**Supplementary Table 1.** Group education program for both the intensive and control groups

| Lesson | Title                                                                 | Educator        | Time, min |
|--------|-----------------------------------------------------------------------|-----------------|-----------|
| 1      | About diabetes, glycemic goal, diabetic complication                  | Endocrinologist | 40        |
| 2      | SMBG, insulin use, hypoglycemia (understanding and detecting, management with carbohydrate) | Educator nurse  | 40        |
| 3      | Diet therapy                                                         | Dietician       | 40        |
| 4      | Lunch buffet                                                         | Dietician       | 40        |
| 5      | Exercise and foot care                                               | Educator nurse  | 40        |
| 6      | Stress management                                                    | Psychiatrist    | 40        |