

Supplementary Materials

Table S1: Present QoL Absolute Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (-3 to +3) and SD				
ABBA (n=9)	<u>Baseline</u> 0.11±0.78	<u>UC</u> -0.25±1.39	<u>MSMP</u> 0.14±1.07	<u>MSMP</u> 0.67±1.03	<u>UC</u> 0.67±0.82
BAAB (n=8)	<u>Baseline</u> 0.25±0.89	<u>MSMP</u> 1.14±1.07	<u>UC</u> 1.20±0.84	<u>UC</u> 1.50±0.58	<u>MSMP</u> 0.43±1.4
AABB (n=8)	<u>Baseline</u> 1.25±0.89	<u>UC</u> 0.71±1.11	<u>UC</u> 0.67±1.21	<u>MSMP</u> 0.50±0.58	<u>MSMP</u> 0.50±0.58
BBAA (n=7)	<u>Baseline</u> 1.00±1.29	<u>MSMP</u> 1.00±1.15	<u>MSMP</u> 1.00±1.29	<u>UC</u> 0.83±1.33	<u>UC</u> 0.43±1.99

Table S2: Self-Management General Diet Habits Absolute Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (0 to 7 day/ week) and SD				
ABBA (n=9)	<u>Baseline</u> 4.22±2.83	<u>UC</u> 1.87±2.37	<u>MSMP</u> 4.71±2.39	<u>MSMP</u> 5.42±2.73	<u>UC</u> 4.92±2.24
BAAB (n=8)	<u>Baseline</u> 3.81±2.43	<u>MSMP</u> 5.07±1.64	<u>UC</u> 4.90±1.52	<u>UC</u> 4.75±0.96	<u>MSMP</u> 5.29±1.22
AABB (n=8)	<u>Baseline</u> 4.81±2.64	<u>MSMP</u> 5.14±2.11	<u>UC</u> 4.58±2.2	<u>UC</u> 4.00±2.68	<u>MSMP</u> 5.25±1.26
BBAA (n=7)	<u>Baseline</u> 4.64±2.73	<u>MSMP</u> 6.28±1.5	<u>MSMP</u> 6.36±1.5	<u>UC</u> 5.67±1.72	<u>UC</u> 5.78±1.63

Table S3: Self-Management Specific Diet Habits Absolute Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (0 to 7 day/ week) and SD				
ABBA (n=9)	<u>Baseline</u> 2.78±1.52	<u>UC</u> 2.81±1.41	<u>MSMP</u> 4.78±0.95	<u>MSMP</u> 4.83±1.7	<u>UC</u> 4.17±1.54
BAAB (n=8)	<u>Baseline</u> 3.37±1.22	<u>MSMP</u> 4.14±1.21	<u>UC</u> 3.70±1.44	<u>UC</u> 4.37±0.95	<u>MSMP</u> 4.36±0.8
AABB (n=8)	<u>Baseline</u> 4.12±1.96	<u>MSMP</u> 3.36±0.85	<u>UC</u> 3.08±0.1.11	<u>UC</u> 3.62±0.85	<u>MSMP</u> 3.87±1.97
BBAA (n=7)	<u>Baseline</u> 2.50±2.24	<u>MSMP</u> 4.36±2.17	<u>MSMP</u> 5.28±1.78	<u>UC</u> 5.08±1.2	<u>UC</u> 4.86±1.25

Table S4: Self-Management Blood Sugar Testing Absolute Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (0 to 7 day/ week) and SD				
ABBA (n=9)	<u>Baseline</u> 3.33± 3.11	<u>UC</u> 3.62±3.38	<u>MSMP</u> 3.64±3.35	<u>MSMP</u> 5.92±1.43	<u>UC</u> 3.75±2.82
BAAB (n=8)	<u>Baseline</u> 3.31±2.11	<u>MSMP</u> 4.64±2.93	<u>UC</u> 4.10±2.36	<u>UC</u> 3.37±3.26	<u>MSMP</u> 4.14±3.4
AABB (n=8)	<u>Baseline</u> 4.06 ±2.58	<u>MSMP</u> 4.71±2.3	<u>UC</u> 4.67±2.87	<u>UC</u> 5.75±2.5	<u>MSMP</u> 6.00±1.15
BBAA (n=7)	<u>Baseline</u> 4.86±2.11	<u>MSMP</u> 4.71±2.93	<u>MSMP</u> 5.28±2.36	<u>UC</u> 3.58±3.26	<u>UC</u> 3.07±3.4

