

Figure S1. Reasons for rejecting insulin therapy. Results of the Therapy Attitude Questionnaire, which was completed by 448 patients with T2DM. T2DM, type 2 diabetes mellitus.

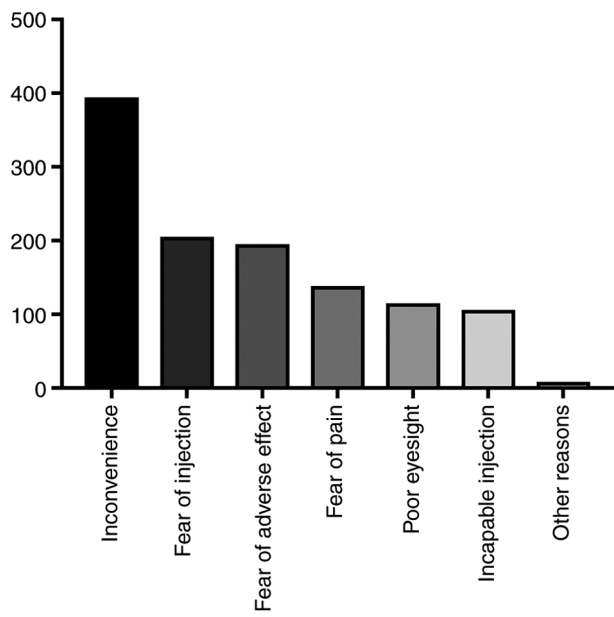


Table SI. Demographic and therapy demand data of patients who completed the questionnaire.

	Total n (%)	Oral preference n (%)	Insulin preference n (%)
Gender	448	413 (92.18)	35 (7.81)
Sex			
Male	255 (56.92)	230 (55.42)	25 (71.43)
Age (years)			
18-35	26 (5.80)	22 (5.30)	4 (11.42)
36-55	162 (36.16)	152 (36.63)	10 (28.57)
>55	260 (58.04)	239 (57.59)	21 (60.00)
Years since diabetes diagnosis			
<10	266 (59.38)	251 (60.48)	15 (42.86)
10-20	168 (37.50)	151 (36.39)	17 (48.57)
>20	14 (3.13)	11 (2.65)	3 (8.57)
Current treatment			
Oral	182 (40.63)	182 (43.86)	0 (0)
Oral and insulin	100 (22.32)	93 (22.41)	7 (20.00)
Insulin	166 (37.05)	138 (33.25)	28 (80.00)

Table SII. Baseline demographic and clinical characteristics in total groups.

	Sig (n=64)	Ins (n=104)	P-value
Male sex (%)	76.56	76.92	0.957
Age (years)	48.89±11.24	45.34±12.06	0.059
Height (cm)	169.41±7.43	169.66±7.09	0.825
Weight (kg)	72.66±9.29	70.13±9.81	0.100
BMI (kg/m ²)	25.27±2.52	24.29±2.64	0.019
FPG (mmol/l)	12.68±1.66	14.15±2.13	<0.001
HbA1c (%)	10.35±1.18	11.22±1.53	<0.001
TG (mmol/l)	1.99±1.04	3.58±5.46	0.005
Cho (mmol/l)	4.84±0.95	5.11±1.21	0.130
LDL-C (mmol/l)	2.98±0.72	2.91±0.84	0.565
HDL-C (mmol/l)	1.05±0.19	1.06±0.23	0.703
ALT (U/l)	29.33±17.87	33.29±18.54	0.181
AST (U/l)	25.67±14.23	24.69±11.30	0.627
BUN (mmol/l)	5.04±1.07	5.84±7.08	0.381
Cr (mmol/l)	56.12±12.07	56.04±9.89	0.966

Normally distributed values are expressed as the mean ± SD. Unpaired t-tests were used to assess any differences between the Sig and Ins groups. Treatment groups: Sig, sitagliptin combined with metformin; Ins, insulin. HbA1c, glycosylated haemoglobin; BMI, body mass index; FPG, fasting plasma glucose; TG, triglyceride; Cho, cholesterol; LDL-C, low-density lipoprotein-cholesterol; HDL-C, high-density lipoprotein-cholesterol; ALT, alanine transaminase; AST, aspartate aminotransferase; BUN, blood urea nitrogen, Cr, creatinine.

Table SIII. Benefits and drawbacks of sitagliptin combined with insulin and metformin combined with insulin.

Item	Insulin + sitagliptin	Insulin + metformin
Cost	High	Relatively low
Frequency of administration/convenience	Once daily; convenient	Three times a day; less convenient
Side effects	Certain risk but rare occurrence of pancreatitis and pancreatic cancer	Gastrointestinal discomfort
Effect on body weight	Neutral	Weight loss