

Table. Characteristics of participants at baseline*.

	SMS group (n=56)	non-SMS group (n=48)	control group (n=57)
Age (years), mean \pm SD	54.9 \pm 6.6	54.6 \pm 6.9	55.4 \pm 7.8
Male, n (%)	31 (55.4)	26 (54.2)	29 (50.9)
Educational level ¹ , n (%)			
Low	17 (30.4)	17 (35.4)	26 (45.6)
Medium	18 (32.1)	10 (20.8)	20 (35.1)
High	11 (19.6)	12 (25.0)	9 (15.8)
Ethnicity ¹ , n (%)			
Native Dutch	29 (51.8)	26 (54.2)	39 (68.4)
Western immigrant	3 (5.4)	2 (4.2)	6 (10.5)
Non-Western immigrant	15 (26.8)	12 (25.0)	12 (21.1)
Household composition ¹ , n (%)			
Living alone	6 (10.7)	6 (12.5)	11 (19.3)
Living with partner, children or others	39 (69.6)	32 (66.7)	44 (77.2)
Insulin use (in combination with oral diabetes medication) ² , n (%)	18 (32.1)	14 (29.2)	17 (29.8)
Co-medication ² (excl. insulin), n (%)	54 (96.4)	44 (91.7)	53 (93.0)
Duration disease (years), mean \pm SD	10.6 \pm 10.8	8.2 \pm 8.6	8.7 \pm 6.8
Complications diabetes ¹ , n (%)			
Yes	10 (17.9)	3 (6.3)	8 (14.0)
No	35 (62.5)	36 (75.0)	47 (82.5)
Medication regimen, n (%)			
One daily dose	11 (19.6)	12 (25.0)	13 (22.8)
Two daily doses	25 (44.6)	27 (56.3)	25 (43.9)
Three daily doses	20 (35.7)	9 (18.8)	19 (33.3)

¹ The numbers and percentages add up to less than total due to missing values

² Use of insulin or other co-medication was identified from pharmacy refill data.

* No significant differences were found between the groups.