

Results

Figure I. Flow diagram of trial participants

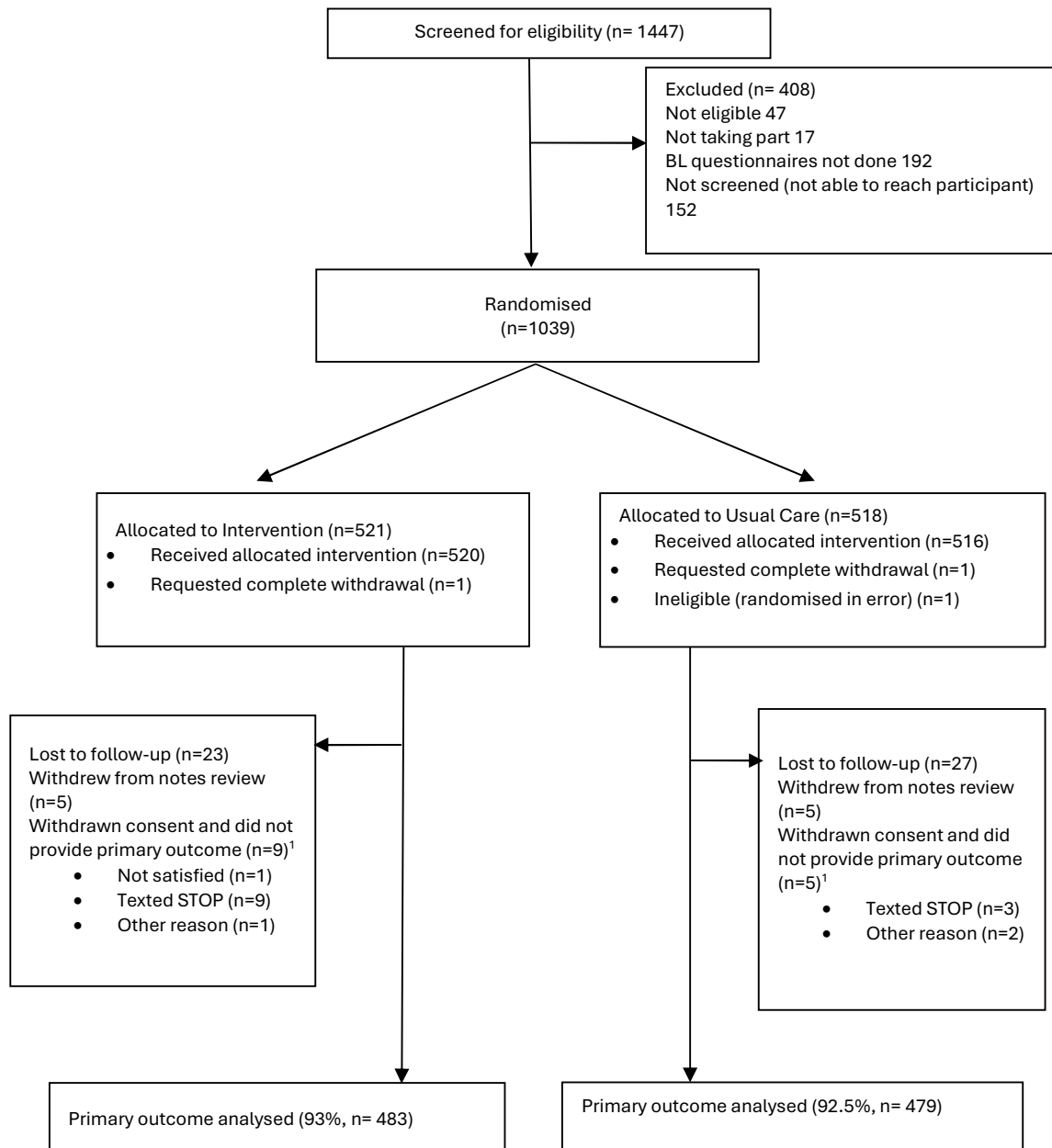


Table 1 Baseline Characteristics of Participants

	Intervention N(%) or Mean(sd) (N=520)	Usual care N(%) or Mean(sd) (N=516)	OVERALL N(%) or Mean(sd) (N=1036)
Age (years)	66.2 (9.7)	66.4 (9.7)	66.3 (9.7)
Gender			
<i>Female</i>	186 (35.8%)	184 (35.7%)	370 (35.7%)
Ethnicity			
<i>White</i>	478 (92.6%)	485 (93.3%)	963 (93.0%)
<i>Asian</i>	18 (3.5%)	15 (2.9%)	33 (3.2%)
<i>Black or Caribbean</i>	5 (1.0%)	3 (0.6%)	8 (0.8%)
<i>Other</i>	15 (2.9%)	17 (3.3%)	32 (3.1%)
Total duration of diabetes (months)	126.7 (95.5)	127.4 (90.4)	127.0 (92.9)
Current smoker	25 (4.8%)	28 (5.4%)	53 (5.1%)
Medication adherence report scale	23.6 (2.3)	23.2 (2.9)	23.4 (2.6)
Coronary Heart Disease Risk	34.2 (23.5)	34.1 (23.6)	34.2 (23.5)
Systolic blood pressure	132.3 (12.9)	130.6 (12.6)	131.4 (12.8)
HbA1c, %	7.2 (1.3)	7.3 (1.2)	7.2 (1.2)
HbA1c, mmol/mol	55.5 (13.7)	55.8 (13.0)	55.6 (13.3)
Total cholesterol	4.2 (1.0)	4.2 (1.1)	4.2 (1.1)
HDL Cholesterol	1.3 (0.4)	1.3 (0.3)	1.3 (0.3)

Table 2: Primary and secondary outcomes

Outcome	Intervention (N=520)	Usual Care (N=516)	Estimated difference (95% C.I.)	p-value
