

1. Participant Flow

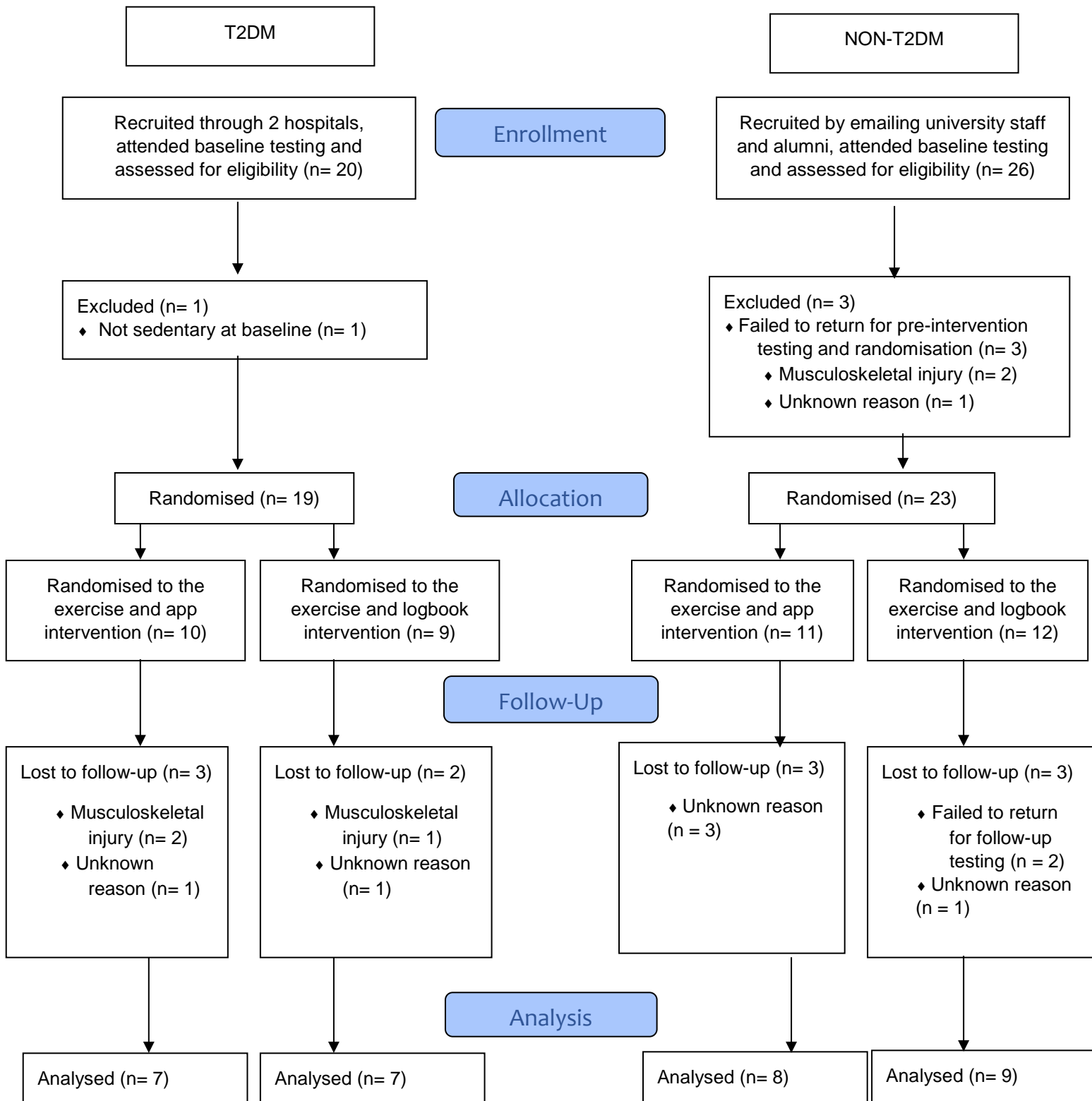


Figure 1. Flow of participants through the study

2. Baseline Characteristics

	NonT2DMApp (N = 8)	NonT2DMLog (N = 9)	T2DMApp (N = 7)	T2DMLog (N=7)
Female	5	5	0	2
Age (years)	54.75 ± 10.00	48.78 ± 13.11	50.43 ± 6.90	57.86 ± 6.54
Activity minutes/week	175.63 ± 135.71	144.44 ± 105.73	122.86 ± 76.10	122.86 ± 45.72
6MWT (m)	462.00 ± 42.45	479.56 ± 40.56	478.14 ± 32.44	457.57 ± 30.91
BMI (Kg/m ²)	28.40 ± 3.27	27.30 ± 3.33	29.24 ± 3.24	31.10 ± 3.98
Hand grip strength (L) (Kg)	29.88 ± 10.74	36.00 ± 12.31	37.43 ± 9.32	41.00 ± 8.37
Hand grip strength (R) (Kg)	32.88 ± 12.15	39.00 ± 11.84	38.86 ± 7.93	40.57 ± 7.50
Physical functioning (%)	87.50 ± 16.04	87.22 ± 11.76	82.14 ± 18.22	73.57 ± 26.57
Role limitations due to physical health (%)	87.50 ± 18.90	83.33 ± 25.00	82.14 ± 37.40	89.29 ± 19.67
Role limitations due to emotional problems (%)	95.83 ± 11.79	74.07 ± 43.39	52.38 ± 50.40	95.24 ± 12.60
Energy/fatigue (%)	54.38 ± 13.74	50.56 ± 11.30	44.29 ± 18.80	57.14 ± 14.68
Emotional well-being (%)	83.50 ± 14.73	72.00 ± 13.86	57.14 ± 28.07	81.14 ± 12.16
Social functioning (%)	92.19 ± 14.85	80.56 ± 21.75	62.50 ± 28.87	94.64 ± 14.17
Pain (%)	83.13 ± 16.62	78.33 ± 22.74	75.71 ± 29.54	91.43 ± 9.00
General health (%)	66.25 ± 15.98	62.22 ± 12.53	53.57 ± 13.45	62.14 ± 14.10
HbA _{1c} mmol/mol	-	-	62.86 ± 4.34	57.43 ± 6.92
HbA _{1c} (%)	-	-	7.91 ± 0.40	7.41 ± 0.62
Cholesterol (mmol/L)	-	-	4.36 ± 1.17	3.60 ± 0.34
Tri (mmol/L)	-	-	2.17 ± 1.53	1.20 ± 0.41
HDL- Cholesterol (mmol/L)	-	-	1.17 ± 0.35	1.09 ± 0.17
LDL – Cholesterol (mmol/L)	-	-	2.00 ± 0.90	1.83 ± 0.36

Table 1 - Pre-intervention mean values for outcomes assessed

3. Outcome Measures

	Completers N =	Completers (%)	adherence (%)
NonAPP	8/11	72.3	77.2 ± 28.4
NonLOG	9/12	75.0	77.7 ± 16.9
T2dmLOG	7/9	77.8	81.6 ± 22.0
