Title: The Burden and Impacts of Mealtime Insulin from the Perspective of People with Diabetes

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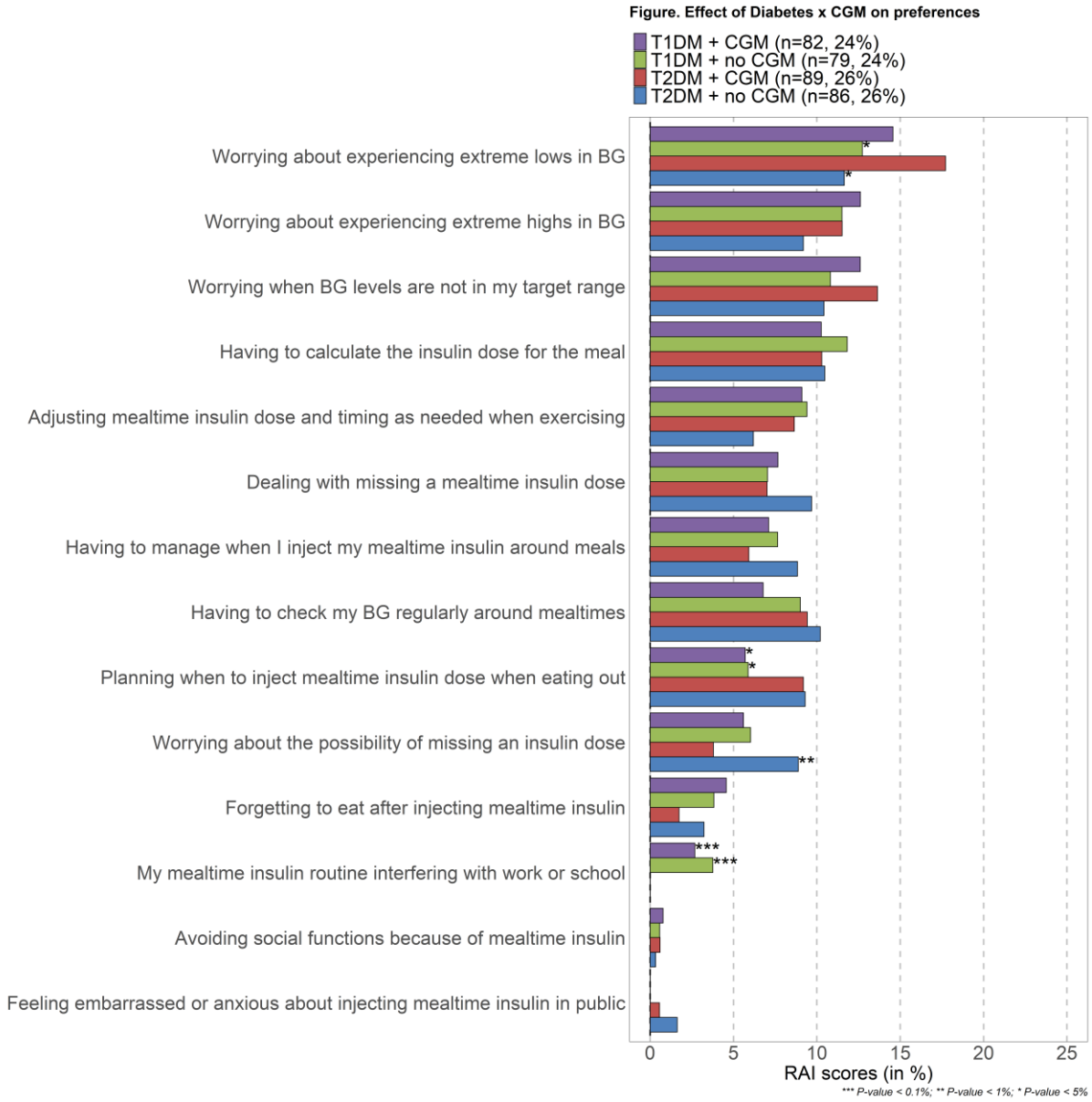
Supplemental Material