Table S5: DM Impact on QoL Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (-3 to +3) and SD				
ABBA (n=9)	<u>Baseline</u> -1.44± 1.24	<u>UC</u> -1.38±1.06	<u>MSMP</u> -1.43±1.13	<u>MSMP</u> -1.33±1.21	<u>UC</u> -1.67±0.52
BAAB (n=8)	<u>Baseline</u> -1.87±0.83	<u>MSMP</u> -2.00±0.82	<u>UC</u> -2.40±0.89	<u>UC</u> -1.75±1.5	<u>MSMP</u> -2.29±0.76
AABB (n=8)	<u>Baseline</u> -1.50±1.07	<u>MSMP</u> -1.43±1.51	<u>UC</u> -0.67±1.03	<u>UC</u> -1.50±1.30	<u>MSMP</u> -2.00±1.41
BBAA (n=7)	<u>Baseline</u> -1.43±1.51	<u>MSMP</u> -1.29±1.38	<u>MSMP</u> -1.28±1.11	<u>UC</u> -1.33±1.21	<u>UC</u> -1.14±0.9

Table S6: DM Impact on Domains Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (-9 to +9) and SD				
ABBA (n=9)	<u>Baseline</u> -2.62± 2.2	<u>UC</u> -3.25±1.87	<u>MSMP</u> -2.9±1.54	<u>MSMP</u> -3.87±3.34	<u>UC</u> -3.63±2.67
BAAB (n=8)	<u>Baseline</u> -2.73±2.35	<u>MSMP</u> -2.32±1.75	<u>UC</u> -2.69±1.6	<u>UC</u> -2.81±1.68	<u>MSMP</u> -3.34±2.4
AABB (n=8)	<u>Baseline</u> -2.57±2.78	<u>MSMP</u> -2.11±3.06	<u>UC</u> -2.19±2.85	<u>UC</u> -3.20±3.41	<u>MSMP</u> -3.44±3.03
BBAA (n=7)	<u>Baseline</u> -2.17±2	<u>MSMP</u> -2.31±2.29	<u>MSMP</u> -2.67±2.71	<u>UC</u> -2.81±2.87	<u>UC</u> -3.00±2.87

Table S7: Self-Management Exercise Habits (Frequency of Physical Activity) Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (0 to 7 day/ week) and SD				
ABBA (n=9)	<u>Baseline</u> 1.83± 3	<u>UC</u> 3.62±2.72	<u>MSMP</u> 2.5±2.55	<u>MSMP</u> 4.58±1.88	<u>UC</u> 4.33±1.66
BAAB (n=8)	<u>Baseline</u> 3.00±1.81	<u>MSMP</u> 2.64±1.93	<u>UC</u> 3.60±2.4	<u>UC</u> 4.25±1.85	<u>MSMP</u> 3.78±2.12
AABB (n=8)	<u>Baseline</u> 4.25±2.95	<u>MSMP</u> 5.00±2.84	<u>UC</u> 3.67±2.68	<u>UC</u> 4.87±3.27	<u>MSMP</u> 3.12±2.17
BBAA (n=7)	<u>Baseline</u> 2.86±3.25	<u>MSMP</u> 4.36±2.32	<u>MSMP</u> 3.93±2.59	<u>UC</u> 4.17±1.97	<u>UC</u> 4.36±2.84

Table S8: Self-Management Foot Care Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (0 to 7 day/ week) and SD				
ABBA (n=9)	<u>Baseline</u> 4.83± 2.44	<u>UC</u> 3.56±2.65	<u>MSMP</u> 4.71±2.61	<u>MSMP</u> 5.17±1.75	<u>UC</u> 4.41±2.29
BAAB (n=8)	<u>Baseline</u> 2.75±2.45	<u>MSMP</u> 4.36±1.82	<u>UC</u> 4.20±2.2	<u>UC</u> 3.12±1.31	<u>MSMP</u> 3.14±1.75
AABB (n=8)	<u>Baseline</u> 3.06±2.04	<u>MSMP</u> 3.57±3.2	<u>UC</u> 4.50±3.32	<u>UC</u> 3.50±2.2	<u>MSMP</u> 4.37±1.8
BBAA (n=7)	<u>Baseline</u> 1.50±1.87	<u>MSMP</u> 2.14±2.44	<u>MSMP</u> 2.21±2.53	<u>UC</u> 3.58±3.14	<u>UC</u> 3.14±3.09

