**Supplemental Table 1. Results of mixed model analysis**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Outcome | Effect | Estimate | SE | DF | t Value | Pr > |t| |
| Weight (kg) | Intercept | 85.655 | 1.94 | 108 | 44.05 | <.0001 |
|  | Group | -0.932 | 2.73 | 108 | -0.34 | 0.7332 |
|  | Time | -0.070 | 0.05 | 108 | -1.44 | 0.1519 |
|  | Group\*Time | -0.089 | 0.07 | 108 | -1.26 | 0.2092 |
| HbA1c (%) | Intercept | 7.757 | 0.18 | 108 | 43.1 | <.0001 |
|  | Group | -0.094 | 0.25 | 108 | -0.37 | 0.71 |
|  | Time | 0.015 | 0.01 | 108 | 1.23 | 0.2232 |
|  | Group\*Time | -0.028 | 0.02 | 108 | -1.59 | 0.1144 |
| BDI-II Total | Intercept | 20.485 | 0.93 | 109 | 22.11 | <.0001 |
|  | Group | -2.101 | 1.30 | 109 | -1.62 | 0.1085 |
|  | Time | -0.418 | 0.12 | 109 | -3.36 | 0.0011 |
|  | Group\*Time | -0.292 | 0.18 | 109 | -1.63 | 0.1063 |
| eGFR (ml/min) | Intercept | 86.188 | 2.73 | 85 | 31.57 | <.0001 |
|  | Group | 2.829 | 3.80 | 85 | 0.74 | 0.4587 |
|  | Time | 0.016 | 0.13 | 85 | 0.13 | 0.8998 |
|  | Group\*Time | 0.392 | 0.19 | 85 | 2.12 | 0.0372 |

Results of mixed model analysis examining predictors of linear change in each outcome over the course of 12 months. Abbreviations: BDI-II- Beck Depression Inventory – II; eGFR- estimated glomerular filtration rate; HbA1c- glycosylated hemoglobin.