

SUPPLEMENTAL MATERIALS

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Supplementary Table S1. Predictors of Diabetes Distress, Regimen Distress and Emotional Burden Based on Logistic Regression Models (N=428).

	Univariate Analysis					
	Diabetes Distress (DDS ≥ 2)		Regimen Distress (RD ≥ 2)		Emotional Burden (EB ≥ 2)	
Predictor	OR (95% CI)	P-value	OR (95% CI)	P-value	OR (95% CI)	P-value
Male vs. Female	0.40 (0.24, 0.69)	0.001	0.67 (0.44, 1.01)	0.056	0.61 (0.38, 0.95)	0.032
Race/ethnicity						
Non-Hispanic Black vs Hispanic	0.96 (0.58, 1.61)	0.888	0.79 (0.51, 1.23)	0.305	0.92 (0.57, 1.47)	0.729
Non-Hispanic White vs Hispanic	0.76 (0.39, 1.49)	0.426	0.50 (0.27, 0.88)	0.018	0.75 (0.40, 1.36)	0.350
Non-Hispanic Black vs Non-Hispanic White	1.26 (0.64, 2.48)	0.496	1.60 (0.90, 2.91)	0.118	1.23 (0.67, 2.29)	0.511
Age (for 5-year increase)	1.11 (0.71, 1.74)	0.637	1.07 (0.73, 1.57)	0.742	0.93 (0.61, 1.40)	0.722
Education						
HS, GED, bus or tech vs Less than HS	0.77 (0.38, 1.55)	0.468	0.91 (0.50, 1.70)	0.764	0.81 (0.44, 1.57)	0.528
College, no degree vs Less than HS	1.09 (0.44, 2.69)	0.850	1.42 (0.64, 3.21)	0.393	0.88 (0.37, 2.06)	0.760
Any college degree vs Less than HS	0.94 (0.41, 2.18)	0.888	1.38 (0.66, 2.90)	0.394	0.83 (0.38, 1.83)	0.648
Income						
\$25,000-\$49,999 vs <\$25,000	1.07 (0.65, 1.77)	0.783	1.15 (0.75, 1.76)	0.515	0.90 (0.56, 1.43)	0.662
$\geq\$50,000$ vs <\$25,000	1.57 (0.73, 3.40)	0.248	1.35 (0.66, 2.74)	0.409	1.22 (0.56, 2.52)	0.608
Number of people in household	1.00 (0.88, 1.13)	0.980	0.96 (0.86, 1.07)	0.517	1.07 (0.95, 1.20)	0.240
Parent status (have offspring vs not)	1.26 (0.79, 2.01)	0.340	0.93 (0.61, 1.40)	0.715	0.97 (0.62, 1.50)	0.881
Have healthcare coverage	0.53 (0.29, 0.98)	0.043	0.65 (0.37, 1.14)	0.132	0.69 (0.39, 1.25)	0.206
Have “a place where you usually get diabetes care”	1.00 (0.60, 1.66)	0.991	1.39 (0.89, 2.19)	0.155	1.43 (0.88, 2.37)	0.154
Treated with insulin	2.21 (1.39, 3.53)	0.001	2.38 (1.61, 3.55)	<0.001	3.26 (2.11, 5.13)	<0.001
HbA1c	1.28 (1.16, 1.41)	<0.001	1.27 (1.17, 1.38)	<0.001	1.34 (1.23, 1.48)	<0.001
Systolic blood pressure (per 10 mm Hg increase)	1.11 (0.89, 1.38)	0.351	1.05 (0.93, 1.19)	0.435	1.01 (0.88, 1.15)	0.883
Diastolic blood pressure (per 10 mm Hg increase)	1.22 (0.92, 1.60)	0.170	1.14 (0.96, 1.35)	0.132	1.04 (0.87, 1.24)	0.667
Body mass index (per 5 kg/m² increase)	0.93 (0.80, 1.07)	0.297	0.95 (0.84, 1.06)	0.360	0.83 (0.72, 0.95)	0.007
Hypertension**	1.70 (1.04, 2.78)	0.036	1.37 (0.92, 2.07)	0.125	1.14 (0.74, 1.77)	0.553

