

Electronic supplementary material (ESM)

ESM Table 1: Sensitivity analysis of the primary and secondary outcomes in the per protocol population (informative if Data is Missing Completely At Random)

Primary and secondary endpoints	Video group	Control group	Difference (95%CI)	P-Value
Clinical and glycaemic outcomes				
Primary outcome: TiR 3.9–10.0 mmol/L, %	65.11 ±3.08	61.42±3.18	3.69 (-3.36, 10.75)	0.294
<i>Secondary outcome measures:</i>				
Diabetes Treatment Satisfaction change- range [-18 to 18] Change in Diabetes Treatment Satisfaction status–range [0-36]	9.71 ±2.31	8.41 ±2.31	1.30 (-4.79, 7.39)	0.658
ADDQoL19 –range [-9 to +3]	29.67 ±2.23	29.67 ±2.23	-0.5(-6.46, 5.46)	-
	-1.45 ±0.47	-1.58 ±0.44	-0.12(-1.14, 1.39)	-
Change in HbA1C - mmol/mol	-4.76 ±1.75	-1.33 ±1.89	-3.42(-7.54, 0.69)	-
Change in HbA1C (%), mean (SD)	-0.44 ±0.16	-0.12 ±0.17	-0.32(-0.65, 0.06)	-
TbR <3.0 mmol/L, %	0.38 ±0.12	0.18 ±0.12	0.21(-0.07, 0.48)	-
TbR 3.0-3.8 mmol/L, %	1.30 ±0.32	1.06 ±0.26	0.24(-0.44, 0.92)	-
TaR >13.9 mmol/L, %	9.70 ±1.80	8.84 ±1.89	0.86(-3.59, 5.30)	-
TaR 10.1-13.9 mmol/L, %	23.06 ±2.81	27.37 ±2.59	-4.31(-11.09, 2.47)	-
Glycaemic variability, %	37.32 ±1.94	35.68 ±2.25	1.64(-2.75, 6.03)	-

Estimates are be reported Least Squares Means ±Standard Errors unless otherwise indicated.

ESM Table 2: Sensitivity analysis of primary and secondary outcomes in the Intention to treat population with missing data replaced by baseline observation carried forward (informative is Data is Missing Not At Random)

Primary and secondary endpoints	Video group	Control group	Difference (95%CI)	P-Value
Clinical and glycaemic outcomes				
Primary outcome: TiR 3.9–10.0 mmol/L, %	62.15 ±2.25	62.71 ±2.1	-0.56(-5.49, 4.36)	0.819
<i>Secondary outcome measures:</i>				
Diabetes Treatment Satisfaction change- range [-18 to 18] Change in Diabetes Treatment Satisfaction status–range [0-36]	9.95 ±1.82	9.01 ±1.70	0.94(-3.57, 5.45)	0.674
ADDQoL19 –range [-9 to +3]	30.3 ±0.77	30.24 ±0.78	0.06(-1.78, 1.89)	-
	-1.5 ±0.14	-1.55 ±0.15	0.05(-0.3, 0.4)	-
Change in HbA1C - mmol/mol	-2.49 ±1.13	-1.18 ±1.14	-1.31(-4.02, 1.4)	-
Change in HbA1C (%)	-0.23±0.10	-0.11 ±0.10	-0.12(-0.37, 0.13)	-
TbR <3.0 mmol/L, %	0.35 ±0.14	0.31 ±0.13	0.03(-0.27, 0.34)	-
TbR 3.0-3.8 mmol/L, %	1.26 ±0.19	1.18 ±0.17	0.07(-0.34, 0.48)	-
TaR >13.9 mmol/L, %	9.65 ±1.23	8.62 ±1.12	1.04(-1.54, 3.62)	-
TaR 10.1-13.9 mmol/L, %	24.69 ±1.54	27.07 ±1.39	-2.38(-5.75, 1.00)	-
Glycaemic variability, %	34.59 ±0.98	32.91 ±1.01	1.67(-0.46 - 3.81)	-

Estimates are be reported Least Squares Means ±Standard Errors unless otherwise indicated.

ESM Table 3: Number of contacts during the study.

