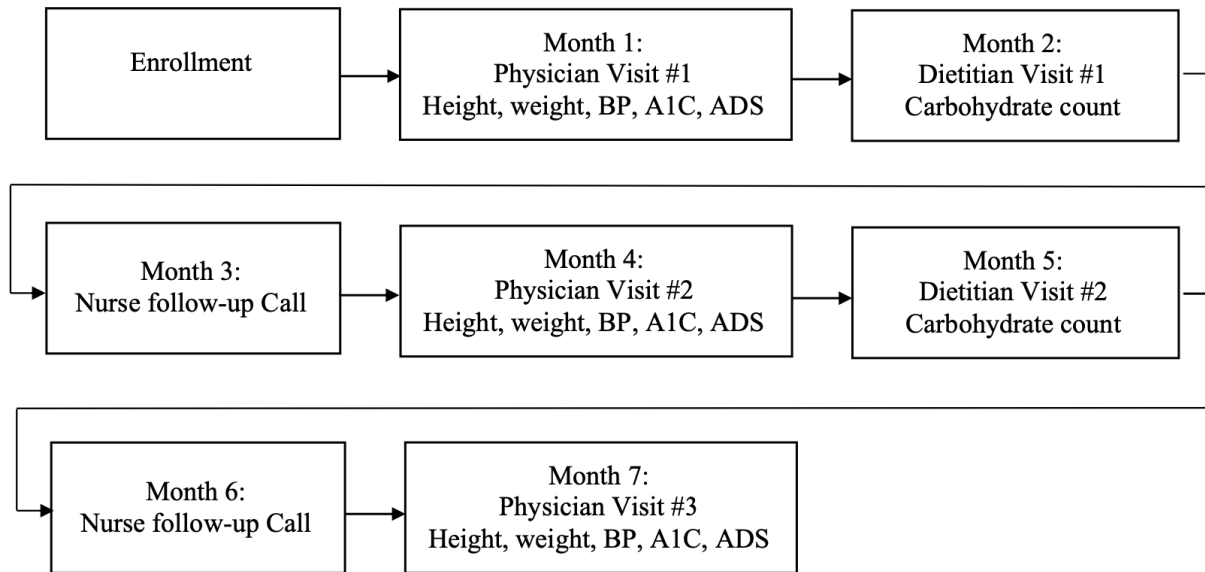


**Supplement 1: Study Procedures**



Abbreviations: A1C=Hemoglobin A1C; BP=blood pressure; ADS=Appraisal of Diabetes Scale

## Supplement 2: Food Intake Log

Your Name: \_\_\_\_\_

Instructions: Record the time you first ate in a day and the time you finished your last food. Record any **symptoms of low blood sugar such as Sweaty, Shaky, Heart racing, or Fatigue**. If you have symptoms, add the time and your glucose reading. *If glucose is less than 50, call clinic immediately at 608-287-2250.*

Day	Time of first intake	Time of last intake	Symptoms of low blood sugar? If yes, which ones? Record time and glucose reading.
March 1			
March 2			
March 3			
March 4			
March 5			
March 6			
March 7			
March 8			
March 9			
March 10			
March 11			
March 12			
March 13			
March 14			
March 15			
March 16			
March 17			
March 18			
March 19			
March 20			
March 21			
March 22			
March 23			
March 24			
March 25			
March 26			
March 27			
March 28			
March 29			
March 30			
March 31			

**Supplement 3: Insulin Titration Tables**

Basal Insulin Titration Table:

Dose/glucose	<70	70-90	91-120	121-300	301+
<10 u	Stop	Stop	Stop	No change	+5 u
10-30 u	Stop	Stop	-50%	No change	+5-10 u
30-60 u	Stop	-50%	-25%	No change	+10 u
>60 u	-75%	-50%	-25%	No change	+15%

Short-acting mealtime insulin titration will be based on post prandial blood sugar readings as follows:

Mealtime Insulin Titration Table:

Dose/glucose	<70	70-90	91-120	121-250	251-350	351+
<10 u	Stop	Stop	Stop	No change	+2 u	+5 u
10-30 u	Stop	Stop	-50%	No change	+4 u	+5-10 u
30-60 u	Stop	-50%	-25%	No change	+5-10 u	+10 u
>60 u	-75%	-50%	-25%	No change	+ 10%	+15%