Dyslipidemia	1.21 (0.77, 1.92)	0.414	1.23 (0.84, 1.83)	0.292	0.94 (0.62, 1.43)	0.786
Neuropathy	0.88 (0.54, 1.43)	0.609	1.04 (0.69, 1.56)	0.856	0.90 (0.58, 1.40)	0.659
Nephropathy	1.21 (0.77, 1.89)	0.409	1.17 (0.80, 1.72)	0.424	1.34 (0.89, 2.02)	0.163
Retinopathy	1.90 (1.21, 2.99)	0.005	1.67 (1.13, 2.47)	0.010	2.26 (1.48, 3.46)	<0.001
Number of microvascular complications						
1 vs 0	1.93 (1.01, 3.70)	0.043	1.47 (0.91, 2.38)	0.118	1.38 (0.77, 2.41)	0.262
2 vs 0	2.64 (1.38, 5.06)	0.003	0.91 (0.59, 1.39)	0.665	0.49 (0.30, 0.79)	0.004
3 vs 0	1.21 (0.48, 3.07)	0.687	0.98 (0.69, 1.40)	0.908	0.77 (0.53, 1.13)	0.188
Depression symptoms (PHQ8)						
Moderate-to-severe vs. None-to-mild	6.65 (3.45, 12.84)	<0.001	4.84 (2.49, 10.04)	<0.001	8.36 (4.26, 17.46)	<0.001
Anxiety symptoms (GAD7)						
Moderate-to-severe vs. None-to-mild	5.89 (3.14, 11.03)	<0.001	3.23 (1.75, 6.14)	<0.001	4.84 (2.49, 10.04)	<0.001

P-values for significant associations are highlighted in bold. *Time-weighted average taking into account the duration when the participant was 19 years of age or older. ** Present if condition has been present at any point since early adulthood. P-values < 0.05 are bolded.

Supplementary Table S2. Predictors of Continuous Diabetes Distress, Regimen Distress and Emotional Burden Based on Univariate Linear Regression Models (N=428).

	Diabetes Distress			Emotional Burden			Regimen Distress		
	Estimate	Std. Error	p-Value	Estimate	Std. Error	p-Value	Estimate	Std. Error	p-Value
Male vs. Female	0.22	0.07	0.0029	0.2767	0.1009	0.0063	0.28	0.11	0.0097
Race/Ethnicity									
Non-Hispanic Black vs. Hispanic	0.04	0.08	0.6000	0.03	0.11	0.8166	0.01	0.12	0.9513
Non-Hispanic White vs. Hispanic	-0.20	0.10	0.0500	-0.24	0.14	0.0812	-0.39	0.15	0.0074
Non-Hispanic Black vs. Non-Hispanic White	0.25	0.10	0.0166	0.27	0.14	0.0552	0.40	0.15	0.0068
Age	0.03	0.07	0.6424	0.04	0.10	0.7153	0.10	0.10	0.3209
Education									
HS, GED, bus or tech vs Less than HS	-0.08	0.11	0.5100	-0.02	0.15	0.9087	-0.05	0.16	0.7787
College, no degree vs less than HS	0.09	0.15	0.5500	0.06	0.21	0.7866	0.27	0.22	0.2178
Any college degree vs less than HS	0.05	0.14	0.7206	0.04	0.19	0.8225	0.22	0.20	0.2655
Income									
\$25,000 - \$49,999	0.07	0.08	0.4100	0.05	0.11	0.6354	0.17	0.11	0.1489
>= \$50,000	0.09	0.13	0.4831	0.04	0.18	0.8274	0.24	0.19	0.2218
Number of people in household	0.00	0.02	0.9885	0.01	0.03	0.7858	-0.02	0.03	0.5566
Have offspring	0.07	0.08	0.3611	0.10	0.10	0.3264	0.06	0.11	0.5869
Have healthcare coverage	0.14	0.11	0.1843	0.09	0.14	0.5150	0.28	0.15	0.0628
Have a place where you usually get diabetes care	0.09	0.08	0.2768	0.18	0.11	0.1133	0.10	0.12	0.3836
Treated with insulin	0.34	0.07	<0.0001	0.57	0.09	<0.0001	0.41	0.10	0.0001
HbA1c	0.08	0.01	<0.0001	0.11	0.02	<0.0001	0.12	0.02	<0.0001
SBP	0.02	0.02	0.5066	0.04	0.03	0.2309	0.01	0.03	0.8666
SBP	0.04	0.03	0.2570	0.07	0.04	0.1055	0.02	0.05	0.6440
BMI (per 5 kg/m ² increase)	-0.03	0.02	0.1741	-0.06	0.03	0.0342	-0.03	0.03	0.4170
Hypertension	0.12	0.07	0.1118	0.14	0.10	0.1746	0.18	0.11	0.1019
Dyslipidemia	0.03	0.07	0.7224	0.01	0.10	0.8912	0.01	0.10	0.9502
Neuropathy	-0.04	0.08	0.6136	-0.06	0.10	0.5367	-0.01	0.11	0.9022
Nephropathy	0.12	0.07	0.0948	0.17	0.10	0.0778	0.14	0.10	0.1679
Retinopathy	0.22	0.07	0.0021	0.31	0.10	0.0014	0.30	0.10	0.0038
Depression symptoms: Moderate to severe vs none to mild	0.96	0.11	<0.0001	1.20	0.15	<0.0001	1.20	0.16	<0.0001

