

Supplementary Material

Table S1. Estimated treatment effect on Haemoglobin A1c of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ³	SD	Change ⁴	95%CI	P-value	Mean ³	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	8.18%	1.60%	0.00%			8.39%	1.73%	0.00%			0.00%		
6-month	8.10%	1.53%	-0.08%	(-0.39%, 0.23%)	0.81	7.95%	1.48%	-0.45%	(-0.75%, -0.14%)	0.0025	-0.37%	(-0.80%, 0.07%)	0.12
12-month	7.91%	1.39%	-0.27%	(-0.59%, 0.04%)	0.095	7.89%	1.37%	-0.51%	(-0.82%, -0.20%)	0.0005	-0.23%	(-0.67%, 0.21%)	0.42
18-month	8.09%	1.25%	-0.09%	(-0.40%, 0.23%)	0.78	7.71%	1.38%	-0.68%	(-0.99%, -0.38%)	<0.0001	-0.60%	(-1.04%, -0.16%)	0.0047
24-month	8.12%	1.67%	-0.06%	(-0.37%, 0.25%)	0.89	7.55%	1.20%	-0.84%	(-1.15%, -0.53%)	<0.0001	-0.78%	(-1.22%, -0.34%)	0.0001
30-month	8.11%	1.66%	-0.07%	(-0.38%, 0.24%)	0.85	7.79%	1.22%	-0.60%	(-0.91%, -0.29%)	<0.0001	-0.53%	(-0.97%, -0.09%)	0.014
36-month	7.97%	1.42%	-0.21%	(-0.52%, 0.10%)	0.25	7.43%	1.16%	-0.96%	(-1.27%, -0.65%)	<0.0001	-0.75%	(-1.19%, -0.31%)	0.0003
Rate/yr ⁶			-0.03%	(-0.11%, 0.06%)	0.70			-0.25%	(-0.33%, -0.17%)	<0.0001	-0.22%	(-0.34%, -0.10%)	0.0001

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of HbA1c (%) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S2. Estimated treatment effect on Total Cholesterol of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ³	SD	Change ⁴	95%CI	P-value	Mean ³	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	4.14	1.16	0.00			4.27	0.96	0.00			0.00		
6-month	4.15	1.20	0.00	(-0.19, 0.20)	>0.99	4.09	0.95	-0.18	(-0.37, 0.01)	0.07	-0.19	(-0.46, 0.09)	0.24
12-month	4.07	1.13	-0.08	(-0.27, 0.12)	0.60	4.09	0.97	-0.18	(-0.37, 0.01)	0.076	-0.10	(-0.37, 0.17)	0.66
18-month	4.07	1.02	-0.07	(-0.27, 0.12)	0.66	4.14	0.86	-0.13	(-0.33, 0.06)	0.23	-0.06	(-0.34, 0.21)	0.85
24-month	3.97	1.02	-0.17	(-0.37, 0.02)	0.095	4.09	0.92	-0.18	(-0.38, 0.01)	0.070	-0.01	(-0.28, 0.26)	1.00
30-month	3.89	1.02	-0.26	(-0.45, -0.06)	0.0061	3.91	0.86	-0.36	(-0.55, -0.17)	0.0001	-0.10	(-0.38, 0.17)	0.64
36-month	4.20	1.08	0.06	(-0.14, 0.25)	0.76	3.93	0.69	-0.34	(-0.54, -0.15)	0.0001	-0.40	(-0.68, -0.13)	0.0022
Rate/yr ⁶			-0.03	(-0.08, 0.02)	0.32			-0.10	(-0.15, -0.05)	<0.0001	-0.07	(-0.14, 0.01)	0.081

