

SUPPLEMENTARY DATA

Supplementary Table S1. Baseline characteristics of participants in the ACHIEVE trial, stratified by intervention group and diabetes status

Characteristic	Control Group		Intervention Group		p-value
	No diabetes (n=99)	Diabetes (n=48)	No diabetes (n=110)	Diabetes (n=34)	
Age, years (SD)	42.7 (11.5)	46.9 (9.5)	45.3 (11.9)	50.5 (9.4)	0.004
Male sex- n (%)	47 (47.5)	28 (58.3)	53 (48.2)	17 (50.0)	0.63
Weight, lbs (SD)	221.6 (42.3)	244.0 (48.7)	219.3 (45.2)	234.0 (53.0)	0.009
Body Mass Index (SD)	35.4 (6.9)	38.9 (7.6)	35.4 (6.8)	37.7 (8.4)	0.01
Fasting glucose, mg/dL	95.1 (11.9)	125.0 (37.8)	96.4 (11.0)	134.4 (66.8)	<0.001
Race- n (%)					0.89
White	54 (54.6)	27 (56.3)	64 (58.2)	18 (52.9)	
Black	39 (39.4)	20 (41.7)	39 (35.5)	13 (38.2)	
Other	6 (6.1)	1 (2.1)	7 (6.4)	3 (8.8)	
Hispanic ethnic group- n (%)	7 (7.1)	1 (2.1)	3 (2.7)	2 (5.9)	0.37
Not a high school graduate- n (%)	23 (23.2)	19 (39.6)	30 (27.3)	15 (44.1)	0.21
Health insurance- n (%)					
Medicaid	81 (81.8)	37 (77.1)	95 (86.4)	27 (79.4)	0.50
Medicare	49 (49.5)	27 (56.3)	51 (46.4)	19 (55.9)	0.61
Unable to work/receiving disability- n (%)	81 (81.8)	36 (75.0)	83 (75.5)	29 (85.3)	0.47
Psychiatric diagnosis- n (%)					0.02
Schizophrenia	23 (23.2)	18 (37.5)	26 (23.6)	18 (52.9)	
Schizoaffective disorder	31 (31.3)	12 (25.0)	32 (29.1)	9 (26.5)	
Bipolar disorder	26 (26.3)	10 (20.8)	28 (25.5)	0	
Major depression	11 (11.1)	6 (12.5)	12 (10.9)	6 (17.7)	
Other	8 (8.1)	2 (4.2)	12 (10.9)	1 (2.9)	
Number of psychotropic medications (SD)	3.3 (1.4)	3.3 (2.0)	2.8 (1.3)	2.8 (1.2)	0.05
Any antipsychotic medication- n (%)	90 (90.9)	41 (85.4)	98 (89.1)	32 (94.1)	0.60
Atypical antipsychotic medication- n (%)	82 (82.8)	40 (83.3)	90 (81.8)	29 (85.3)	0.97
Clozapine or olanzapine- n (%)	16 (16.2)	14 (29.2)	23 (20.9)	12 (35.3)	0.08
Lithium or other mood stabilizer- n (%)	52 (52.5)	20 (41.7)	50 (45.5)	10 (29.4)	0.12
Antidepressant medication- n (%)	63 (63.6)	28 (58.3)	63 (57.3)	21 (61.8)	0.81
Current smoker- n (%)	43 (43.4)	20 (41.7)	40 (36.4)	15 (44.1)	0.72
Psychiatric measures					
BASIS-24 score (SD)	1.4 (0.8)	1.2 (0.7)	1.3 (0.9)	1.2 (0.7)	0.32
CES-D Score (SD)	20.5 (10.7)	19.1 (12.4)	19.1 (10.5)	21.7 (13.4)	0.19
Have a care provider- n (%)	59 (37.1)	28 (17.6)	51 (32.1)	21 (13.2)	0.17

Abbreviations: BASIS-24, Behavioral and symptom identification scale-24; CES-D, Center for Epidemiologic Studies-Depression