Supplemental Table S5. Subgroup Analysis according to SMBG Frequency

Variable	MMS		P value[a]	Control		P value[a]	P value[b]
	Baseline	Week 12		Baseline	Week 12		
High SMBG frequency ($\geq$1 /day)	$n=14$			$n=18$			
Primary outcome							
HbA1c, %	8.2±0.5	7.9±0.9	0.168	8.5±0.6	8.5±0.9	1.000	0.258
Secondary outcomes							
Glycemic control							
Fasting glucose, mg/dL	141.6±45.3	130.6±48.5	0.499	146.4±49.0	147.7±37.2	0.916	0.526
HbA1c <7.0%	0	2 (14.3)	-	0	0	-	0.183
Hypoglycemia	4 (28.6)	5 (35.7)	-	4 (22.2)	7 (38.9)	-	0.854
Lipid profiles							
Total cholesterol, mg/dL	154.4±33.3	148.1±29.1	0.391	137.4±25.7	142.1±32.8	0.295	0.184
Triglyceride, mg/dL	101.4±32.0	83.6±29.2	0.103	120.8±44.2	118.9±37.0	0.829	0.245
HDL-C, mg/dL	57.7±12.1	54.2±13.1	0.255	45.6±14.1	44.6±14.8	0.563	0.454
LDL-C, mg/dL	76.1±29.1	76.9±23.2	0.892	70.3±26.1	75.8±29.5	0.167	0.476
Lifestyle behavior							
Regular exercise	7 (50.0)	8 (57.1)	-	7 (38.9)	7 (38.9)	-	0.305
Meal time, min	16.4±6.3	14.3±3.3	0.189	13.6±3.8	14.2±3.5	0.163	0.112
Meal frequency, /day	2.8±0.4	2.8±0.4	0.336	2.5±0.6	2.7±0.6	0.163	0.422
Breakfast skipping, /wk	2.2±3.7	1.5±3.0	1.000	2.6±3.4	2.1±3.2	0.367	0.748
Sleep duration, hr	6.6±1.0	6.6±1.0	1.000	5.8±1.5	6.1±1.7	0.069	0.220
Exploratory outcome							
SMBG frequency, /day	1.7±1.0	2.0±1.0	0.165	1.6±0.9	1.6±0.9	1.000	0.165
Low SMBG frequency (<1 /day)	$n=28$			$n=31$			
Primary outcome							
HbA1c, %	8.5±0.8	8.1±1.2	0.007	8.5±0.8	8.4±0.8	0.601	0.061
Secondary outcomes							
Glycemic control							
Fasting glucose, mg/dL	155.4±39.4	142.7±31.4	0.222	149.2±39.8	145.1±42.7	0.596	0.497
HbA1c <7.0%	0	4 (14.3)	-	0	0	-	0.029
Hypoglycemia	6 (21.4)	6 (21.4)	-	7 (22.6)	6 (19.4)	-	0.843
Lipid profiles							
Total cholesterol, mg/dL	154.4±30.1	154.3±36.4	0.985	147.9±36.6	145.8±27.9	0.659	0.797
Triglyceride, mg/dL	142.2±49.3	148.0±95.8	0.694	142.0±61.7	138.4±85.7	0.806	0.649
HDL-C, mg/dL	47.5±11.5	45.2±10.0	0.116	47.4±11.5	47.7±11.6	0.837	0.185
LDL-C, mg/dL	76.2±27.7	80.0±28.7	0.452	73.3±33.2	71.4±25.3	0.687	0.408
Lifestyle behavior							
Regular exercise	11 (39.3)	10 (35.7)	-	6 (19.4)	9 (29.0)	-	0.583
Meal time, min	13.9±3.8	14.0±3.2	0.664	14.0±5.1	13.7±3.9	0.654	0.543
Meal frequency, /day	2.8±1.0	2.9±0.9	0.783	2.7±0.5	2.7±0.5	0.787	0.839
Breakfast skipping, /wk	2.8±4.1	2.1±3.0	0.289	2.2±3.1	1.8±2.8	0.203	0.638
Sleep duration, hr	6.2±1.6	6.6±1.2	0.017	7.1±0.9	6.9±1.1	0.191	0.008
Exploratory outcome							
SMBG frequency, /day	0.2±0.2	1.0±1.2	0.001	0.1±0.2	0.2±0.6	0.211	0.009

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Supplemental Table S5. Continued

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

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

[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.