

Supplementary Table 5. Comparison of psychological status questionnaire scores between the intervention and control groups

Variable	Intervention (n=20)	Control (n=19)	Between groups	Within groups (from baseline)	
				Intervention	Control
K-PSS					
Baseline	22.55±3.30	17.63±4.25	0.001	-	-
Change from baseline					
Week 12	-3.75±4.24	-1.79±4.81	0.106	<0.001	0.087
Week 16	-2.20±4.34	-0.21±4.33	0.101	0.032	0.839
DDS-2					
Baseline	6.35±1.90	5.74±2.60	0.042	-	-
Change from baseline					
Week 12	0.25±1.97	-0.37±2.31	0.748	0.642	0.505
Week 16	-0.90±2.38	-0.79±2.44	0.457	0.097	0.155
PHQ-9					
Baseline	12.20±5.00	10.21±4.71	0.221	-	-
Change from baseline					
Week 12	-2.40±3.93	-1.74±3.66	0.508	0.022	0.103
Week 16	-2.70±4.52	-2.16±5.65	0.567	0.010	0.044
GAD-7					
Baseline	8.55±5.24	5.68±4.67	0.083	-	-
Change from baseline					
Week 12	-1.05±6.35	1.16±3.76	0.330	0.335	0.300
Week 16	-2.35±6.25	-0.05±4.53	0.304	0.033	0.962
EQ-5D-3L index					
Baseline	0.73±0.13	0.72±0.14	0.880	-	-
Change from baseline					
Week 12	0.01±0.11	0.04±0.10	0.582	0.843	0.126
Week 16	-0.04±0.14	0.04±0.10	0.061	0.096	0.139

Values are presented as mean ± standard deviation.

K-PSS, Korean version of the Perceived Stress Scale; DDS-2, Brief Diabetes Distress Screening Instrument; PHQ-9, Patient Health Questionnaire-9; GAD-7, Generalized Anxiety Disorder-7; EQ-5D-3L, European Quality of Life-5 Dimensions 3 Level.