Effects of mobile text messaging on glycemic control in patients with coronary heart disease and diabetes mellitus: a randomized controlled trial

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### Primary and Secondary Outcomes Analyses at 6 Month Follow-up

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Baseline</th>
<th>6 months</th>
<th>Mean Change</th>
<th>Baseline</th>
<th>6 months</th>
<th>Mean Change</th>
<th>Difference in Change (95% CI)</th>
<th>P value for difference in change</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Outcome</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HbA1C level, %, mean (SD)</td>
<td>6.9 (1.4)</td>
<td>6.7 (1.3)</td>
<td>-0.2 (1.0)</td>
<td>7.1 (1.4)</td>
<td>7.2 (1.5)</td>
<td>0.1 (1.1)</td>
<td>-0.3 (-0.5, -0.1)</td>
<td>0.003</td>
</tr>
<tr>
<td><strong>Secondary Outcomes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HbA1C level&lt;7%, No. (%)</td>
<td>155 (62.0%)</td>
<td>174 (69.3%)</td>
<td>-</td>
<td>139 (56.1%)</td>
<td>132 (52.6%)</td>
<td>-</td>
<td>1.2 (1.1, 1.3) (a)</td>
<td>0.004</td>
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<tr>
<td>FBG, mmol/L, mean (SD)</td>
<td>8.1 (2.7)</td>
<td>7.5 (2.7)</td>
<td>-0.5 (2.5)</td>
<td>8.5 (3.0)</td>
<td>8.6 (3.3)</td>
<td>0.1 (3.1)</td>
<td>-0.6 (-1.1, -0.2)</td>
<td>0.011</td>
</tr>
<tr>
<td>SBP, mmHg, mean (SD)</td>
<td>135.9 (18.4)</td>
<td>134.7 (18.7)</td>
<td>-1.4 (17.1)</td>
<td>135.9 (18.1)</td>
<td>132.2 (17.7)</td>
<td>-3.5 (17.8)</td>
<td>2.4 (-0.8, 5.5)</td>
<td>0.144</td>
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<tr>
<td>LDL-C, mmol/L, mean (SD)</td>
<td>2.6 (0.8)</td>
<td>2.5 (0.7)</td>
<td>-0.1 (0.7)</td>
<td>2.6 (0.8)</td>
<td>2.5 (0.8)</td>
<td>-0.1 (0.7)</td>
<td>0 (-0.1, 0.1)</td>
<td>0.828</td>
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<tr>
<td>BMI, mean (SD)</td>
<td>26.4 (3.2)</td>
<td>26.3 (3.5)</td>
<td>-0.1 (2.1)</td>
<td>26.3 (3.2)</td>
<td>26.0 (3.4)</td>
<td>-0.4 (2.5)</td>
<td>0.3 (-0.1, 0.7)</td>
<td>0.213</td>
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<tr>
<td>Physical activity (MET min/wk), median (IQR)</td>
<td>1386 (693-3066)</td>
<td>1386 (918-3612)</td>
<td>-70.7</td>
<td>1386 (693-3066)</td>
<td>1386 (693-3002)</td>
<td>-70.7</td>
<td>(1386, 3066)</td>
<td>0.784</td>
</tr>
</tbody>
</table>