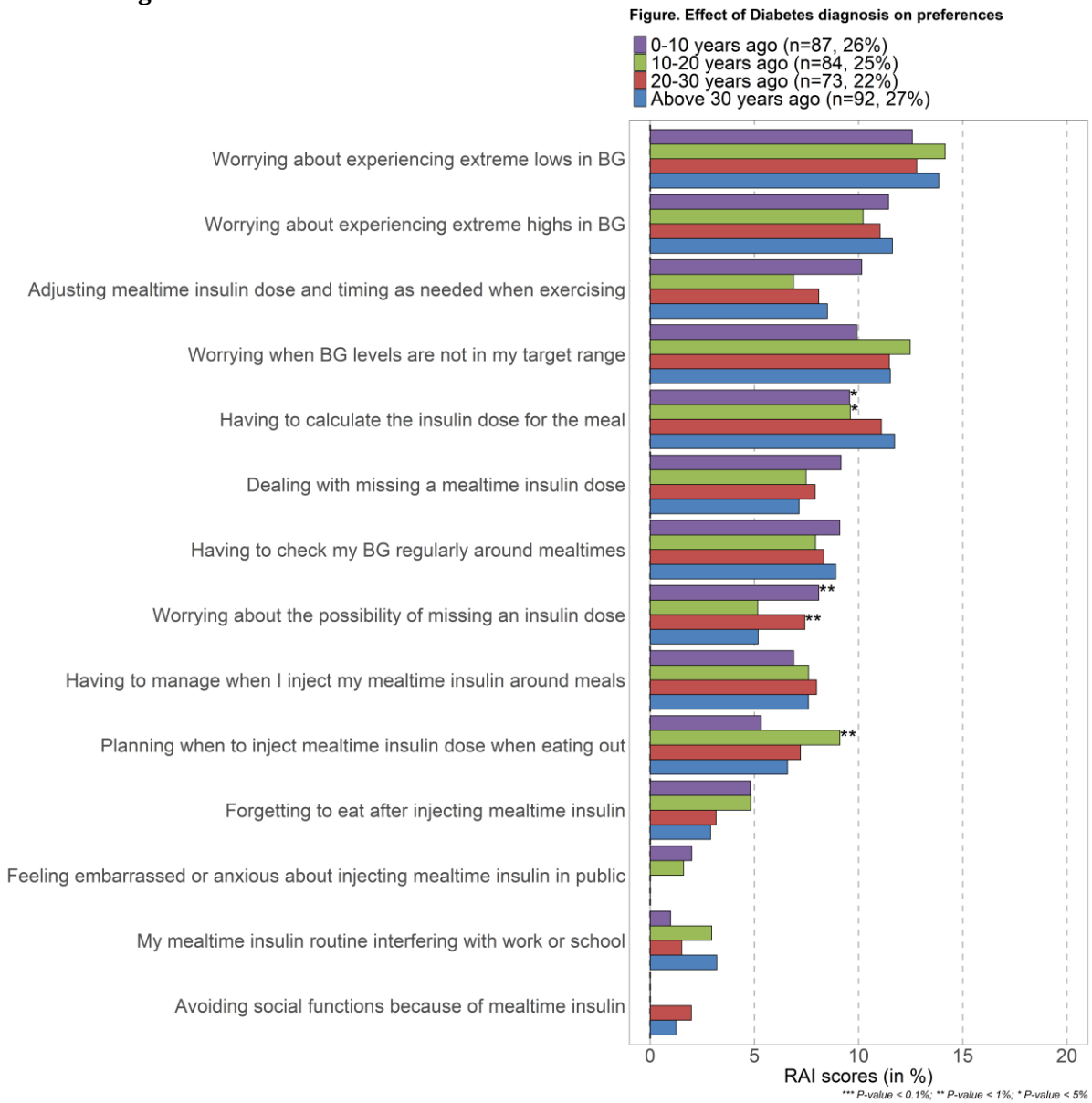
Supplemental Figure 1. Relative Importance of Mealtime Insulin Impacts by Diabetes Type and CGM Use



