

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 1 – Objectively measured activity and V02 max across the study

6/12 month means are adjusted for their baseline scores. Within-group differences are paired t-tests from un-adjusted scores between two time points. Accelerometer counts were converted to MVPA using widely accepted thresholds as described in the manuscript text. Briefly, each 60-second epoch where counts exceeded 1951 was considered to be MVPA. VO₂ Max was assessed by two methods (Astrand-Ryhming and YMCA/ACSM) during a single Intervention test undertaken on a calibrated cycle ergometer and the mean of the two used. n is the number of outcomes at each time point.

	Mean (SD) Baseline	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			
Activity						
Total counts (n)	(49)	(33)	(30)			
CONTROL	386 (154)	399 (36)	339 (36)			
INTERVENTION	357 (125)	398 (33)	400 (34)			
Within CONTROL					43 (-34 to 119)	-19 (-98 to 61)
Within INTERVENTION					41 (-29 to 111)	43 (-41 to 127)
INTERVENTION vs CONTROL				-29 (-108 to 51)	-2 (-102 to 99)	61 (-42 to 163)
MVPA (min/week) (n)	(49)	(33)	(30)			
CONTROL	277 (153)	279 (43)	235 (36)			
INTERVENTION	243 (141)	285 (40)	273 (34)			
Within CONTROL					28 (-49 to 106)	-12 (-93 to 69)
Within INTERVENTION					34 (-58 to 127)	18 (-69 to 106)
INTERVENTION vs CONTROL				-35 (-118 to 49)	6 (-114 to 126)	38 (-65 to 140)
VO ₂ max (ml/kg/min) (n)	(58)	(39)	(37)			
CONTROL	35.14 (9.58)	33.85 (0.99)	33.69 (1.62)			
INTERVENTION	32.17 (5.61)	34.29 (0.96)	35.41 (1.19)			
Within CONTROL					-0.83 (-2.98 to 1.31)	-0.72 (-3.27 to 1.84)
Within INTERVENTION					0.43 (-1.69 to 2.66)	1.12 (-1.21 to 3.45)
INTERVENTION vs CONTROL				-2.97 (-7.12 to 1.18)	0.44 (-2.39 to 3.27)	1.72 (-1.67 to 5.2)