

## Exercise to preserve $\beta$ -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)
<b>Anthropometric measures</b>						
<b>SBP (mmHg)</b>						
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)
<b>DBP (mmHg)</b>						
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)
<b>BMI (kg/m2)</b>						
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)
<b>Biochemical measures</b>						
<b>HbA1c (%)</b>						
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)
<b>HbA1c ( mmol/mol)</b>						
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)
<b>Fasting Glucose (mmol/l)</b>						
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)
<b>Fasting Insulin (pmol/l)</b>						
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)
<b>HOMA IR</b>						
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)
<b>HDL Cholesterol</b>						
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)
<b>LDL Cholesterol</b>						
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)
<b>Triglycerides</b>						
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)
<b>C-peptide AUC<sup>1</sup></b>						
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)

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