

SUPPLEMENTARY DATA

Supplementary Table S1: Study Inclusion and Exclusion Criteria	
Inclusion	Exclusion
Age >18 years	No psychotic features
ambulatory	History of DKA
T2DM > 1 year	BP > 160/90
Current MDD > 2 weeks	Recent Cardiac event in last 6 months
	Laser surgery for proliferative retinopathy in last 6 months
	History of CVA
	History of lower limb amputation
	Asensory peripheral neuropathy
	Medically significant valvular heart disease
	Severe COPD (O ₂ dependent)
	A fib with RVR
	Class III or IV Heart Failure
	Active suicide ideation
	History of suicide attempt
	Bipolar depression
	Current substance abuse or dependence disorder

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Supplementary Table S2. Values of Secondary Outcome Variables at Baseline and Post-Intervention Assessment Time Points								
	CBT		CBT + EXERCISE		EXERCISE		USUAL CARE	
Outcome	Baseline (N=36)	Post (N=24)	Baseline (N=34)	Post (N=25)	Baseline (N=34)	Post (N=30)	Baseline (N=36)	Post (N=28)
Beck Depression Inventory Mean (SD)	21.18 (8.53)	11.35 (9.17)	28.47 (9.91)	8.83 (8.98)	24.94 (9.38)	11.76 (7.64)	27.73 (9.75)	18.04 (11.63)
Automatic Thoughts Questionnaire Mean (SD)	38.59 (13.39)	27.62 (8.35)	41.47 (12.18)	28.14 (15.07)	36.44 (13.11)	25.82 (9.74)	40.74 (14.16)	36.76 (16.33)
SF-12 Mental Component Score Mean (SD)	31.42 (9.71)	43.44 (8.47)	28.86 (8.65)	39.99 (13.59)	28.91 (10.19)	42.03 (11.41)	28.78 (9.08)	36.81 (13.03)
SF-12 Physical Component Score Mean (SD)	39.5 (10.02)	37.20 (9.46)	42.83 (9.68)	46.41 (10.78)	44.09 (9.85)	44.06 (11.20)	42.15 (10.57)	38.30 (9.98)
Diabetes Quality of Life (DQOL) Mean (SD)	55.32 (12.73)	63.23 (11.05)	55.59 (13.15)	70.74 (12.24)	54.09 (10.86)	66.29 (11.95)	52.73 (13.62)	57.26 (13.51)
DQOL Diabetes Subscale Mean (SD)	60.98 (21.61)	70.10 (16.07)	62.50 (21.11)	72.62 (20.68)	60.10 (17.60)	72.52 (17.88)	57.68 (24.07)	58.51 (20.40)
DQOL Impact of Diabetes Subscale Mean (SD)	64.36 (14.04)	69.81 (11.67)	63.15 (15.63)	74.34 (12.61)	65.45 (11.40)	70.33 (11.82)	63.41 (12.41)	66.82 (12.71)
DQOL Satisfaction with Diabetes Mean (SD)	40.33 (11.85)	52.94 (15.06)	43.17 (16.27)	64.69 (16.71)	37.99 (13.93)	56.88 (17.69)	37.51 (15.03)	45.84 (19.11)
DQOL Social Worry Subscale Mean (SD)	78.45 (21.67)	90.00 (9.24)	76.04 (12.91)	80.10 (13.02)	62.30 (28.30)	77.38 (20.59)	59.29 (32.70)	57.02 (29.13)
6 Minute Walk Test Distance Mean (SD)	1166.3 (279.06)	1167.9 (267.57)	1287.2 (350.90)	1293.9 (410.16)	1295.4 (337.51)	1373.1 (365.07)	1290.5 (358.65)	1331.4 (344.11)