Anxiety symptoms	-	0.84	0.11	<0.0001	0.98	0.15	<0.0001	1.06	0.15	<0.0001
Moderate to severe vs none to mild										

P-values for significant associations are highlighted in bold. *Time-weighted average taking into account the duration when the participant was 19 years of age or older. ** Present if condition has been present at any point since early adulthood. P-values < 0.05 are bolded.

Supplementary Table S3. Predictors of Continuous Diabetes Distress, Regimen Distress and Emotional Burden Based on Multivariate Linear Regression Models (N=428).

	Diabetes Distress			Emotional Burden			Regimen Distress		
	Estimate	Std. Error	p-Value	Estimate	Std. Error	p-Value	Estimate	Std. Error	p-Value
Male vs. Female	0.21	0.07	<0.0001	0.27	0.09	0.0046	0.25	0.10	0.0125
Race/Ethnicity									
Non-Hispanic Black vs. Hispanic	-0.01	0.07	0.8900	-0.03	0.10	0.7430	-0.09	0.11	0.4053
Non-Hispanic White vs. Hispanic	-0.14	0.09	0.1200	-0.16	0.13	0.1993	-0.31	0.13	0.0202
Non-Hispanic Black vs. Non-Hispanic White				0.19	0.17	0.2805			
Education									
HS, GED, bus or tech vs Less than HS	0.00	0.10	0.9700	0.09	0.14	0.5351	0.04	0.15	0.7738
College, no degree vs less than HS	0.27	0.13	0.0500	0.29	0.19	0.1203	0.49	0.20	0.0124
Any college degree vs less than HS	0.28	0.12	0.0229	0.35	0.17	0.0423	0.54	0.18	0.0032
Have healthcare coverage	0.22	0.10	0.0300	0.24	0.14	0.0730	0.38	0.14	0.0078
Treated with insulin	0.12	0.08	0.1262	0.33	0.11	0.0026	0.10	0.12	0.3971
HbA1c	0.06	0.02	<0.0001	0.06	0.02	0.0070	0.10	0.02	0.0001
BMI (per 5 kg/m2 increase)	0.06	0.02	<0.0001	-0.04	0.03	0.1365	-0.01	0.03	0.7368
Hypertension	0.07	0.07	0.3381	0.10	0.10	0.3014	0.10	0.10	0.3391
Retinopathy	0.00	0.07	0.9500	0.00	0.07	0.9500	0.01	0.10	0.9419
Depression symptoms	0.64	0.16	<0.0001	0.89	0.22	0.0001	0.77	0.23	0.0010
Moderate to severe vs none to mild									
Anxiety symptoms	0.34	0.15	0.0259	0.23	0.21	0.2791	0.50	0.22	0.0235
Moderate to severe vs none to mild									

P-values for significant associations are highlighted in bold. *Time-weighted average taking into account the duration when the participant was 19 years of age or older. ** Present if condition has been present at any point since early adulthood. P-values < 0.05 are bolded.

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