]	135 ± 13	136 ± 12	135 ± 14	138 ± 11
Diastolic blood pressure [mmHg]	79 ± 8	79 ± 8	81 ± 6	81 ± 4
Total cholesterol [mg/dl]	187 ± 48	190 ± 47	189 ± 72	194 ± 72
HDL cholesterol [mg/dl]	49 ± 11	48 ± 13	49 ± 11	48 ± 11
LDL cholesterol [mg/dl]	109 ± 35	112 ± 38	119 ± 46	116 ± 45
Triglycerides [mg/dl]	218 (182–246)	218 (197–287)	235 (123–308)	235 (178–378)
10-year CVD risk [%]‡	15.5 ± 2.9	16.0 ± 2.9	12.7 ± 2.6	14.4 ± 2.4
Quality of life and eating behaviour				
Physical health [au]§	nd	39 ± 10	nd	41 ± 13
Mental health [au]§	nd	38 ± 5	nd	40 ± 9
Impairment of quality of life [au]□	nd	17 ± 9	nd	19 ± 11
Depression [n] (%)□	nd	8 (31%)	nd	3 (33%)
Cognitive control [au]¶	nd	7.4 ± 1.1	nd	7.0 ± 1.5
Suggestibility [au]¶	nd	5.2 ± 1.1	nd	5.7 ± 0.5
Hunger [au]¶	nd	5.8 ± 1.1	nd	7.0 ± 1.3
Anti-diabetes medication				
MES [au]	nd	2.4 ± 2.0	nd	2.4 ± 0.8
Metformin [n] (%)	nd	25 (96%)	nd	9 (100%)
DPP-4 inhibitors [n] (%)	nd	7 (27%)	nd	5 (56%)
GLP-1 analogues [n] (%)	nd	2 (8%)	nd	11 (11%)
Sulfonylurea [n] (%)	nd	2 (8%)	nd	1 (11%)
SGLT2 inhibitors [n] (%)	nd	2 (8%)	nd	0 (0%)
Glinides [n] (%)	nd	1 (4%)	nd	1 (11%)
Glitazones [n] (%)	nd	0 (0%)	nd	0 (0%)
Insulin therapy [n] (%)	nd	20 (77%)	nd	8 (89%)
Insulin use [U/day]	nd	44 ± 39	nd	40 ± 31

For details please see legend to Table 1.

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Supplementary Figure S1. Flow Chart