<b>Supplement 4: Predictors of Getting Off Insulin (yes/no binary outcome)</b>			
	<b>Univariate</b>		
<b>Variable</b>	<b>OR</b>	<b>95% CI</b>	<b>P-value</b>
Age <sup>a</sup>	1.01	0.90 – 1.14	0.82
Male sex <sup>a</sup>	7.2	0.62 – 83.34	0.11
Weight change (Delta) <sup>b</sup>	1.03	0.96 – 1.11	0.42
BMI change (Delta) <sup>b</sup>	1.27	0.76 – 2.10	0.36
DBP change (Delta) <sup>b</sup>	1.0	0.92 – 1.10	0.92
SBP change (Delta) <sup>b</sup>	1.01	0.95 – 1.08	0.70
A1C change (Delta) <sup>b</sup>	0.49	0.16 – 1.50	0.21
Total baseline insulin <sup>b</sup>	0.96	0.92 – 0.99	<b>0.04*</b>
Short-acting baseline insulin <sup>b</sup>	0.91	0.82 – 1.01	0.08
Long-acting baseline insulin <sup>b</sup>	0.95	0.89 – 1.00	0.07
Carbohydrate intake (Initial) <sup>c</sup>	0.98	0.95 – 1.01	0.23
Carbohydrate intake (Second) <sup>c</sup>	0.96	0.92 – 1.01	0.09
Carbohydrate intake (Average) <sup>c</sup>	0.97	0.93 – 1.01	0.15
<b>Average Time of Feeding</b>			
<8 hours 100% of time (%) <sup>b</sup>	0.33	0.03 – 3.51	0.36
<8 hours 90% of time (%) <sup>b</sup>	1.67	0.11 – 25.4	0.71
<8 hours 75% of time (%) <sup>b</sup>	All patients met this criterium		

<b>Supplement 5: Appraisal of Diabetes Scale Responses</b>				
	Time 1	Time 2	Time 3	P-value
	N (%)	N (%)	N (%)	
<b>1. How upsetting is having diabetes for you?</b>				
Not at all	2 (10.5)	3 (15.8)	3 (15.8)	0.71
Slightly	5 (26.3)	4 (21.1)	3 (15.8)	
Moderately	5 (26.3)	8 (42.1)	10 (52.6)	
Very	5 (26.3)	4 (21.1)	3 (15.8)	
Extremely	2 (10.5)	0 (0)	0 (0)	
<b>2. How much control over your diabetes do you have? (score reversed)</b>				
Not at all	0 (0)	0 (0)	0 (0)	0.31
Slight amount	3 (15.8)	3 (15.8)	1 (5.3)	
Moderate amount	10 (52.6)	5 (26.3)	5 (26.3)	
Large amount	6 (31.6)	9 (47.4)	11 (57.9)	
Total amount	0 (0)	2 (10.5)	2 (10.5)	
<b>3. How much uncertainty do you currently experience in your life as a result of being diabetic?</b>				
Not at all	2 (10.5)	4 (21.1)	3 (15.8)	0.92
Slight amount	7 (36.8)	8 (42.1)	7 (36.8)	
Moderate amount	9 (47.4)	6 (31.6)	8 (42.1)	
Large amount	0 (0)	1 (5.3)	1 (5.3)	
Very large amount	1 (5.3)	0 (0)	0 (0)	
<b>4. How likely is your diabetes to worsen over the next several years?</b>				
Not likely at all	2 (10.5)	5 (26.3)	5 (26.3)	0.75
Slightly likely	8 (42.1)	9 (47.4)	8 (42.1)	
Moderately likely	3 (15.8)	3 (15.8)	4 (21.1)	

Very likely	5 (26.3)	2 (10.5)	2 (10.5)	
Extremely likely	1 (5.3)	0 (0)	0 (0)	
5. Do you believe that achieving good diabetic control is due to your efforts as compared to factors which are beyond your control?				
Totally because of me	4 (21.1)	6 (31.6)	5 (26.3)	0.61
Mostly because of me	7 (36.8)	10 (52.6)	10 (52.6)	
Partly of me & partly because of other factors	7 (36.8)	3 (15.8)	4 (21.1)	
Mostly because of other factors	0 (0)	0 (0)	0 (0)	
Totally because of other factors	1 (5.3)	0 (0)	0 (0)	
6. How effective are you in coping with your diabetes? (score reversed)				
Not at all	0 (0)	0 (0)	0 (0)	<b>0.04*</b>
Slightly effective	0 (0)	3 (15.8)	1 (5.3)	
Moderately effective	12 (63.2)	7 (36.8)	5 (26.3)	
Very effective	5 (26.3)	5 (26.3)	12 (63.2)	
Extremely effective	2 (10.5)	4 (21.1)	1 (5.3)	
7. To what degree does your diabetes get in the way of your developing life goals?				
None at all	4 (21.1)	8 (42.1)	6 (31.6)	<b>0.002*</b>
Slight amount	5 (26.3)	5 (26.5)	13 (68.4)	
Moderate amount	7 (36.8)	6 (31.6)	0 (0)	
Large amount	3 (15.8)	0 (0)	0 (0)	
Extremely large amount	0 (0)	0 (0)	0 (0)	