	Video group	Control group	Total	P value
Video	1 (2) [0 - 5]	0 (0) [0, 1]	0 (1) [0 - 5]	< 0.001
In-person contacts	1 (2) [1 - 5]	3 (2) [0 - 9]	2 (2.57) [0 - 9]	0.002
Telephone	0 (1) [0 - 4]	1 (2) [0, 6]	1 (2) [0 - 6]	0.284
Total	3 (4) [0 - 10]	4 (4) [1, 13]	4 (4) [1- 13]	0.333

Numbers are reported in median, (interquartile range) and [range]

P values are calculated using poisson regression, adjusting for time in the study.

ESM Table 4: Subgroup analyses of Tim-in-Range, Age and gender.

Subgroup: Time-in-range ≥ 70%^a	Video group	Control group	Difference (95%CI)
Primary outcome: percentage of time spent in TiR 3.9–10.0 mmol/L (%)	72.86 ±4.41	74.84 ±4.49	-1.97 (-15.94, 11.99)
Secondary outcome measures:			
Diabetes Treatment Satisfaction change- range [-18 to 18]	9.15 ±2.82	6.87 ±4.36	2.28 (-9.65, 14.22)
Change in Diabetes Treatment Satisfaction status–range [0-36]	27.43 ±1.76	25.37 ±2.72	2.06 (-5.57, 9.68)
ADDQoL19 –range [-9 to +3]	-1.6 ±0.52	-2.26 ±0.82	0.66 (-1.68, 3.00)
Change in HbA1C - mmol/mol	-0.18 ±1.39	-1.05 ±1.40	0.86 (-3.5, 5.23)
Change in HbA1C (%)	-0.02±0.13	-0.10 ±0.13	0.08 (-0.32, 0.48)
Subgroup: Time-in-range < 70%	Video group	Control group	Difference (95%CI)
Primary outcome: percentage of time spent in TiR 3.9–10.0 mmol/L (%)	61.26 ±3.14	59.6 ±2.58	1.66 (-5.44, 8.76)
Secondary outcome measures:			
Diabetes Treatment Satisfaction change- range [-18 to 18]	10.47 ±1.88	8.79 ±1.43	1.68 (-2.67, 6.03)
Change in Diabetes Treatment Satisfaction status–range [0-36]	30.67 ±1.47	28.24 ±1.15	2.43 (-1.01, 5.87)
ADDQoL19 –range [-9 to +3]	-1.74 ±0.40	-1.28 ±0.3	-0.46 (-1.41, 0.49)
Change in HbA1C - mmol/mol	-5.92 ±1.96	-2.04 ±1.63	-3.88 (-8.37, 0.62)
Change in HbA1C (%)	-0.54 ±0.04	-0.19 ±0.15	-0.36(-0.77,0.06)
Subgroup: Age ≥ 65 years^a	Video group	Control group	Difference (95%CI)
Primary outcome: percentage of time spent in TiR 3.9–10.0 mmol/L (%)	69.61 ±8.06	68.39 ±8.06	1.22 (-28.09, 30.53)
Secondary outcome measures:			
Diabetes Treatment Satisfaction change- range [-18 to 18]	16.13 ±2.97	9.8 ±2.97	6.33 (-5.32, 17.99)
Change in Diabetes Treatment Satisfaction status–range [0-36]	32.6 ±3.52	29.13 ±3.52	3.47 (-12.84, 19.77)
ADDQoL19 –range [-9 to +3]	-1.42 ±0.54	-1.6 ±0.54	0.17 (-2.31, 2.66)
Change in HbA1C - mmol/mol	-4.94 ±4.66	-2.06 ±4.66	-2.89 (-20.39, 14.61)
Change in HbA1C (%)	-0.45 ±0.43	-0.19 ±0.43	-0.26 (1.86, 1.34)
Subgroup: Age < 65 years^a	Video group	Control group	Difference (95%CI)
Primary outcome: percentage of time spent in TiR 3.9–10.0 mmol/L (%)	63.45 ±2.93	62.76 ±2.49	0.69 (-5.73, 7.11)
Secondary outcome measures:			
Diabetes Treatment Satisfaction change- range [-18 to 18]	9.47 ±1.66	8.98 ±1.45	0.49 (-3.48, 4.46)
Change in Diabetes Treatment Satisfaction status–range [0-36]	29.77 ±1.28	28.12 ±1.16	1.65 (-1.49, 4.80)
ADDQoL19 –range [-9 to +3]	-1.6 ±0.36	-1.36 ±0.31	-0.24 (-1.15, 0.67)
Change in HbA1C - mmol/mol	-3.98 ±1.44	-2.11 ±1.40	-1.87 (-5.39, 1.65)
Change in HbA1C (%)	-0.36 ±0.13	-0.19 ±0.13	-0.17 (-0.49, 0.15)
Subgroup: Gender, female	Video group	Control group	Difference (95%CI)
Primary outcome: percentage of time spent in TiR 3.9–10.0 mmol/L (%)	64.11 ±4.48	64.78 ±3.64	-0.67 (-9.69, 8.36)
Secondary outcome measures:			
Diabetes Treatment Satisfaction change- range [-18 to 18]	10.43 ±2.69	9.77 ±2.08	0.66 (-5.32, 6.64)
Change in Diabetes Treatment Satisfaction status–range [0-36]	32.52 ±1.41	28.4 ±1.10	4.12 (0.85, 7.39)
ADDQoL19 –range [-9 to +3]	-1.83 ±0.49	-1.59 ±0.32	-0.24 (-1.34, 0.85)

