Appendix. Baseline to month-6 survey data by study phase and arm

Variable	PHASE 1 (N=37)					PHASE 2 (n=22)		
	n (%) or mean +SD				p-value[a]	n (%) or mean +SD		p-value[b]
	Intervention		Control			Mo-0	Mo-6	
	Mo-0	Mo-6	Mo-1	Mo-6				
Relaxation (n/week)	1.8+2.5	1.9+2.3	2.4+3.2	2.4+2.8	0.748	2.7+2.9	3.7+2.1	0.202
Relaxation type[c]								
Exercise, outdoors	4.0 (18.2)	1.5 (6.8)	3.5 (23.3)	5.5 (16.1)		6.5 (36.1)	9.5 (52.8)	
Pray/meditate	4.0 (18.2)	2.5 (11.4)	2.0 (13.3)	0.0 (0.0)		1 (5.6)	3.5 (19.4)	
Sleep/rest, music	5.0 (22.7)	6.0 (27.3)	4.5 (30.0)	2.5 (16.7)		3.5 (19.4)	2 (11.1)	
None	9.0 (40.9)	6.0 (27.3)	5.0 (33.3)	7 (46.7)		5 (27.8)	0 (0.0)	
Unknown	0.0 (0.0)	6.0 (27.3)	0.0 (0.0)	0.0 (0.0)		2 (11.1)	3 (16.7)	
Home Glucose monitoring (5-point Likert Scale)[d]								
Helps control diabetes	n/a	4.8+0.3	n/a			n/a	4.7+0.7	n/a
No/minimal aversion	n/a	4.6+0.4	n/a			n/a	4.3+1.2	n/a
Spirituality, social support, and health (5-point Likert Scale)[32]								
Religion is important	4.5+1.0	4.9+0.3	4.7+0.6	4.6+1.1	0.195	4.7+1.0	4.6+0.6	0.679
My spiritual beliefs help in difficult times	4.5+1.1	4.8+0.4	4.7+0.6	4.6+1.1	0.208	4.6+1.0	4.4+0.6	0.602
Spirituality influences caring for my diabetes	3.6+1.1	4.6+0.7	4.5+0.6	4.7+0.9	0.105	4.7+0.8	4.1+1.1	0.076
I am part of a spiritual Community/religion	3.9+1.0	4.3+0.9	4.2+1.0	4.3+1.5	0.791	4.1+1.6	4.1+1.0	1.0
My spiritual community supports/helps me	3.4+1.3	4.0+0.9	3.8+1.3	3.9+1.7	0.546	3.9+1.7	3.5+1.4	0.451
I have people in life that love me	4.8+1.0	4.9+0.3	4.7+1.1	4.5+1.1	0.467	4.8+1.0	4.6+0.9	0.581
I have a social circle that helps me	4.5+0.7	4.6+0.7	4.5+1.1	4.5+0.9	0.740	4.6+0.9	4.7+0.5	0.551
My health is good	3.9+1.1	4.4+1.0	4.1+0.9	4.2+0.9	0.167	4.0+1.3	4.5+0.6	0.181
Program helped my spirituality/religion[d]	n/a	4.9+0.4	n/a		n/a	n/a	4.7+0.7	n/a
Program satisfaction (4-point Likert Scale)[d]								
Met my needs	n/a	3.8+0.6	n/a		n/a	n/a	3.8+0.4	n/a
Overall satisfied	n/a	4.0+0.4	n/a		n/a	n/a	3.9+0.2	n/a
I would come back	n/a	4.1+0.2	n/a		n/a	n/a	3.9+0.2	n/a
Community Health Worker (CHW) satisfaction (10-point Likert Scale)[d,7]								
Call/text helped me	n/a	9.8+0.6	n/a		n/a	n/a	9.9+0.3	n/a
Beneficial to my care	n/a	9.9+0.2	n/a		n/a	n/a	9.9+0.2	n/a
Education helped me	n/a	9.9+0.3	n/a		n/a	n/a	9.9+0.2	n/a
Would recommend	n/a	10+0.0	n/a		n/a	n/a	10.0+0	n/a
Quality of life improved	n/a	9.9+0.3	n/a		n/a	n/a	9.9+0.2	n/a

[a]Baseline to 6-month changes, between group comparisons
[b]Baseline to 6-months changes, within group comparisons
[c]Individuals with ≥ 1 response, were divided equally to total 1.0 e.g., if answered exercise and pray, 0.5 designated to pray and 0.5 to exercise
[d]Data gathered only at 6-months and for those participating in the intervention