T2dmAPP	7/10	70.0	70.0 ± 34.1
Total	31/42	73.8 ± 2.9	76.7 ± 24.7

Table 2 – Intervention completion rates & sessions completed as prescribed

	NonApp (N = 8)		NonLog (N = 9)		T2DM app (N = 7)		T2DMlog (N=7)	
Relative changes in outcomes during intervention period	Change (%)	p value	Change (%)	p value	Change (%)	p value	Change (%)	p value
Activity minutes/week	122.7 ± 99.8	0.021	340.7 ± 174.2	0.008	173.3 ± 142.2	0.048	326.4 ± 382.5	0.029
6MWT	12.8 ± 5.8	0.012	10.7 ± 6.1	0.008	13.4 ± 6.8	0.002	12.8 ± 10.5	0.019
BMI	-1.5 ± 1.4	0.043	-3.4 ± 3.1	0.015	-3.5 ± 0.8	<0.001	-3.0 ± 2.4	0.029
Hand grip strength (L)	-1.4 ± 1.6	0.200	-2.5 ± 2.1	0.256	-2.9 ± 1.0	0.491	2.6 ± 2.8	0.033
Hand grip strength (R)	4.0 ± 6.9	0.095	3.1 ± 5.4	0.096	3.4 ± 7.9	0.245	7.1 ± 8.4	0.049
Physical functioning	10.8 ± 14.7	0.042	5.9 ± 9.8	0.104	18.0 ± 28.5	0.089	41.4 ± 79.8	0.094
Role limitations due to physical health	20.8 ± 35.4	0.102	2.8 ± 64.3	0.888	8.3 ± 38.2	0.593	-7.1 ± 18.9	0.317
Role limitations due to emotional problems	2.1 ± 22.6	1.000	1.9 ± 21.2	1.000	14.3 ± 37.8	0.317	-2.4 ± 33.9	0.655
Energy/fatigue	50.0 ± 57.6	0.009	12.7 ± 31.3	0.249	52.5 ± 49.8	0.012	1.8 ± 21.9	0.555
Emotional well-being	1.5 ± 6.5	0.705	-5.5 ± 10.2	0.184	28.1 ± 37.6	0.136	-0.8 ± 9.3	0.846
Social functioning	1.5 ± 13.6	1.000	3.8 ± 20.7	0.458	26.2 ± 27.0	0.059	-3.6 ± 9.4	0.317
Pain	6.0 ± 20.3	0.683	15.0 ± 43.2	0.496	50.7 ± 88.2	0.042	-16.7 ± 22.0	0.083
General health	22.6 ± 25.3	0.035	4.4 ± 20.1	0.572	13.6 ± 17.5	0.103	6.6 ± 21.8	0.296
HbA _{1c} mmol/mol	-	-	-	-	-12.4 ± 9.4	0.010	0.3 ± 11.3	1.000
HbA _{1c} (%)	-	-	-	-	-9.1 ± 6.7	0.009	0.1 ± 8.1	1.000
Cholesterol	-	-	-	-	0.7 ± 4.2	0.591	0.9 ± 22.0	0.980
Tri	-	-	-	-	-11.6 ± 39.5	0.134	1.2 ± 20.1	0.557
HDL- Cholesterol	-	-	-	-	2.0 ± 14.6	0.942	-2.0 ± 12.9	0.735
LDL - Cholesterol	-	-	-	-	41.8 ± 66.8	0.113	-9.3 ± 15.5	0.174

