

Supplemental Table S3. Subgroup Analysis according to Insulin Use

Variable	MMS		P value ^a	Control		P value ^a	P value ^b
	Baseline	Week 12		Baseline	Week 12		
Insulin user	n=14			n=20			
Primary outcome							
HbA1c, %	8.7±0.7	8.4±1.0	0.081	8.7±0.8	8.6±0.9	0.322	0.553
Secondary outcomes							
Glycemic control							
Fasting glucose, mg/dL	128.4±44.5	130.2±42.3	0.914	134.2±44.0	132.3±46.1	0.855	0.841
HbA1c <7.0%	0	1 (7.1)	-	0	0	-	0.412
Hypoglycemia	8 (57.1)	7 (50.0)	-	5 (25.0)	8 (40.0)	-	0.563
Lipid profiles							
Total cholesterol, mg/dL	150.6±25.1	151.9±24.9	0.817	144.1±31.8	145.4±23.2	0.848	0.997
Triglyceride, mg/dL	140.2±57.7	149.9±104.1	0.633	121.1±56.7	110.4±40.3	0.361	0.359
HDL-C, mg/dL	52.4±13.9	47.1±11.7	0.109	49.5±15.0	48.2±14.9	0.467	0.257
LDL-C, mg/dL	70.4±24.6	78.1±18.9	0.141	75.1±27.4	78.2±20.5	0.577	0.544
Lifestyle behavior							
Regular exercise	6 (42.9)	4 (28.6)	-	5 (25.0)	7 (35.0)	-	0.693
Meal time, min	15.0±5.5	13.9±3.5	0.487	14.5±5.2	14.0±3.6	0.542	0.738
Meal frequency, /day	2.7±0.5	3.1±1.2	0.165	2.6±0.6	2.7±0.6	0.163	0.227
Breakfast skipping, /wk	2.4±3.7	1.5±2.7	0.294	2.6±3.4	2.5±3.3	0.848	0.350
Sleep duration, hr	6.5±1.1	6.3±1.1	0.096	6.4±1.5	6.4±1.6	0.927	0.631
Exploratory outcome							
SMBG frequency, /day	1.3±1.1	2.0±1.2	0.031	0.8±1.0	0.8±1.0	1.000	0.031
Insulin non-user	n=28			n=29			
Primary outcome							
HbA1c, %	8.3±0.6	7.7±1.1	0.012	8.3±0.7	8.3±0.7	0.801	0.028
Secondary outcomes							
Glycemic control							
Fasting glucose, mg/dL	162.0±35.5	142.9±35.4	0.054	157.8±40.1	155.6±33.6	0.780	0.181
HbA1c <7.0%	0	5 (17.9)	-	0	0	-	0.017
Hypoglycemia	2 (7.1)	4 (14.3)	-	6 (20.7)	5 (17.2)	-	0.760
Lipid profiles							
Total cholesterol, mg/dL	156.5±33.9	152.2±38.3	0.521	143.9±34.4	143.9±33.1	0.985	0.577
Triglyceride, mg/dL	120.4±40.7	110.9±69.0	0.419	142.6±55.9	144.3±84.3	0.902	0.542
HDL-C, mg/dL	50.3±12.0	49.0±12.0	0.303	45.1±10.5	45.6±11.5	0.716	0.321
LDL-C, mg/dL	79.2±29.3	79.4±30.3	0.972	70.4±32.7	69.7±29.7	0.874	0.897
Lifestyle behavior							
Regular exercise	12 (42.9)	14 (50.0)	-	8 (27.6)	9 (31.0)	-	0.145
Meal time, min	14.6±4.7	14.2±3.1	0.490	13.4±4.1	13.8±3.9	0.246	0.216
Meal frequency, /day	2.8±1.0	2.7±0.5	0.490	2.7±0.5	2.7±0.5	0.787	0.412
Breakfast skipping, /wk	2.8±4.2	2.1±3.2	0.323	2.2±3.1	1.5±2.7	0.104	0.963
Sleep duration, hr	6.2±1.5	6.8±1.2	0.007	6.8±1.2	6.7±1.3	0.698	0.012
Exploratory outcome							
SMBG frequency, /day	0.4±0.6	1.0±1.1	0.008	0.5±0.8	0.6±0.9	0.212	0.057

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Supplemental Table S3. Continued

Values are expressed as mean \pm standard deviation or number (%).

MMS, mobile message system; HbA1c, glycated hemoglobin; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; SMBG, self-monitoring of blood glucose.

^a*P* values were calculated using a paired *t* test between the values at the baseline and after treatment; ^b*P* values were calculated using Student's *t* test for delta changes between the two groups.