

Supplemental Table S1. Change from baseline in study variables during the 6 years-follow-up, according to gender.

Variable	Change from baseline	Women n=41	Men n=63	p
Weight (Kg)	-0.02 ± 0.066	-0.01 ± 0.06	0.14 ± 1.24	0.36
BMI (Kg/m ²)	-0.02 ± 0.063	-0.01 ± 0.05	-0.03 ± 0.06	0.13
HbA1c (%)	-0.004 ± 0.10	0.01 ± 0.10	-0.01 ± 0.11	0.27
Patients with HbA1c ≤7.0% (%)	-17.3%	-14.6%	-19.0%	0.54
eGFR (ml/min/1.73 m ²)	-0.015 ± 0.29	-0.02 ± 0.25	-0.005 ± 0.32	0.71
Subjects with chronic complications n (%)	+38%	+26.8%	+ 28.6%	0.89
Intensification of diabetes therapy (%)*	+30	+31.6%	+26.9%	0.79

Data are mean ± SD; *Intensification of diabetes therapy: increase in the number of OHA or addition of injection drugs (insulin or GLP-1 RAs).

Supplemental Table S2. Tests scores at baseline, in T2D subjects developing or not developing new chronic complications.

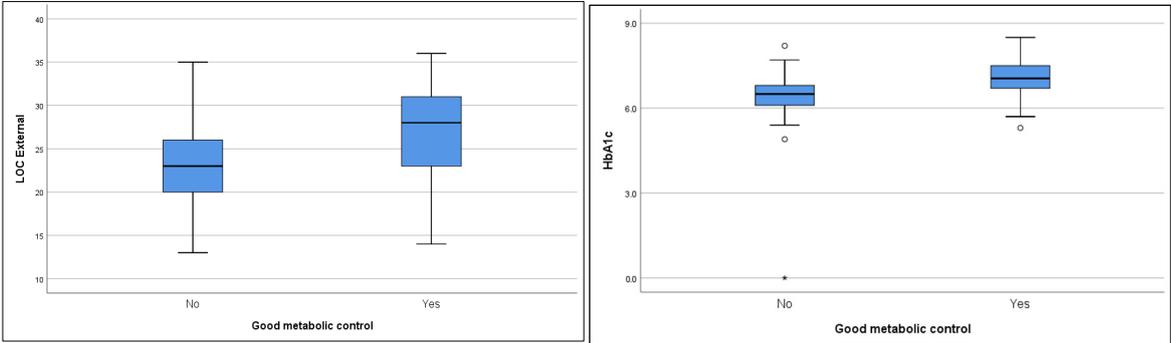
Clinical baseline characteristics	Subjects developing new chronic complications	Subjects not developing new chronic complications	p
Mini Mental State Examination (MMSE)	24.71 ± 2.79	26.63 ± 2.91	0.07
ADL (Activities of Daily Living)	5.79 ± 0.71	5.81 ± 0.49	0.058
IADL (Instrumental Activities of Daily Living)	7.63 ± 0.89	7.67 ± 0.93	0.065
Diabetes Treatment Satisfaction Questionnaire			
total score	31.81 ± 5.11	32.34 ± 4.94	0.08
DTSQ 2	2.7 ± 1.77	3.0 ± 1.83	0.20
DTSQ 3	1.6 ± 1.66	1.6 ± 1.79	0.058
Diabetes Specific Quality of Life (DSQoL)			
<i>Satisfaction</i>	33.16 ± 9.38	30.3 ± 9.08	0.17
<i>Impact</i>	37.51 ± 8.23	35.15 ± 9.02	0.21
<i>Worry</i>	8.36 ± 2.88	8.19 ± 2.97	0.78
Locus of Control (LOC)			
<i>Internal</i>	29.05 ± 6.48	30.89 ± 5.78	0.19
<i>External</i>	24.52 ± 5.69	24.96 ± 5.93	0.73
<i>Chance</i>	18.21 ± 7.62	18.37 ± 8.09	0.92

Data are mean ± SD;

DTSQ 2: perceived hyperglycaemia; DTSQ 3: perceived hypoglycaemia;

MMSE: Mini Mental State Examination; DSQoL: Diabetes Specific Quality of Life LOC: Locus of Control; DTSQ: Diabetes Treatment Satisfaction Questionnaire.

Supplemental Figure S1. Box plots for the association of good metabolic control maintenance with baseline HbA1c and LOC External.



LOC: Locus of Control.