Table 3 – Relative (%) changes in outcomes at follow up

*p values relate to the differences in means from pre and post intervention assessed using paired t-tests or Wilcoxon's tests

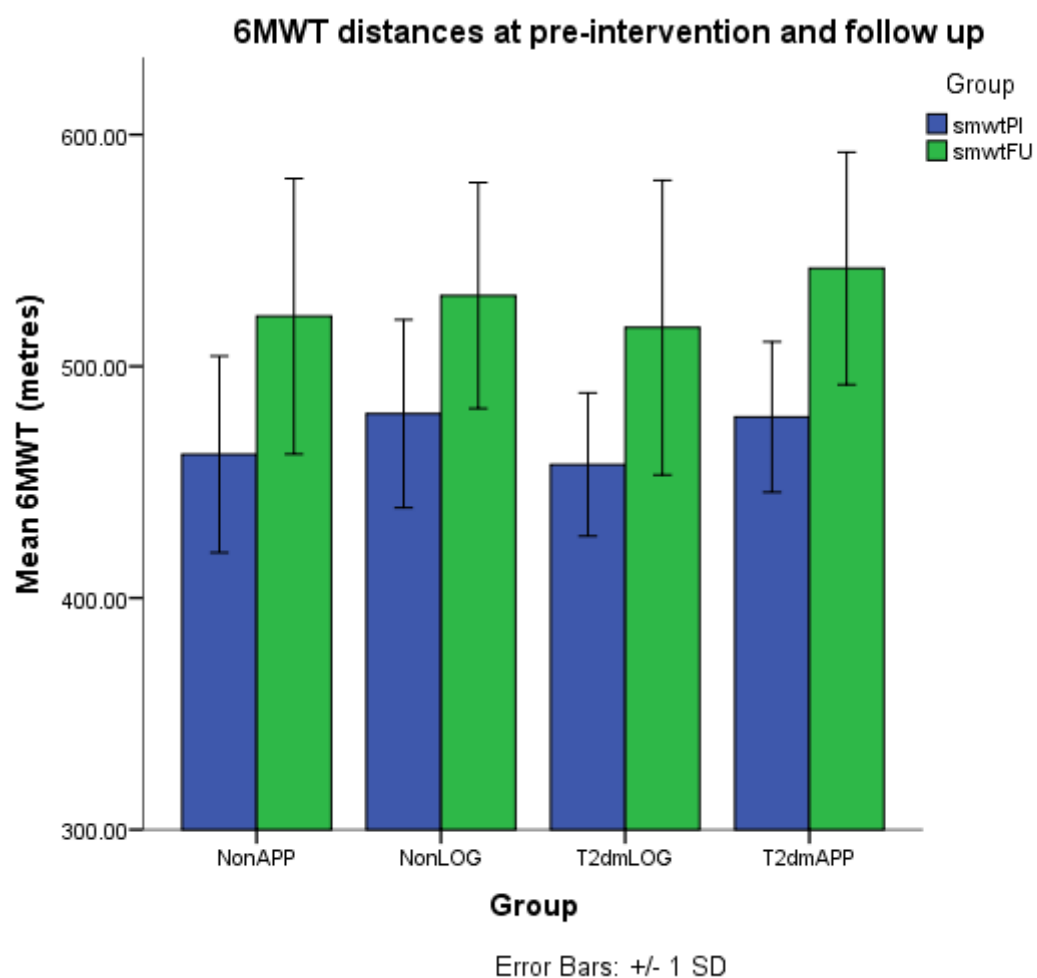


Figure 2 - change in mean 6MWT distances for each group

4. Adverse Effects

There were no adverse events associated with this trial.