Supplemental Table S4. Subgroup Analysis according to Age

Variable	MMS		P value[a]	Control		P value[a]	P value[b]
	Baseline	Week 12		Baseline	Week 12		
Aged ≥65 years	n=10			n=18			
Primary outcome							
HbA1c, %	8.7±0.8	8.7±1.1	0.913	8.6±0.8	8.4±0.9	0.647	0.709
Secondary outcomes							
Glycemic control							
Fasting glucose, mg/dL	160.3±28.8	136.5±26.1	0.044	153.4±44.2	144.4±43.9	0.326	0.306
HbA1c <7.0%	0	0	-	0	0	-	-
Hypoglycemia	3 (30.0)	2 (20.0)	-	2 (11.1)	4 (22.2)	-	0.891
Lipid profiles							
Total cholesterol, mg/dL	142.6±28.5	134.8±27.9	0.022	143.4±40.6	142.3±31.1	0.837	0.308
Triglyceride, mg/dL	132.7±56.4	104.9±30.2	0.084	120.8±43.4	122.3±63.3	0.909	0.161
HDL-C, mg/dL	47.3±9.4	41.4±9.7	0.016	50.8±16.2	50.3±15.9	0.780	0.063
LDL-C, mg/dL	64.9±20.0	71.8±14.9	0.070	70.9±38.8	68.3±26.0	0.664	0.260
Lifestyle behavior							
Regular exercise	2 (20.0)	4 (40.0)	-	4 (22.2)	6 (33.3)	-	0.724
Meal time, min	13.9±4.2	13.9±3.3	1.000	13.9±3.7	14.3±3.4	0.447	0.675
Meal frequency, /day	3.0±0.0	3.4±1.3	0.343	2.7±0.5	2.8±0.4	0.331	0.399
Breakfast skipping, /wk	2.5±5.4	0.3±0.9	0.248	1.9±3.0	1.4±2.8	0.226	0.240
Sleep duration, hr	5.7±1.3	6.4±1.3	0.083	6.4±1.4	6.6±1.5	0.130	0.200
Exploratory outcome							
SMBG frequency, /day	0.6±0.9	1.2±1.3	0.130	0.4±0.5	0.7±0.7	0.215	0.332
Aged <65 years	n=32			n=31			
Primary outcome							
HbA1c, %	8.3±0.6	7.7±1.0	0.001	8.4±0.7	8.4±0.8	0.935	0.027
Secondary outcomes							
Glycemic control							
Fasting glucose, mg/dL	147.8±44.6	139.4±41.1	0.432	145.1±42.6	147.0±38.9	0.833	0.341
HbA1c <7.0%	0	6 (18.8)	-	0	0	-	0.011
Hypoglycemia	7 (21.9)	9 (28.1)	-	9 (29.0)	9 (29.0)	-	0.936
Lipid profiles							
Total cholesterol, mg/dL	157.9±31.1	157.3±34.0	0.912	144.3±28.5	145.7±29.1	0.751	0.633
Triglyceride, mg/dL	126.0±45.8	130.9±94.1	0.695	142.7±62.5	137.1±77.9	0.679	0.982
HDL-C, mg/dL	52.1±13.3	50.4±11.7	0.289	44.4±9.0	44.3±10.2	0.976	0.141
LDL-C, mg/dL	79.8±29.2	81.3±29.3	0.768	73.0±24.9	75.9±27.0	0.491	0.690
Lifestyle behavior							
Regular exercise	16 (50.0)	14 (43.8)	-	9 (29.0)	10 (32.3)	-	0.348
Meal time, min	15.0±5.2	14.2±3.2	0.305	13.8±5.1	13.6±4.0	0.769	0.359
Meal frequency, /day	2.7±1.0	2.7±0.5	0.737	2.6±0.6	2.6±0.6	0.663	0.368
Breakfast skipping, /wk	2.7±3.5	2.4±3.2	0.464	2.6±3.3	2.2±3.1	0.311	0.564
Sleep duration, hr	6.5±1.4	6.7±1.1	0.195	6.7±1.3	6.6±1.4	0.370	0.076
Exploratory outcome							
SMBG frequency, /day	0.8±0.9	1.4±1.2	0.002	0.7±1.1	0.7±1.1	0.865	0.003

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Supplemental Table S4. Continued

Values are expressed as mean±standard deviation or number (%).

MMS, mobile message system; HbA1c, glycated hemoglobin; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; SMBG, self-monitoring of blood glucose.

[a]*P* values were calculated using a paired *t* test between the values at the baseline and after treatment; [b]*P* values were calculated using Student's *t* test for delta changes between the two groups.