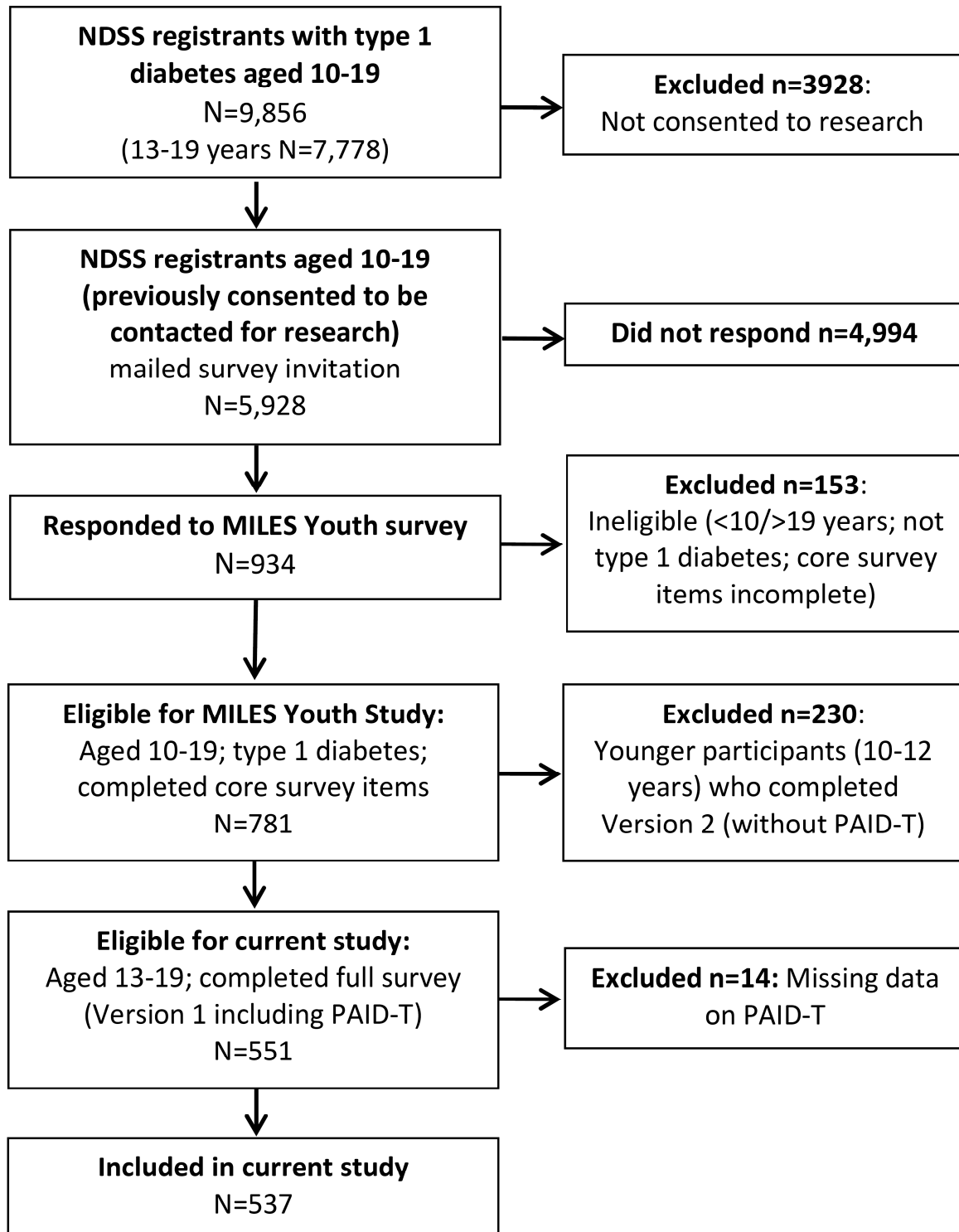


SUPPLEMENTARY DATA

Supplementary Figure 1. Flow diagram of Diabetes MILES Youth Australia Study recruitment, inclusion and exclusion criteria, and final sample



SUPPLEMENTARY DATA

Supplementary Table 1. Problem Areas in Diabetes – Teen (PAID-T) items (ranked by frequency of endorsement as a ‘serious problem’), mean scores and associations with psychological and clinical variables