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of Total Cholesterol (mmol/L) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S3. Estimated treatment effect on Triglycerides of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ³	SD	Change ⁴	95%CI	P-value	Mean ³	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	2.34	2.48	0.00			2.11	0.94	0.00			0.00		
6-month	2.57	2.85	0.23	(-0.10, 0.57)	0.23	2.25	1.30	0.14	(-0.20, 0.47)	0.58	-0.09	(-0.57, 0.38)	0.88
12-month	2.33	2.49	-0.01	(-0.35, 0.33)	>0.99	2.11	1.38	0.00	(-0.34, 0.33)	>0.99	0.01	(-0.46, 0.49)	>0.99
18-month	2.36	1.63	0.02	(-0.32, 0.35)	0.99	2.05	1.01	-0.06	(-0.40, 0.28)	0.90	-0.08	(-0.55, 0.40)	0.92
24-month	2.61	2.04	0.27	(-0.07, 0.61)	0.15	2.17	1.04	0.06	(-0.28, 0.39)	0.92	-0.21	(-0.69, 0.26)	0.54
30-month	2.53	2.39	0.19	(-0.15, 0.53)	0.37	1.96	0.90	-0.16	(-0.49, 0.18)	0.50	-0.35	(-0.83, 0.13)	0.19
36-month	3.01	3.63	0.67	(0.33, 1.01)	<0.0001	1.94	0.96	-0.17	(-0.51, 0.16)	0.43	-0.85	(-1.32, -0.37)	0.0001
Rate/yr ⁶			0.16	(0.07, 0.25)	0.0002			-0.08	(-0.17, 0.01)	0.12	-0.23	(-0.36, -0.11)	0.0001

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of Triglycerides (mmol/L) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S4. Estimated treatment effect on LDL-Cholesterol of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ³	SD	Change ⁴	95%CI	P-value	Mean ³	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	2.22	1.17	0.00			2.14	0.90	0.00			0.00		
6-month	2.06	0.92	-0.16	(-0.38, 0.06)	0.20	1.95	0.83	-0.19	(-0.41, 0.03)	0.11	-0.03	(-0.34, 0.29)	0.98
12-month	2.06	0.93	-0.16	(-0.38, 0.07)	0.22	2.00	0.86	-0.13	(-0.35, 0.09)	0.33	0.03	(-0.29, 0.34)	0.98
18-month	1.96	0.89	-0.26	(-0.48, -0.03)	0.020	2.06	0.84	-0.08	(-0.30, 0.14)	0.68	0.18	(-0.13, 0.49)	0.36
24-month	2.05	1.28	-0.16	(-0.39, 0.06)	0.19	2.01	0.85	-0.12	(-0.34, 0.10)	0.38	0.04	(-0.27, 0.35)	0.95
30-month	2.07	1.49	-0.15	(-0.37, 0.08)	0.26	1.83	0.78	-0.31	(-0.53, -0.09)	0.0038	-0.16	(-0.47, 0.15)	0.44
36-month	2.07	1.02	-0.15	(-0.37, 0.07)	0.25	1.88	0.71	-0.25	(-0.47, -0.03)	0.021	-0.10	(-0.42, 0.21)	0.71
Rate/yr ⁶			-0.03	(-0.09, 0.03)	0.45			-0.07	(-0.13, -0.01)	0.015	-0.04	(-0.12, 0.04)	0.49

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of LDL-cholesterol (mmol/L) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S5. Estimated treatment effect on HDL-Cholesterol of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ₃	SD	Change ₄	95%CI	P-value	Mean ³	SD	Change ₄	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	1.07	0.28	0.00			1.17	0.31	0.00			0.00		
6-month	1.13	0.49	0.06	(-0.02, 0.13)	0.22	1.15	0.36	-0.02	(-0.09, 0.06)	0.89	-0.07	(-0.18, 0.04)	0.29
12-month	1.12	0.34	0.05	(-0.03, 0.13)	0.33	1.18	0.36	0.01	(-0.06, 0.09)	0.90	-0.03	(-0.14, 0.08)	0.77
18-month	1.16	0.44	0.09	(0.01, 0.17)	0.029	1.20	0.29	0.03	(-0.05, 0.11)	0.61	-0.06	(-0.17, 0.06)	0.46
24-month	1.14	0.40	0.07	(-0.01, 0.15)	0.095	1.15	0.30	-0.01	(-0.09, 0.07)	0.94	-0.08	(-0.19, 0.03)	0.20
30-month	1.14	0.30	0.06	(-0.02, 0.14)	0.15	1.21	0.28	0.05	(-0.03, 0.13)	0.33	-0.02	(-0.13, 0.10)	0.94
36-month	1.22	0.59	0.15	(0.07, 0.23)	0.0001	1.18	0.34	0.02	(-0.06, 0.09)	0.87	-0.13	(-0.24, -0.02)	0.017
Rate/yr ⁶			0.03	(0.01, 0.06)	0.0006			0.01	(-0.01, 0.03)	0.46	-0.02	(-0.05, 0.01)	0.15

