

SUPPLEMENTARY MATERIAL

Suppl. Table 1. Results of multiple linear regressions using EWB as dependent variable and excluding (Model 1a) or including HADS-A and HADS-D as predictors (Model 2a) (N=175).

	Model 1a (stepwise)		Model 2a		
	beta	<i>p</i>	beta	<i>p</i>	ω^2
HbA1c	- 0.250	0.001	- 0.0002	0.997	0
BMI	- 0.172	0.019	0.030	0.541	0
HADS-A	-	-	- 0.141	0.020	0.026
HADS-D	-	-	-0.707	<0.001	0.408
Adjusted R ²	0.087		0.625		

EWB= Mental Health Continuum – Short Form emotional well-being subscale, HADS= Hospital Anxiety and Depression Scale, HADS-A= HADS Anxiety subscale, HADS-D= HADS Depression subscale, HbA1c= glycated hemoglobin, BMI= Body Mass Index

Standardized estimates (betas) are presented.

Age, marital status, education level, Type 2 diabetes mellitus' duration, type of medication and comorbid hyperlipidemia and hypertension were included as additional independent variables in backward stepwise regression Model 1a.

Suppl. Table 2. Results of multiple linear regressions using PWB as dependent variable and excluding (Model 1b) or including HADS-A and HADS-D as predictors (Model 2b) (N=175).

	Model 1b (stepwise)		Model 2b		
	beta	<i>p</i>	beta	<i>p</i>	ω^2
HbA1c	- 0.247	0.001	- 0.063	0.318	0
BMI	- 0.160	0.030	- 0.008	0.896	0
HADS-A	-	-	- 0.191	0.013	0.030
HADS-D	-	-	- 0.482	<0.001	0.164
Adjusted R ²	0.081		0.403		

PWB= Mental Health Continuum – Short Form psychological well-being subscale, HADS= Hospital Anxiety and Depression Scale, HADS-A= HADS Anxiety subscale, HADS-D= HADS Depression subscale, HbA1c= glycated hemoglobin, BMI= Body Mass Index

Standardized estimates (betas) are presented.

Age, marital status, education level, Type 2 diabetes mellitus' duration, type of medication and comorbid hyperlipidemia and hypertension were included as additional independent variables in backward stepwise regression Model 1b.

Suppl. Table 3. Results of multiple linear regressions using SWB as dependent variable and excluding (Model 1c) or including HADS-A and HADS-D as predictors (Model 2c) (N=175).

	Model 1c (stepwise)		Model 2c		
	beta	<i>p</i>	beta	<i>p</i>	ω^2
HbA1c	- 0.146	0.053	- 0.021	0.750	0
BMI	- 0.132	0.080	0.009	0.889	0
HADS-A	-	-	- 0.277	0.001	0.060
HADS-D	-	-	- 0.387	<0.001	0.101
Adjusted R ²	0.030		0.337		

SWB= Mental Health Continuum – Short Form social well-being subscale, HADS= Hospital Anxiety and Depression Scale, HADS-A= HADS Anxiety subscale, HADS-D= HADS Depression subscale, HbA1c= glycated hemoglobin, BMI= Body Mass Index

Standardized estimates (betas) are presented.

Age, marital status, education level, Type 2 diabetes mellitus' duration, type of medication and comorbid hyperlipidemia and hypertension were included as additional independent variables in backward stepwise regression Model 1c.

Suppl. Table 4. Investigation of the direct, indirect (with the mediation of HADS-A and HADS-D) and total effect of HbA1c and BMI on EWB (N=175).

	Direct effect (D)		Indirect effect (I)		I/T	Total effect (T)	
	SE	p	SE	p		SE	p
HbA1c → (HADS-A) → EWB			-0.021	0.210	0.084		
HbA1c → (HADS-D) → EWB	0.000	0.997	-0.229	<0.001	0.92	-0.250	0.002
HbA1c → (HADS-A + HADS-D) → EWB			-0.250	<0.001	1		
BMI → (HADS-A) → EWB			-0.021	0.118	0.12		
BMI → (HADS-D) → EWB	0.030	0.545	-0.180	<0.001	1.05	-0.172	0.008
BMI → (HADS-A + HADS-D) → EWB			-0.201	<0.001	1.17		

EWB= Mental Health Continuum – Short Form emotional well-being subscale, HADS= Hospital Anxiety and Depression Scale, HADS-A= HADS Anxiety subscale, HADS-D= HADS Depression subscale, HbA1c= glycated hemoglobin, BMI= Body Mass Index

Standardised estimates (st.est) are presented.

Suppl. Table 5. Investigation of the direct, indirect (with the mediation of HADS-A and HADS-D) and total effect of HbA1c and BMI on PWB (N=175).

	Direct effect (D)		Indirect effect (I)		I/T	Total effect (T)	
	<i>St.est.</i>	<i>p-value</i>	<i>St.est.</i>	<i>p-value</i>		<i>St.est.</i>	<i>p-value</i>
HbA1c → (HADS-A) → PWB			-0.029	0.267	0.12		
HbA1c → (HADS-D) → PWB	-0.063	0.388	-0.156	0.005	0.63	-0.247	0.002
HbA1c → (HADS-A + HADS-D) → PWB			-0.185	0.003	0.75		
BMI → (HADS-A) → PWB			-0.029	0.145	0.18		
BMI → (HADS-D) → PWB	-0.008	0.907	-0.123	0.002	0.77	-0.160	0.036
BMI → (HADS-A + HADS-D) → PWB			-0.152	<0.001	0.95		

PWB= Mental Health Continuum – Short Form psychological well-being subscale, HADS= Hospital Anxiety and Depression Scale, HADS-A= HADS Anxiety subscale, HADS-D= HADS Depression subscale, HbA1c= glycated hemoglobin, BMI= Body Mass Index

Standardised estimates (st.est) are presented; bold p<0.05.