Table S9: Glycemic Control Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (% HbA1c) and SD				
ABBA (n=9)	<u>Baseline</u> 7.47± 0.98	<u>UC</u> 7.70 ± 1.02	<u>MSMP</u> 7.30 ± 1.15	<u>MSMP</u> 7.14± 0.69	<u>UC</u> 7.37 ± 0.78
BAAB (n=8)	<u>Baseline</u> 8.62 ± 1.67	<u>MSMP</u> 8.49 ± 1.56	<u>UC</u> 9.12 ± 1.1	<u>UC</u> 8.65± 0.66	<u>MSMP</u> 8.60 ± 1.19
AABB (n=8)	<u>Baseline</u> 7.42 ± 0.96	<u>MSMP</u> 7.29 ± 0.84	<u>UC</u> 7.24 ± 0.59	<u>UC</u> 7.78± 1.32	<u>MSMP</u> 8.12 ± 0.35
BBAA (n=7)	<u>Baseline</u> 7.17 ± 0.94	<u>MSMP</u> 6.74 ± 0.76	<u>MSMP</u> 6.76 ± 0.85	<u>UC</u> 7.04± 1.44	<u>UC</u> 6.77 ± 0.97

Table S10: Renal Function Serum Creatinine Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean ($\mu\text{mol/L}$) and SD				
ABBA (n=9)	<u>Baseline</u>	<u>UC</u>	<u>MSMP</u>	<u>MSMP</u>	<u>UC</u>
	186.00 $\pm$ 78.43	180.78 $\pm$ 84.06	212.87 $\pm$ 93.40	182.50 $\pm$ 47.53	174.83 $\pm$ 41.84
BAAB (n=8)	<u>Baseline</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>	<u>MSMP</u>
	160.50 $\pm$ 60.91	145.14 $\pm$ 49.01	155.33 $\pm$ 49.25	141.57 $\pm$ 44.1	142.28 $\pm$ 61.44
AABB (n=8)	<u>Baseline</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>	<u>MSMP</u>
	172.25 $\pm$ 61.44	183.57 $\pm$ 76.50	166.62 $\pm$ 67.81	189.60 $\pm$ 79.80	154.25 $\pm$ 36.34
BBAA (n=7)	<u>Baseline</u>	<u>MSMP</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>
	164.86 $\pm$ 78.54	160.71 $\pm$ 72.62	160.14 $\pm$ 76.62	160.14 $\pm$ 80.82	162.00 $\pm$ 61.26

Table S11: Renal Function eGFR (CKD_EPI) Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (ml/min) and SD				
ABBA (n=9)	<u>Baseline</u>	<u>UC</u>	<u>MSMP</u>	<u>MSMP</u>	<u>UC</u>
	37.00 $\pm$ 20.20	39.55 $\pm$ 21.34	31.00 $\pm$ 15.13	32.67 $\pm$ 10.89	33.67 $\pm$ 11.96
BAAB (n=8)	<u>Baseline</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>	<u>MSMP</u>
	45.50 $\pm$ 21.47	48.71 $\pm$ 22.39	46.17 $\pm$ 24.38	50.29 $\pm$ 19.16	53.14 $\pm$ 25.32
AABB (n=8)	<u>Baseline</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>	<u>MSMP</u>
	37.62 $\pm$ 14.80	43.87 $\pm$ 22.39	42.25 $\pm$ 18.75	38.20 $\pm$ 20.03	42.50 $\pm$ 12.18
BBAA (n=7)	<u>Baseline</u>	<u>MSMP</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>
	46.28 $\pm$ 30.79	48.00 $\pm$ 31.27	48.57 $\pm$ 30.32	53.00 $\pm$ 33.79	42.50 $\pm$ 22.58

Table S12: Renal Function Urine Alb/Cr Values by Sequence

Sequence	Time (months)				
	0	3	6	9	12
	Mean (mg/mmol) and SD				
ABBA (n=9)	<u>Baseline</u>	<u>UC</u>	<u>MSMP</u>	<u>MSMP</u>	<u>UC</u>
	77.32 $\pm$ 135.21	133.56 $\pm$ 198.97	91.40 $\pm$ 139.71	13.74 $\pm$ 12.53	40.49 $\pm$ 21.98
BAAB (n=8)	<u>Baseline</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>	<u>MSMP</u>
	96.04 $\pm$ 213.12	84.25 $\pm$ 176.21	38.07 $\pm$ 41.45	60.18 $\pm$ 89.18	130.21 $\pm$ 263.32
AABB (n=8)	<u>Baseline</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>	<u>MSMP</u>
	74.69 $\pm$ 93.76	114.86 $\pm$ 122.43	49.27 $\pm$ 69.13	110.58 $\pm$ 135.06	92.08 $\pm$ 122.11
BBAA (n=7)	<u>Baseline</u>	<u>MSMP</u>	<u>MSMP</u>	<u>UC</u>	<u>UC</u>
	33.29 $\pm$ 31.28	35.30 $\pm$ 43.27	32.28 $\pm$ 38.14	44.72 $\pm$ 83.82	62.06 $\pm$ 114.86