**Qualitative Analysis of Health Care Transition Expectations and Readiness in Adolescents and Young Adults with Type 1 Diabetes**

***Moderator’s Guide for Interviews***

Diabetes Self-Care Experiences (5 min.)

* **Do you feel as though you are the “main” person responsible for your diabetes care?** 
  + *[IF YES]* At what age did you start to feel like you were the “main” person responsible for your diabetes care?
  + Do you feel like any of your doctors started to treat you more like you were in charge of your own diabetes at some point? When did this begin?
  + Have any of your doctors talked to you about taking care of your diabetes independently (without any help from your parents or guardians)?
* **What do you think are the biggest challenges in taking care of your diabetes?**
* **What role do your parents play in your diabetes care?** *(Note: not asked of young adults)*

Transition Perceptions (5 min.)

* As I said earlier, we will be talking about the switch from seeing doctors who mostly care for children to seeing doctors who mostly care for adults. This is sometimes called “transitioning” between doctors. This is a term we will use when referring to this process during this interview. We know that there are many stages of this process of transitioning between doctors.
* Please think of your own experiences when answering these questions. [Remember, although we use the word doctors, if you are thinking of anyone else, such as a nurse practitioner, please include them]
* **Have you thought about what it would be like to change (or transition) your diabetes care from a children's to an adult care setting?**
* How do you think it will be different?
* What will be the biggest difference for you?
* Do you think anyone will go with you to adult clinic visits?
* **When do you think that you would be ready to transition to an adult doctor?** 
  + How will you know you are ready?
* **What concerns do you have about transitioning to an adult-focused doctor?** 
  + Do you ever feel pushed to make this change when maybe you aren’t ready?
* **What sort of role would you like your parents to have in the process of transitioning doctors?** 
  + Is there something that your doctors could do to help keep your parents/guardians involved as much or as little as you want?
* **What do you think it means to have a successful transition from doctors who care for children to doctors who care for adults? We really want to know what you think makes a transition like this a success or not.**

Transition Preparation (5 min.)

* **Has your diabetes doctor ever talked to you about switching to adult diabetes care?** 
  + IF NO:
    - Have you ever wanted to talk to your doctor about transitioning?
  + IF YES:
    - When did this conversation first happen? Do you think this was too early? Too late?
    - Have you ever received a plan in writing for your transition to adult care?
    - IF YES: What did it say? What was covered?
      * IF NO: Would this have helped?

**ASK ONLY IF RELEVANT:**

* **Has your diabetes doctor given you the name of a doctor or list of doctors who see adults that you might see after you transition?**
  + Have you been given any contact information for adult doctors or any information on who to go to? [Did they give you a name? A phone number? Did they make the appointment for you?]
* **In what ways do you think that child-focused diabetes doctors should help prepare teens and young adults for transition?**
* **When do you believe that child-focused diabetes doctors should begin to talk about transition?**  
  [When do you think this preparation process should begin? At what age do you think that doctors should start to bring this up?]

Diabetes Clinic Experiences (5 min.)

* **If you could make any changes to the way teenagers with diabetes receive care in the clinic, what would they be?**
* **Would you like to have more opportunities to connect with other teenagers with diabetes who receive care in this clinic?** 
  + *[IF YES]* How would you like to do this?
* **We are thinking of trying out a program where teenagers and young adults with type 1 diabetes would come do their diabetes visits here in groups. What do you think of that idea?**
  + Option 1: Visit Done in Group
    - Have a shortened visit with provider (not necessarily your own provider) to go over things that are personal to you and your care (like your BG numbers and A1c). You will have 10-15 minutes alone with a group leader (a doctor or DNE) and then come together for a 1.5 hour group. This will be a group teaching discussion with other patients your own age with type 1 diabetes and be run by a doctor and/or DNE.
  + Option 2: Usual appointment plus group
    - Have your normal appointment length, but it could be with a different provider just for the teen/young adult clinic. This could have a long wait between your appointment and the group when done on the same date.
      * One Example: evening clinic from 5-9pm where everyone has individual appointments between 5pm and 7pm and then group from 7pm to 9pm.
  + Option 3: Usual appointment and additional group
    - Have your normal appointment (usual length and topics) with your usual provider. In addition, you would come to group every three months or so with the same teens and young adults every time for teaching and support.
    - The appointment and group will probably be on different days.

* **Before we finish, is there anything about the transitioning process or your diabetes care that I haven’t asked you about that you’d like to share or comment on?**