Coronary heart disease risk, mean(sd)				
<i>Baseline</i>	34.2 (23.5)	34.1 (23.6)		
52 weeks	37.4 (24.7)	37.5 (23.9)	0.331 (-0.893 to 1.555)*	0.60
Clinical secondary outcomes mean(SD):				
HbA1c				
<i>Baseline, %</i>	7.2 (1.2)	7.3 (1.2)		
<i>Baseline, mmol/mol</i>	76.8 (13.6)	77.2 (12.9)		
52 weeks, %	7.4 (1.4)	7.4 (1.2)	0.032 (-0.094 to 0.159)*	0.61
52 weeks, mmol/mol	78.7 (14.8)	78.6 (13.3)		
Systolic blood pressure, mean(SD)				
<i>Baseline</i>	132.3 (12.8)	130.6 (12.5)		
52 weeks	132.4 (13.2)	132.1 (13.6)	-0.280 (-1.856 to 1.295)*	0.73
Diastolic blood pressure, mean(SD)				
<i>Baseline</i>	75.8 (9.0)	75.4 (8.0)		
52 weeks	76.1 (9.4)	75.4 (8.9)	0.495 (-0.501 to 1.491)*	0.33
Total/HDL Cholesterol ratio				
<i>Baseline</i>	0.3 (0.1)	0.3 (0.1)		
52 weeks	0.3 (0.1)	0.3 (0.1)	0.001 (-0.006 to 0.009)*	0.74
Health status and self-reported adherence:				
EQ-5D-5L				
<i>Baseline</i>	0.80 (0.22)	0.79 (0.23)		
52 weeks	0.80 (0.21)	0.78 (0.24)	0.013 (- 0.006 to 0.032) †	0.17
Medication adherence report scale (MARS)				
<i>Baseline</i>	23.6 (2.3)	23.3 (2.9)		
52 weeks	23.7 (2.4)	23.3 (2.9)	0.359 (0.054 to 0.664)*	0.021 [¶]