1. Participant Flow Assessed for eligibility (n=64) Excluded: Did not meet inclusion criteria Declined to participate (n=5) Randomized (n= 58) Allocated to the **EG** (n=29) Allocated to the **PSEG** (n=29) Received allocated intervention (n=23) Received allocated intervention (n=26) Did not receive allocated intervention (no Did not receive allocated intervention (n=3) specific reason) (n= 6) Caring for a sick relative(n=1) Not interested (n=2) Lost to follow up (n=3) Was not analyzed at 4 months but continued in the trial (n=1) Analyzed at 4 months (n= 29) Analyzed at 4 months (n= 25) Lost to follow up (n=1)Analyzed at 8 months (n=28) Analyzed at 8 months (n=26)

Figure 1. Flow diagram of the study process. PSEG: Peer Support and Diabetes Self-Management Education Group, EG: Diabetes Self- Management Education-only Group

2. Baseline Characteristics

Table 1. Baseline characteristics of participants in each group							
Characteristic	PSEG EG		p for between groups difference				
N	29	29					
Demographic details							
Bilingual (Mayan and Spanish), n (%)	24 (83)	20 (69)	0.22*				
Women, n (%)	27 (93)	29 (100)	0.15*				
Age in years, mean (SD)	59 (9.4)	56 (10.3)	0.28†				
Education in years of formal studies, median	3	3	0.56‡				
Physiological measures							
A1c (%), mean (SD) [mmol/mol]	8.8 (2.2) [73]	8.6 (1.8) [70]	0.8†				
PAS (mmHg), mean (SD)	131 (24)	126 (26)	0.5†				
PAD (mmHg), mean (SD)	78 (11)	79 (14)	0.5†				
CC (cm), mean (SD)	93.1 (8.6)	97.9 (9.9)	0.05†				
BMI (kg/m²), mean (SD)	29.2 (5)	30.2 (4)	0.4†				

PSEG= Peer Support and Diabetes Self-Management Education Group, EG= Diabetes Self-Management Education-only Group. SD, standard deviation; FR, Frequency. * Pearson χ^2 test, * t Test,

3. Outcome Measures

Table 2. Changes in clinical outcomes over time								
Outcome	Number of people (basal/follow-up)		Comparison of the change in measured variables between the study groups from baseline to 4 months			Comparison of the change in measured variables between the study groups from baseline to 8 months		
	PSEG	EG	PSEG	EG	p*	PSEG	EG	<i>p</i> *
A1c (%), mean (SD) [mmol/mol]	29/28	29/26	-0.83 (1.45) [-9.1]	-0.44 (0.78) [-4.8]	0.05	-1.29 (1.97)	-0.98 (0.67)	0.05
PAS (mmHg), mean (SD)	29/28	29/26	-3.2 (20.2)	3.30 (11.3)	0.05	-12.4 (16.1)	-4.0 (15.5)	0.07
PAD (mmHg), mean (SD)	29/28	29/26	-1.7 (12)	1.5 (7.6)	0.05	-4.1 (12.3)	-3.9 (9.1)	0.90
Weight (kg), mean (SD)	29/28	29/26	-0.62 (1.15)	-0.42 (1.3)	0.56	-1.9 (1.74)	-2.1 (1.83)	0.74

PSEG= Peer Support and Diabetes Self-Management Education Group, EG= Diabetes Self-Management Education-only Group.

*p for between group difference calculated with t Test

Table 3. Changes in diabetes-related quality of life over time								
Outcome	Number of people (basal/follow-up)		Comparison of the change in measured variables between the study groups from baseline to 4 months			Comparison of the change in measured variables between the study groups from baseline to 8 months		
	PSEG	EG	PSEG	EG	p*	PSEG	EG	p*
Diabetes-related quality	Diabetes-related quality of life (% of affection)							
Energy and mobility (%)	29/25	29/25	-10.1 (21)	-9.2 (30)	0.91	-14.5 (28.1)	2.2 (26.4)	0.03
Diabetes control (%)	29/25	29/25	-15.2 (9.7)	-12.7 (17.3)	0.78	-31.3 (27.2)	-11.2 (31)	0.02
Anxiety and worry (%)	29/25	29/25	-16.2 (32.8)	-13.1 (35.5)	0.77	-36.2 (25.4)	-18.7 (37)	0.06
Social burden (%)	29/25	29/25	-9.5 (33.9)	-10.6 (27.9)	0.9	-22.5 (13.3)	-13 (33.6)	0.35
Sexual functioning (%)	29/25	29/25	-8.3 (41.1	-0.56 (35.9)	0.37	-18.4 (49.6)	0.2 (32.7)	0.17
Summary scores (%)	29/25	29/25	-14 (26.5)	-9 (25.1)	0.53	-27.6 (29.3)	-7.5 (30.1)	0.03

PSEG= Peer Support and Diabetes Self-Management Education Group, EG= Diabetes Self-Management Education-only Group.

*p for between group difference calculated with t Test

4. Adverse Events

There were no adverse events associated with this trial.