Supplemental Table S1: Barriers Burden Scale

|  |  |
| --- | --- |
| Sometimes taking care of your diabetes can be hard. Which of the following, if any, have made it hard to care for your diabetes? | |
| Getting the supplies recommended by your doctor | 0, Never a problem |
| 1, Almost never a problem |
| 2, Sometimes a problem |
| 3, Often a problem |
| 4, Always a problem |
| Understanding diet and medication changes recommended by your doctor | 0, Never a problem |
| 1, Almost never a problem |
| 2, Sometimes a problem |
| 3, Often a problem |
| 4, Always a problem |
| Feeling like your doctor understands medical, social, and behavioral conditions that affect you and your family's day-to-day life | 0, Never a problem |
| 1, Almost never a problem |
| 2, Sometimes a problem |
| 3, Often a problem |
| 4, Always a problem |
| Having negative feelings (anger, embarrassment, resentment, sadness) towards the diagnosis of diabetes | 0, Never a problem |
| 1, Almost never a problem |
| 2, Sometimes a problem |
| 3, Often a problem |
| 4, Always a problem |
| Please type in any other problems that have made it hard to care for your or your child's diabetes that you or your family face. | *[free text response]* |

Supplemental Table S2A: Descriptive statistics all participants’ (total n=43) Barriers Burden Survey

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Logistics | Education | Cultural | Negative relationship with type 1 diabetes |
| Never a problem | 29 | 25 | 31 | 23 |
| Almost never a problem | 10 | 14 | 11 | 6 |
| Sometimes a problem | 4 | 3 | 0 | 11 |
| Often a problem | 0 | 1 | 1 | 0 |
| Always a problem | 0 | 0 | 0 | 3 |

Supplemental Table S2B: Free text responses from Barriers Burden Survey

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| --- |
| Free text responses |
| Often forget to check blood sugar |
| Work |
| Medical insurance |
| Just checking blood sugars and injecting myself |
| Diabetes |
| Having it all my life |
| The food |
| Having to check my blood sugar every time |
| Just the fact that I wish I didn't have this disease and be able to eat freely without worries |
| Following a meal plan and insulin regimen |
| School and home |
| When I see high numbers |

Supplemental Table S3: Multivariate analysis of psychosocial measures and HbA1C and SMBG with model adjusting for age, sex, race/ethnicity, diabetes duration and BMI.

|  |  |  |  |
| --- | --- | --- | --- |
| Measure | β coefficient [95% C.I.] | R2 | p-value |
| HbA1C | | | |
| AIOS | -0.03 [-0.06, 0] | 0.11 | 0.04 |
| DDS-2 | 0.20 [-0.05, 0.45] | 0.06 | 0.12 |
| PSS-4 | 0.23 [0.01, 0.45] | 0.11 | 0.04 |
| BBS-Sum | 0.24 [-0.06, 0.54] | 0.06 | 0.11 |
| SMBG | | | |
| AIOS | 0.03 [0.01, 0.05] | 0.21 | 0.002 |
| DDS-2 | -0.24 [-0.42, -0.06] | 0.10 | 0.01 |
| PSS-4 | -0.18 [-0.37, 0.02] | -0.02 | 0.07 |
| BBS-Sum | -0.12 [-0.37, 0.13] | -0.12 | 0.34 |