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of HDL-Chol (mmol/L) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S6. Estimated treatment effect on Estimated Glomerular Filtration Rate (eGFR) of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ³	SD	Change ⁴	95%CI	P-value	Mean ³	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	77.3	18.2	0.0			80.5	18.3	0.0			0.0		
6-month	76.5	18.8	-0.8	(-3.1, 1.5)	0.67	80.6	17.8	0.1	(-2.1, 2.4)	0.99	0.9	(-2.3, 4.1)	0.77
12-month	75.9	19.2	-1.5	(-3.7, 0.8)	0.28	81.5	17.0	1.0	(-1.3, 3.3)	0.54	2.5	(-0.7, 5.7)	0.16
18-month	74.8	20.0	-2.6	(-4.8, -0.3)	0.023	80.7	17.8	0.2	(-2.0, 2.5)	0.97	2.8	(-0.4, 6.0)	0.10
24-month	74.8	20.7	-2.5	(-4.8, -0.3)	0.025	79.8	18.9	-0.7	(-3.0, 1.5)	0.72	1.8	(-1.4, 5.0)	0.37
30-month	73.8	20.1	-3.6	(-5.8, -1.3)	0.0009	79.1	19.1	-1.4	(-3.6, 0.9)	0.31	2.2	(-1.0, 5.4)	0.23
36-month	76.2	23.2	-1.2	(-3.4, 1.1)	0.44	77.9	20.2	-2.6	(-4.9, -0.4)	0.017	-1.5	(-4.7, 1.7)	0.51
Rate/yr ⁶			-0.7	(-1.3, -0.1)	0.016			-0.9	(-1.5, -0.3)	0.0017	-0.2	(-1.0, 0.7)	0.87

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of eGFR (mL/min/1.73m²) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S7. Estimated treatment effect on Systolic Blood Pressure of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ³	SD	Change ⁴	95%CI	P-value	Mean ³	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	131	21	0.0			133	17	0.0			0.0		
6-month	130	20	-1.7	(-5.8, 2.3)	0.56	126	14	-6.7	(-10.8, -2.7)	0.0003	-5.0	(-10.7, 0.7)	0.096
12-month	131	16	-1.0	(-5.0, 3.1)	0.83	127	14	-5.4	(-9.4, -1.3)	0.0056	-4.4	(-10.1, 1.3)	0.17
18-month	129	14	-2.1	(-6.2, 1.9)	0.42	127	14	-5.5	(-9.5, -1.5)	0.0046	-3.3	(-9.0, 2.4)	0.34
24-month	132	20	0.4	(-3.6, 4.5)	0.96	128	17	-4.1	(-8.1, -0.1)	0.0422	-4.6	(-10.2, 1.1)	0.14
30-month	131	19	-0.8	(-4.9, 3.2)	0.88	126	16	-6.2	(-10.3, -2.2)	0.0010	-5.4	(-11.1, 0.3)	0.065
36-month	132	19	0.6	(-3.4, 4.7)	0.92	128	16	-4.6	(-8.6, -0.6)	0.021	-5.2	(-10.9, 0.5)	0.080
Rate/yr ⁶			0.4	(-0.7, 1.5)	0.69			-0.8	(-1.9, 0.3)	0.17	-1.2	(-2.7, 0.3)	0.16

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of systolic blood pressure (mmHg) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S8. Estimated treatment effect on Diastolic Blood Pressure of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean ³	SD	Change ⁴	95%CI	P-value	Mean ³	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	74	10	0.0			74	10	0.0			0.0		
6-month	73	10	-1.0	(-3.3, 1.3)	0.55	73	9	-1.0	(-3.2, 1.3)	0.57	0.0	(-3.2, 3.3)	1.00
12-month	72	10	-1.9	(-4.2, 0.4)	0.11	72	9	-1.4	(-3.6, 0.9)	0.32	0.6	(-2.7, 3.8)	0.91
18-month	73	10	-0.5	(-2.8, 1.7)	0.83	73	9	-1.0	(-3.2, 1.3)	0.56	-0.4	(-3.6, 2.8)	0.95
24-month	74	12	0.3	(-2.0, 2.6)	0.94	73	9	-0.5	(-2.8, 1.8)	0.85	-0.8	(-4.0, 2.4)	0.81
30-month	74	11	0.3	(-2.0, 2.5)	0.96	72	10	-2.0	(-4.2, 0.3)	0.10	-2.2	(-5.4, 1.0)	0.23
36-month	74	10	0.4	(-1.8, 2.7)	0.89	74	9	0.8	(-1.4, 3.1)	0.65	0.4	(-2.8, 3.6)	0.95
Rate/yr ⁶			0.4	(-0.2, 1.1)	0.21			0.1	(-0.5, 0.7)	0.92	-0.3	(-1.2, 0.5)	0.62

