

Exercise to preserve β -cell function in recent-onset Type 1 diabetes mellitus (EXTOD) - a randomized controlled pilot trial

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Supplementary Table 2: Anthropometric and biochemical measures

6/12m means are adjusted for their baseline scores using ANCOVA model. Within-group differences are paired t-tests from un-adjusted scores between two time points.

| | Mean (SD) Baseline mean | Mean (SE) 6 months | Mean (SE) 12 months | Mean Difference at Baseline (95% CI) | Mean Difference at 6 months (95% CI) | Mean Difference at 12 months (95% CI) |
|--------------------------------|----------------------------|-----------------------|------------------------|---|---|--|
| Anthropometric measures | | | | | | |
| SBP (mmHg) | | | | | | |
| CONTROL | 125 (12) | 122 (2) | 123 (2) | | | |
| INTERVENTION | 121(12) | 119 (2) | 123 (2) | | | |
| Within CONTROL | | | | | -3 (-8 to 2) | -2 (-7 to 2) |
| Within INTERVENTION | | | | | -3 (-8 to 2) | .5 (-4 to 5) |
| INTERVENTION vs CONTROL | | | | -4 (-10 to 3) | -3 (-9 to -3) | .7 (-5 to 6) |
| DBP (mmHg) | | | | | | |
| CONTROL | 73 (9) | 69 (2) | 73 (2) | | | |
| INTERVENTION | 75(9) | 70(2) | 72 (2) | | | |
| Within CONTROL | | | | | -5 (-8 to -1) | -1 (-5 to 3) |
| Within INTERVENTION | | | | | -4 (-7 to -0) | -3 (-6 to 1) |
| INTERVENTION vs CONTROL | | | | 2 (-3 to 7) | 1 (-4 to 6) | -1 (-6 to 3) |
| BMI (kg/m2) | | | | | | |
| CONTROL | 24.68 (4.15) | 25.11 (0.31) | 25.21 (0.37) | | | |
| INTERVENTION | 24.82 (3.40) | 25.25 (0.29) | 25.56 (0.36) | | | |
| Within CONTROL | | | | | 0.60 (0.13 to 1.06) | 0.64 (0.15 to 1.13) |
| Within INTERVENTION | | | | | 0.76 (0.03 to 1.48) | 0.99 (-0.00 to 1.98) |
| INTERVENTION vs CONTROL | | | | 0.14 (-1.85 to 2.13) | 0.14 (-0.71 to 0.10) | 0.35 (-0.68 to 1.38) |
| Biochemical measures | | | | | | |
| HbA1c (%) | | | | | | |
| CONTROL | 9 (4.4) | 6.7 (2.4) | 7.3 (2.4) | | | |
| INTERVENTION | 9 (4.4) | 7.4(2.4) | 7.4 (2.4) | | | |
| Within CONTROL | | | | | -4.3 (-5.3 to -3.2) | -3.8 (-4.8 to -2.8) |
| Within INTERVENTION | | | | | -3.8 (-4.8 to -2.9) | -3.4 (-4.3 to -2.5) |

