**S2 Figure – Meta-analysis of baseline imbalance in behavioural studies**

**HbA1c**

**Fasting blood glucose**

Test of significance: Z = 1.187, p = 0.24

Test of heterogeneity: I2 = 0.000, p = 0.68

Test of significance: Z = 1.636, p = 0.10

Test of heterogeneity: I2 = 0.000, p = 0.90