

Table 1. Sociodemographic data of study participants, blood glucose measurements per day, HbA1c levels and BMI in all DM groups at different phases of the intervention and 6 months following its discontinuation

	TG	CG	TG10	CG10	TG7.5	CG7.5
n	70	35	32	15	38	20
sex	25F, 45M	11F, 24M	11F, 21M	5F, 10M	14F, 24M	6F, 14M
Age (years)	55.2±16.1	55.4±19.2	53.7±19.3	54.5±20.9	56.4±12.9	56.1±18.3
Measurements/day	3.4±1.0	3.4±1.1	3.5±1.2	3.1±1.0	3.4±1.0	3.7±1.1
HbA1c baseline (%)	9.9±2.3	9.7±2.1	11.9±1.8	11.7±1.5	8.2±0.7	8.1±0.7
HbA1c baseline (mmol/mol)	85±24.9	82±23.4	107±20	104±16.3	66±7.8	65±7.9
HbA1c at 3 months (%)	7.1±1.0*	8.0±0.8*	7.0±1.2*	8.4±0.9*	7.2±0.7*	7.9±0.6†
HbA1c at 3 months (mmol/mol)	54±10.5	65±8.2	53±13	68±9.7	55±7.9	62±6
HbA1c at 6 months (%)	6.9±0.9*	7.8±1.0*	6.9±1.1*	8.0±1.2*	7.0±0.7*	7.6±0.7‡
HbA1c at 6 months (mmol/mol)	52±9.5	62±10.6	51±11.5	64±13.2	53±7.3	60±8.1
HbA1c 6 months off TM (%)	7.3±1.0§	7.9±0.9	7.3±1.2	8.0±1.2	7.2±0.6 [¶]	7.8±0.7
HbA1c 6 months off TM (mmol/mol)	56±10.4	63±10.1	56±12.5	64±12.6	56±6.8	61±7.5
BMI baseline (kg/m ²)	28.9±6.7	28.7±7.2	28.8±6.6	29.2±7.2	29.0±6.8	28.3±7.3
BMI at 6 months (kg/m ²)	28.4±5.7 [#]	28.8±7.0	28.5±5.5	29.3±7.0	28.4±5.8 [#]	28.4±7.1
BMI 6 months off TM (kg/m ²)	28.3±5.7	28.9±7.0	28.6±5.8	29.5±7.0	28.1±5.7	28.5±7.1

Age, BMI and measurements per day are presented as mean ±SD. TG: telemonitoring group; CG: control group; TG10: telemonitoring group with initial HbA1c≥10%; CG10: control group with initial HbA1c≥10%; TG7.5: telemonitoring group with 7.5%≤HbA1c<10%; CG7.5: telemonitoring group with 7.5%≤HbA1c<10%; Measurements/day: Mean number of measurements per day during the 6 month period of telemonitoring; DM: diabetes mellitus; TM; telemonitoring.

* p<0.0001 compared to baseline; † p=0.043 compared to baseline; ‡ p<0.01 compared to baseline; § p<0.0001 compared to 6 months;

^{||} p=0.002 compared to 6 months; [¶] p<0.0001 compared to 6 months; [#] p=0.003 compared to baseline.