| | Mean (SD) Baseline mean | Mean (SE) | | Mean Difference at Baseline (95% CI) | Mean Difference at 6 months (95% CI) | Mean Difference at 12 months (95% CI) |
|-------------------------------------|----------------------------|-------------|--------------|---|---|--|
| | | 6 months | 12 months | | | |
| INTERVENTION vs CONTROL | | | | -2.2 (-3.4 to 3.3) | 2.7 (-2 .3 to 3.5) | 2.5 (-2.5 to 3.2) |
| HbA1c (mmol/mol) | | | | | | |
| CONTROL | 75 (25) | 50 (3) | 56 (3) | | | |
| INTERVENTION | 75 (25) | 57 (3) | 59 (3) | | | |
| Within CONTROL | | | | | -23 (-34 to -11) | -18 (-29 to -7) |
| Within INTERVENTION | | | | | -18 (-29to -8) | -14 (-24 to -4.) |
| INTERVENTION vs CONTROL | | | | -0.7 (-14 to 13) | 6 (-2 to 15) | 4 (-4 to 11) |
| Fasting Glucose (mmol/l) | | | | | | |
| CONTROL | 7.28 (1.71) | 8.00 (0.60) | 8.49 (0.55) | | | |
| INTERVENTION | 7.85 (3.13) | 8.86 (0.56) | 8.41 (0.54) | | | |
| Within CONTROL | | | | | 0.76 (-0.17 to 1.68) | 1.30 (-0.25 to 2.84) |
| Within INTERVENTION | | | | | 1.44 (-0.17 to 3.04) | 1.27 (0.20 to 2.33) |
| INTERVENTION vs CONTROL | | | | 0.57 (-0.79 to 1.93) | 0.86 (-0.79 to 2.52) | -0.08 (-1.64 to 1.47) |
| Fasting Insulin (pmol/l) | | | | | | |
| CONTROL | 51.28 (60.69) | 69.8 (55.9) | 71.09 (7.87) | | | |
| INTERVENTION | 50.01 (48.28) | 51.6 (35.5) | 50.48 (7.68) | | | |
| Within CONTROL | | | | | 17.60 (5.38 to 29.80) | 27.82 (5.14 to 50.50) |
| Within INTERVENTION | | | | | 6.91 (-11.21 to 25.04) | 2.76 (-7.78 to 13.29) |
| INTERVENTION vs CONTROL | | | | -1.27 (-30.02 to 27.48) | -11.83 (-33.45 to 9.80) | -20.62 (-43.02 to 1.78) |
| HOMA IR | | | | | | |
| CONTROL | 1.02 (1.19) | 1.39 (0.16) | 1.48 (0.16) | | | |
| INTERVENTION | 1.04 (0.98) | 1.14 (0.15) | 1.01 (0.16) | | | |
| Within CONTROL | | | | | 0.41 (0.17 to 0.68) | 0.62 (0.14 to 1.10) |
| Within INTERVENTION | | | | | 0.19 (-0.17 to 0.55) | 0.06 (-0.15 to 0.28) |
| INTERVENTION vs CONTROL | | | | 0.01 (-0.56 to 0.59) | -0.25 (-0.68 to 0.19) | -0.47 (-0.93 to -0.00) |
| HDL Cholesterol | | | | | | |
| CONTROL | 1.20 (0.24) | 1.35 (0.06) | 1.33 (0.08) | | | |

| | Mean (SD) Baseline mean | Mean (SE) | | Mean Difference at Baseline (95% CI) | Mean Difference at 6 months (95% CI) | Mean Difference at 12 months (95% CI) |
|----------------------------------|----------------------------|-------------|-------------|---|---|--|
| | | 6 months | 12 months | | | |
| INTERVENTION | 1.38 (0.46) | 1.30 (0.06) | 1.37 (0.05) | | | |
| Within CONTROL | | | | | 0.03 (-0.10 to 0.15) | 0.02 (-0.15 to 0.19) |
| Within INTERVENTION | | | | | -0.04 (-0.18 to 0.09) | -0.03 (-0.21 to 0.14) |
| INTERVENTION vs CONTROL | | | | 0.18 (-0.10 to 0.46) | -0.05 (-0.24 to 0.14) | 0.04 (-0.16 to 0.25) |
| LDL Cholesterol | | | | | | |
| CONTROL | 2.53 (0.53) | 2.94 (0.08) | 3.27 (0.39) | | | |
| INTERVENTION | 3.05 (0.78) | 2.41 (0.08) | 2.52 (0.32) | | | |
| Within CONTROL | | | | | -0.05 (-1.96 to 1.86) | 0.35 (-6.64 to 7.34) |
| Within INTERVENTION | | | | | -0.35 (-6.07 to 5.37) | -0.27 (-1.21 to 0.67) |
| INTERVENTION vs CONTROL | | | | 0.53 (-0.62 to 1.67) | -0.53 (-1.94 to 0.88) | -0.75 (-2.96 to 1.46) |
| Triglycerides | | | | | | |
| CONTROL | 1.11 (0.60) | 1.39 (0.24) | 2.00 (0.64) | | | |
| INTERVENTION | 1.37 (1.87) | 1.15 (0.24) | 0.85 (0.59) | | | |
| Within CONTROL | | | | | 0.13 (-0.55 to 0.81) | 0.92 (-1.04 to 2.89) |
| Within INTERVENTION | | | | | -0.22 (-0.64 to 0.20) | -0.02 (-0.23 to 0.19) |
| INTERVENTION vs CONTROL | | | | 0.26 (-0.54 to 1.06) | -0.23 (-0.93 to 0.47) | -1.15 (-2.95 to 0.64) |
| C-peptide AUC¹ | | | | | | |
| CONTROL | 993 (929) | 935 (80) | 792 (84) | | | |
| INTERVENTION | 780 (308) | 772 (66) | 700 (87) | | | |
| Within CONTROL | | | | | -8 (-141 to 126) | -66 (-232 to 101) |
| Within INTERVENTION | | | | | -62 (-138 to 15) | -222 (-308 to -136) |
| INTERVENTION vs CONTROL | | | | -213 (-572 to 146) | -163 (-382 to 56) | -93 (-321 to 135) |

¹In addition to baseline scores, C-peptide AUC 6/12m means are further adjusted for other baseline covariates (see methods).