

Table 2. Sociodemographic data, measurements per day, HbA1c levels and BMI in type 1 and type 2 DM patients at different phases of the intervention and 6 months following its discontinuation

	Type 1 (n=16) TG	Type 1 (n=9) CG	Type 2 (n=54) TG	Type 2 (n=26) CG
Sex	8F, 8M	3F, 6M	17F, 37M	8F, 18M
Age (years)	34.6±12.2	32.1±12.2	61.3±11.4	63.5±13.8
Measurements/day	4.4±1.2	4.1±1.1	3.1±0.8	3.2±1.1
HbA1c baseline (%)	10.2±2.5	9.3±1.6	9.8±2.2	9.8±2.3
HbA1c baseline (mmol/mol)	88±27	78±17.4	84±24.5	83±25.3
HbA1c at 3 months (%)	7.0±0.9*	7.8±0.5 [†]	7.1±1.0*	8.2±0.8*
HbA1c at 3 months (mmol/mol)	53±9.5	62±5.2	55±10.8	66±8.9
HbA1c at 6 months (%)	6.8±0.8*	7.3±0.5 [‡]	7.0±0.9*	8.0±1.0*
HbA1c at 6 months (mmol/mol)	51±8.9	56±5.7	53±9.6	64±11.3
HbA1c 6 months off TM (%)	7.0±1.1	7.5±0.6	7.3±0.9 [§]	8.0±1.0
HbA1c 6 months off TM (mmol/mol)	53±12.5	58±7	57±9.7	64±10.5
BMI baseline (kg/m ²)	24.8±4.9	24.2±3.2	30.2±6.7	30.3±7.5
BMI at 6 months (kg/m ²)	24.9±4.2	24.7±3.4	29.5±5.6	30.3±7.4
BMI 6 months off TM (kg/m ²)	25.0±4.6	24.8±3.6	29.3±5.7	30.3±7.4

Age, BMI and measurements/day are presented as mean ±SD. TG: telemonitoring group; CG: control group; 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 <0.01 compared to baseline; [‡] p=0.005 compared to baseline; [§] p <0.0001 compared to 6 months; ^{||} p=0.002 compared to baseline.