PAID-T item number and wording	Item rated a ‘serious’ problem N (%)	Item rated a ‘moderate’ problem N (%)	Item score N=537 Mean ± SD	Correlation coefficient (r)		
				PHQA-8 N=537	HbA _{1c} N=452	SMBG frequency N=527
20 Feeling that my friends or family don’t understand how difficult living with diabetes can be	219 (41)	144 (27)	3.72 ± 1.8	.449**	.227**	-.151**
22 Worrying about my weight	197 (37)	116 (22)	3.41 ± 2.0	.516**	.197**	-.143**
7 Feeling upset when my diabetes management is “off track”	164 (31)	187 (35)	3.41 ± 1.7	.425**	.223**	-.095*
13 Feeling that my friends and family act like “diabetes police” (e.g. nag about eating properly, checking blood sugars, not trying hard enough)	160 (30)	143 (27)	3.23 ± 1.8	.286**	.215**	-.094*
6 Worrying about the future and the possibility of serious complications.	143 (27)	169 (32)	3.23 ± 1.7	.445**	.218**	-.134**
11 Not feeling motivated to keep up with my daily diabetes tasks	142 (26)	150 (28)	3.03 ± 1.8	.539**	.375**	-.430**
15 Feeling like I must be perfect in my diabetes management	138 (26)	156 (29)	3.09 ± 1.7	.355**	.189**	-.124**
9 Feeling that I am not checking my blood sugars often enough.	134 (25)	152 (28)	2.98 ± 1.8	.435**	.350**	-.452**
17 Feeling that my blood sugars are often swinging wildly, no matter how hard I try	133 (25)	164 (31)	3.11 ± 1.7	.474**	.340**	-.230**
12 Feeling discouraged or defeated when I see high blood sugar results on my meter	131 (24)	183 (34)	3.13 ± 1.6	.423**	.262**	-.184**
16 Missing or skipping blood sugar checks	130 (24)	186 (35)	3.13 ± 1.7	.406**	.379**	-.457**
24 Fitting my diabetes regimen into my day when I am away from home (eg. school, work, etc.)	127 (24)	162 (30)	3.04 ± 1.7	.474**	.218**	-.171**
23 Worrying that diabetes gets in the way of having fun and being with my friends	126 (24)	171 (32)	3.01 ± 1.7	.417**	.158**	-.123**
25 Worrying about getting low during sports activity	125 (23)	169 (32)	3.01 ± 1.7	.250**	.003	.049
8 Feeling “burned-out” by the constant effort to manage diabetes	121 (23)	163 (30)	2.98 ± 1.7	.572**	.259**	-.228**
18 Feeling that I am often failing with my diabetes regimen	115 (21)	140 (26)	2.82 ± 1.7	.537**	.437**	-.352**
21 Feeling that I can’t control my eating	114 (21)	110 (21)	2.69 ± 1.8	.563**	.280**	-.267**
19 Feeling like my parents blame me for blood sugar numbers they don’t like	98 (18)	126 (24)	2.56 ± 1.7	.344**	.196**	-.148**
PAID-T item number and wording	Item rated a	Item rated a	Item score	Correlation coefficient (r)		

SUPPLEMENTARY DATA

		'serious' problem	'moderate' problem		PHQA-8	HbA _{1c}	SMBG frequency
5	Feeling constantly concerned about food and eating	96 (18)	156 (29)	2.72 ± 1.6	.440**	.193**	-.066
4	Feeling angry when I think about having and living with diabetes	93 (17)	158 (29)	2.73 ± 1.6	.455**	.272**	-.236**
26	Feeling like my parents worry about complications too much	93 (17)	150 (28)	2.67 ± 1.6	.332**	.143**	-.088*
14	Feeling like my parents don't trust me to care for my diabetes	91 (17)	131 (24)	2.56 ± 1.7	.308**	.166**	-.116**
3	Feeling overwhelmed by my diabetes regimen	78 (15)	169 (32)	2.62 ± 1.5	.540**	.277**	-.216**
2	Not knowing if the mood or feelings I am having are related to my blood sugar levels	69 (13)	213 (40)	2.77 ± 1.2	.479**	.172**	-.134**
1	Feeling sad when thinking about having and living with diabetes	68 (13)	201 (37)	2.76 ± 1.4	.477**	.255**	-.157**
10	Feeling unclear about exactly what and how much I should be doing to take care of my diabetes properly	53 (10)	141 (26)	2.30 ± 1.4	.420**	.249**	-.216**
	PAID total score			76.7 ± 30.4	0.62**	.34**	-.28**
	Mean item score			2.95			

* $p < 0.05$; ** $p < 0.001$

A serious problem: PAID-T rated 5 or 6; Moderate problem: PAID-T rated 3 or 4;

PHQA-8: 8-item Patient Health Questionnaire for Adolescents; SMBG: self-monitoring of blood glucose

HbA_{1c} and SMBG are self-reported

Top 5 highest correlation coefficients shown in bold text