

Table 1. Baseline sample characteristics

	Intervention group	Control group	<i>p</i>
N (%)	25 (47)	28 (53)	
Age (years)	60.52 (\pm 6.73)	63.00 (\pm 8.00)	0.230
Male sex, N (%)	17 (32)	28 (53)	0.999
Married, N (%)	18 (34)	24 (45)	0.313
Socioeconomic level*			0.069
- <i>low</i>	4 (16.7)	13 (48.1)	
- <i>moderate</i>	16 (66.7)	13 (48.1)	
- <i>high</i>	4 (16.7)	1 (3.7)	
Current smoking, N (%)	3 (12)	6 (21.4)	0.353
MedDietScore	35.72 (\pm 5.24)	35.57 (\pm 3.76)	0.905
Physical activity frequency			0.290
- <i>Never</i>	3 (12)	8 (28.6)	
- <i>Rare</i>	1 (4)	3 (10.7)	
- <i>1-2 times/week</i>	5 (20)	3 (10.7)	
- <i>> 3 times/week</i>	16 (64)	14 (50)	
Body mass index (kg/cm ²) ¹	29.3 (\pm 7.1)	31.9 (\pm 6.3)	0.178
Duration of diabetes (official diagnosis) (years) ¹	3.4 (\pm 7.4)	8 (\pm 6.4)	0.538
Antidiabetic tablets, N (%)	19 (76)	24 (85.7)	0.451
Insulin treated, N (%)	8 (32)	10 (35.7)	0.776
Family history of diabetes	18 (34)	21 (40)	0.999
PSS score	27.21 (\pm 8.02)	24.67 (\pm 9.03)	0.296
Health locus of control			
- <i>HLC-1 score</i> ¹	28.96 (\pm 5.27)	28.12 (\pm 5.83)	0.844
- <i>HLC-2 score</i> ¹	17.21 (\pm 7.93)	18.42 (\pm 7.17)	0.412
- <i>HLC-3 score</i> ¹	27.58 (\pm 6.12)	27.65 (\pm 6.38)	0.992
Cortisol levels (mg/dl)			
- <i>After awakening</i> ¹	0.71 (\pm 0.30)	0.62 (\pm 0.41)	0.831
- <i>45 minutes later</i> ¹	0.56 (\pm 0.29)	0.59 (\pm 0.37)	0.915
- <i>12 hours later</i> ¹	0.25 (\pm 0.13)	0.26 (\pm 0.12)	0.972
- <i>CAR</i> * ¹	-0.012 (\pm 0.299)	0.048 (\pm 0.349)	0.599
- <i>Slope</i> ¹	-0.028 (\pm 0.023)	-0.023 (\pm 0.031)	0.755
- <i>AUC</i> ¹	4.96 (\pm 1.8)	4.64 (\pm 2.7)	0.929
HbA1c (%) / (mmol/mol)	6.51 (\pm 0.63) / 52 (\pm 5)	6.86 (\pm 0.66) / 55 (\pm 5)	0.061

PSS: Perceived Stress Scale, HLC: Health Locus of Control (1=internal, 2=luck, 3=external), HbA1c: glycosylated hemoglobin A1c, CAR: Cortisol Awakening Response, AUC: Area Under the Curve.

*The socioeconomic level was created as a variable from the responses of individuals as to whether household income meets their needs (not at all, slightly, moderately, considerably or greatly).

¹These quantitative variables do not follow the normal distribution in at least one of the comparison groups. For these variables, data are presented as medians \pm SDs, and Mann-Whitney U-test was applied. For the remaining quantitative variables, means \pm SD and Student's t-test were used, whereas for categorical variables Pearson's chi-square or Fisher's exact test was used.