Change in HbA1C - mmol/mol	-1.23 ±1.91	-0.94 ±1.71	-0.29 (-4.60, 4.02)
Change in HbA1C (%)	-0.11 ±0.17	-0.08 ±0.16	-0.03 (-0.42, 0.37)
Subgroup: Gender, Other	Video group	Control group	Difference (95%CI)
Primary outcome: percentage of time spent in TiR 3.9–10.0 mmol/L (%)	65.61 ±3.91	61.34 ±3.54	4.27 (-4.91, 13.46)
Secondary outcome measures:			
Diabetes Treatment Satisfaction change- range [-18 to 18]	10.2 ±2.01	7.98 ±2.01	2.22 (-3.04, 7.48)
Change in Diabetes Treatment Satisfaction status–range [0-36]	28.6 ±1.95	27.72 ±2.06	0.88 (-4.45, 6.20)
ADDQoL19 –range [-9 to +3]	-1.44 ±0.49	-1.1 ±0.51	-0.33 (-1.67, 1.00)
Change in HbA1C - mmol/mo	-7.06 ±2.11	-3.05 ±2.16	-4.01 (-9.37, 1.34)
Change in HbA1C (%)	-0.65 ±0.19	-0.28 ±0.20	-0.37 (-0.86, 0.12)
Estimates are be reported Least Squares Means ±Standard Errors unless otherwise indicated.			
^a CGM removed as covariate (only 1 level)			

ESM Table 5: Correlation between number of contacts and biopsychosocial outcomes and treatment satisfaction scores

Score	Video group Correlation [95% CI]	Control group Correlation [95% CI]
Diabetes Treatment Satisfaction change- range [-18 to 18] Change in Diabetes Treatment	-0.227 [-0.62, 0.25]	0.152 [-0.29, 0.54]
Satisfaction status–range [0-36]	-0.018 [-0.48, 0.46]	0.119 [-0.34, 0.54]
ADDQoL19 –range [-9 to +3]	-0.201 [-0.63, 0.32]	0.066 [-0.39, 0.49]

ESM Table 6: Adverse events

Harms and Adverse events	Video group	Control group	Risk Difference (95%CI)	Risk Ratio (95%CI)
Withdrawals due to Adverse Events, no. (%)	0	0	0	0
<u>Prespecified events of interest:</u>				
Episode of severe hypoglycemia ^a , no. (%)	1	1	-0.0 (-0.072 - 0.072)	1 (0 - 21011018)
Hospital admission for diabetic ketoacidosis, no. (%)	1	0	0.026 (-0.025 - 0.077)	Inf (NaN , Inf)
Serious Adverse Events, no. (%)	2	1	0.026 (-0.061 - 0.114)	2 (0 - 1186495)
MACE, no. (%)	0	0	0	0
- Cardiovascular death, no. (%)	0	0	0	0
- Nonfatal myocardial infarction, no. (%)	0	0	0	0
- Nonfatal stroke, no. (%)	0	0	0	0
Mortality, no. (%)	0	0	0	0

^aneeding assistance from others, but not necessarily hospitalization.