

	Run-in	Stage 1	Stage 2	Stage 3	Stage 3 vs Run-in		Stage 3 vs Stage 1		Stage 3 vs Stage 2	
	N=22	N=22	N=22	N=21	Change (95% CI)	p	Change (95% CI)	p	Change (95% CI)	p
Worry or fear about high blood sugar	3 (2, 3)	4 (3, 4)	3 (3, 4)	4 (3, 4)	1 (0, 2)	<0.001	0 (0, 1)	0.257	0 (0, 1)	0.063
Effort to keep low blood sugar from happening	3.5 (2, 4)	4 (3, 4)	4 (4, 4)	4 (4, 4)	1 (0, 1)	0.004	0 (0, 1)	0.207	0 (-1, 1)	>0.99
Worry or fear about low blood sugar during sleep	4 (3, 5)	4 (4, 5)	5 (4, 5)	5 (4, 5)	1 (0, 1)	0.005	0 (0, 1)	0.033	0 (0, 0)	>0.99
Feeling different from others	4 (3, 5)	4 (3, 5)	5 (4, 5)	5 (4, 5)	0 (0, 1)	0.008	0 (0, 1)	0.047	0 (0, 0)	>0.99
Amount of time spent thinking about diabetes	3 (2, 4)	3 (2, 4)	3.5 (3, 4)	4 (3, 4)	1 (0, 1)	0.001	0 (0, 1)	0.028	0 (0, 1)	0.316
Not knowing how eating affects blood sugar	3.5 (3, 5)	4 (3, 5)	4 (3, 5)	4 (3, 5)	0 (0, 1)	0.242	0 (0, 0)	>0.99	0 (0, 1)	0.432
Amount of time and effort needed for diabetes from my family or me	3 (2, 4)	3 (3, 4)	4 (3, 5)	4 (4, 5)	1 (0, 1)	<0.001	1 (0, 1)	0.018	0 (-1, 1)	0.817
Worry or fear about long term health	2.5 (2, 3)	3 (3, 4)	3 (3, 4)	4 (3, 4)	1 (1, 2)	<0.001	1 (0, 1)	<0.001	0 (0, 1)	0.056
Worry or fear about daytime low blood sugar	4 (3, 4)	4 (3, 4)	4 (3, 4)	4 (4, 4)	1 (0, 1)	0.027	0 (0, 1)	0.076	0 (0, 1)	0.021
Effort to keep high blood sugar from happening	3 (2, 4)	3 (3, 4)	3 (3, 4)	4 (3, 4)	1 (0, 2)	<0.001	0 (0, 1)	0.063	0 (0, 1)	0.145
Pain or discomfort from finger sticks or sensors	4 (3, 4)	3 (3, 4)	5 (4, 5)	5 (4, 5)	1 (0, 1)	0.001	1 (0, 1)	0.004	0 (0, 0)	0.68
Pain or discomfort from insulin injects or pump sets	4 (3, 4)	4 (3, 5)	4 (4, 5)	5 (3, 5)	1 (0, 1)	0.003	0 (0, 1)	0.02	0 (0, 1)	0.514
Family arguments or worries about diabetes	5 (4, 5)	5 (5, 5)	5 (5, 5)	5 (5, 5)	0 (0, 1)	0.008	0 (0, 0)	0.625	0 (0, 0)	>0.99
Trouble sleeping well	4 (3, 5)	4 (3, 4)	4 (4, 5)	4 (3, 4)	0 (-1, 1)	>0.99	0 (0, 1)	0.146	0 (-1, 0)	0.168
Strictness of the meal plan	4 (3, 5)	4 (3, 5)	4.5 (4, 5)	4 (4, 5)	0 (0, 1)	0.918	0 (0, 1)	0.508	0 (0, 0)	0.563
Coping with work or school along with diabetes	3 (3, 4)	4 (3, 5)	4 (4, 5)	4 (4, 5)	1 (1, 1)	0.001	0 (0, 1)	0.076	0 (0, 0)	>0.99
Taking part in sports, exercise or playing despite diabetes	4 (2, 4)	4 (3, 4)	4 (3, 5)	4 (3, 5)	0 (0, 1)	0.047	0 (0, 1)	0.109	0 (0, 0)	0.781
Knowing how much insulin to take	4 (3, 5)	4 (3, 4)	4 (4, 5)	5 (4, 5)	0 (0, 1)	0.008	1 (0, 1)	0.003	0 (0, 1)	0.316
Keeping up with friends or peers who don't have diabetes	4.5 (3, 5)	4.5 (4, 5)	5 (4, 5)	5 (4, 5)	0 (0, 1)	0.047	0 (0, 0)	0.727	0 (0, 0)	>0.99
Reacting to all of the blood sugar results that I get	4 (3, 4)	4 (3, 4)	4 (4, 4)	4 (4, 5)	1 (0, 1)	0.03	0 (0, 1)	0.119	0 (0, 0)	>0.99
Dealing with others who ask about diabetes	4 (3, 5)	4 (4, 5)	5 (4, 5)	4 (4, 5)	0 (0, 1)	0.026	0 (0, 1)	0.125	0 (0, 0)	0.313
My amount of responsibility for taking care of diabetes	3 (2, 4)	3 (2, 4)	3.5 (2, 5)	4 (3, 5)	1 (0, 2)	0.008	1 (0, 1)	0.042	0 (0, 1)	0.257
Being sure that pre-meal insulin covers the amount of carbohydrate eaten	3 (2, 4)	3 (2, 4)	3 (3, 4)	4 (3, 4)	0 (0, 1)	0.039	0 (0, 1)	0.092	0 (0, 1)	0.158
Getting the right amount of insulin when meals are skipped or delayed	3 (2, 4)	4 (3, 4)	4 (4, 5)	4 (3, 5)	1 (0, 1)	<0.001	0 (0, 1)	0.097	0 (0, 1)	0.973

Reacting to all of the alarms from diabetes devices	3 (2, 4)	4 (2, 4)	4 (3, 4)	4 (4, 4)	1 (0, 2)	<0.001	0 (0, 1)	0.031	0 (0, 1)	0.716
Getting the right amount of insulin on sick days	4 (3, 5)	4 (4, 5)	4 (4, 5)	5 (3, 5)	0 (0, 1)	0.120	0 (0, 1)	0.231	0 (0, 1)	0.342
Feeling that diabetes devices run my life	3 (2, 4)	3.5 (3, 4)	4 (3, 5)	4 (4, 5)	1 (0, 1)	<0.001	1 (0, 1)	0.063	0 (0, 0)	0.219
Getting the right amount of insulin after exercising more than usual	3 (2, 4)	3 (3, 4)	3 (3, 4)	4 (3, 4)	1 (0, 2)	<0.001	0 (0, 1)	0.052	0 (0, 1)	0.121
Coping with carrying and using several devices	3 (2, 4)	4 (2, 4)	4 (3, 5)	4 (3, 5)	1 (0, 1)	0.001	0 (0, 1)	0.078	0 (0, 0)	0.883
Looking different because of diabetes and using devices	4 (3, 5)	4 (3, 5)	5 (4, 5)	5 (4, 5)	0 (0, 1)	0.009	0 (0, 1)	0.08	0 (0, 0)	0.75

Supplementary Table 3

Descriptives for each stage are presented using median (IQR). Wilcoxon sign rank test was used for comparison between stages, presented are median changes with 95% confidence intervals (CI).