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of diastolic blood pressure (mmHg) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial.
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S9. Estimated treatment effect on Physical Component Score (SF36) of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹				Comparison ¹			
Visit ²	Mean 3	SD	Change 4	95%CI	P-value	Mean 3	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	46	13	0.0			39	11	0.0			0.0		
12-month	44	13	-1.8	(-4.9, 1.2)	0.33	41	12	2.5	(-0.5, 5.5)	0.12	4.3	(0.0, 8.6)	0.048
18-month	42	11	-4.4	(-7.5, -1.4)	0.0024	42	11	3.3	(0.3, 6.3)	0.031	7.7	(3.4, 12.0)	0.0001
24-month	49	15	2.7	(-0.4, 5.7)	0.097	40	12	1.9	(-1.1, 4.9)	0.30	-0.8	(-5.1, 3.5)	0.90
30-month	44	15	-2.6	(-5.6, 0.5)	0.12	43	10	4.1	(1.0, 7.1)	0.0053	6.6	(2.3, 10.9)	0.0011
36-month	39	16	-6.9	(-10.0, -3.9)	<0.0001	40	14	1.0	(-2.1, 4.0)	0.72	7.9	(3.6, 12.2)	0.0001
Rate/yr ⁶			-5.6	(-6.6, -4.6)	<0.0001			0.6	(-0.4, 1.6)	0.38	6.2	(4.8, 7.6)	<0.0001

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of PCS (0-100) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial. No observations of SF36 were made at the 6-month timepoint in the Standard Care group
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.

Table S10. Estimated treatment effect on Mental Component Score (SF36) of AMOS clinic management compared to standard care

	Standard care ¹					AMOS clinic ¹					Comparison ¹		
Visit ²	Mean 3	SD	Change ⁴	95%CI	P-value	Mean 3	SD	Change ⁴	95%CI	P-value	Δ ^{3,5}	95%CI	P-value
Initial	52	12	0.0			45	12	0.0			0.0		
12-month	53	12	1.4	(-1.6, 4.4)	0.50	47	12	1.8	(-1.1, 4.8)	0.31	0.4	(-3.8, 4.6)	0.97
18-month	54	16	1.6	(-1.4, 4.6)	0.42	48	13	2.2	(-0.8, 5.1)	0.19	0.6	(-3.6, 4.8)	0.94
24-month	57	11	4.5	(1.5, 7.4)	0.0016	48	12	2.2	(-0.7, 5.2)	0.18	-2.3	(-6.4, 1.9)	0.40
30-month	57	14	4.7	(1.7, 7.7)	0.0008	48	12	2.3	(-0.6, 5.3)	0.15	-2.4	(-6.6, 1.8)	0.37
36-month	52	18	-0.4	(-3.4, 2.6)	0.95	47	13	1.8	(-1.1, 4.8)	0.31	2.2	(-2.0, 6.4)	0.43
Rate/yr ⁶			-5.1	(-6.2, -4.0)	<0.0001			0.6	(-0.5, 1.8)	0.35	5.8	(4.2, 7.4)	<0.0001

1. Interventions: The randomised controlled trial assigned participants to either standard care or the AMOS clinic care for obese participants with Type 2 diabetes.
2. Follow-up: participant status of MCS (0-100) was observed at 6-monthly intervals; 24 months within trial, and 12 months post-trial. No observations of SF36 were made at the 6-month timepoint in the Standard Care group
3. Analysis: Initial participant status and change in status was compared by estimating means (and standard deviation) at each time-point, and the change in group means within each group, and between groups (expressed as mean difference; 95% confidence intervals; P-values); using mixed effects linear regression; adjusted for age and initial BMI; with 95% CIs and P-values corrected for multiple comparisons using the Sidak method; missing values were substituted using multiple imputation.
4. Change from initial value at each timepoint within the two intervention groups separately, with the AMOS clinic group adjusted for the initial difference in values.
5. Between group comparison, showing our estimate of the additional effect of inclusion in the AMOS clinic: i.e. estimate of treatment effect size.
6. Mean rate of change per year was also estimated as an expression of the continuous (linear) change over time.