Supplementary Table 1. Population, Intervention, Comparison, Outcomes, Time, Study design (PICOTS) table

Category	Details
Population	- Adults with newly diagnosed type 2 diabetes mellitus or
	- Adults with previously diagnosed type 2 diabetes mellitus but who have never received pharmacological treatment
	Exclusion criteria for studies
	- Studies with participants having a mean disease duration of >5 years
	- Studies with participants having a mean baseline HbA1c >8.5%
Interventions and comparators	Medications
	1) Placebo: placebo, non-pharmacological therapy (e.g., lifestyle intervention)
	2) Metformin
	3) Sulfonylureas: glibenclamide, gliclazide, glimepiride
	4) Thiazolidinediones: rosiglitazone, pioglitazone, lobeglitazone
	5) Dipeptidyl peptidase-4 inhibitors: sitagliptin, vildagliptin, linagliptin, saxagliptin, alogliptin, anagliptin, teneligliptin, gemigliptin, evogliptin
	6) Sodium-glucose cotransporter-2 inhibitors: dapagliflozin, canagliflozin, empagliflozin, ertugliflozin, ipragliflozin, enavogliflozin
	7) Glucagon-like peptide-1 receptor agonists: exenatide, lixisenatide, dulaglutide, liraglutide, semaglutide
	8) Combination therapy of two or more drugs listed in 2) to 7)
Outcomes	Primary outcomes
	- Change in HbA1c
	- Odd ratios (ORs) for achievement of target HbA1c levels (<7.0% or <6.5%)
	Secondary outcomes
	- Change in fasting blood glucose, body weight, blood pressure
	- Change in total, high-density lipoprotein (HDL) and low-density lipoprotein (LDL) cholesterol, triglycerides
	- ORs for incidence of adverse events
Time	≥24 weeks
Study design	Randomized controlled study with an intervention period of more than 24 weeks

HbA1c, glycosylated hemoglobin.