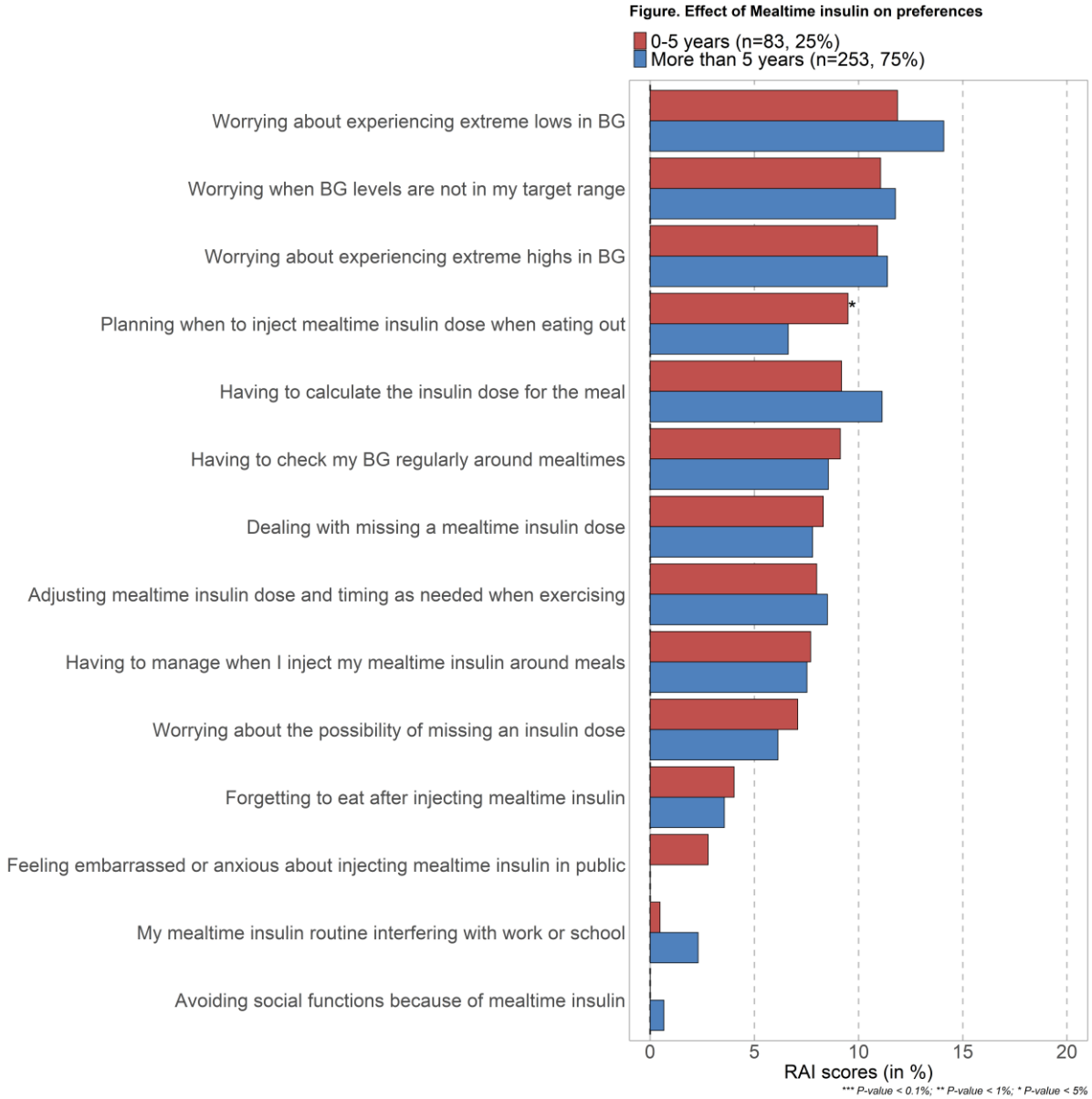
***p-value < 0.001; ** p-value < 0.01; *p-value < 0.05; p-values show that a group differs from the reference group (T2DM + CGM)

Abbreviation: BG = blood glucose; CGM = continuous glucose monitor; T1DM = type 1 diabetes; T2DM= type 2 diabetes

Supplemental Figure 2. Relative Importance of Mealtime Insulin Impacts by Duration of Diabetes Diagnosis



Supplemental Figure 3. Relative Importance of Mealtime Insulin Impacts by Duration of MTI Use



Supplemental Table 1. Example Quotes from

Impacts	**Example Quotes**
Psychological	UK111, Type 1, Pen: "…I won't go to sleep. I worry going to bed with blood sugars way too high, how much damage. There is no happy medium. Go to bed with a 10 I'm going to worry that I'm going to end up hypoglycemic. I go to bed with it at 20 and I'm worried how much damage am I going to do tonight." US107, Type 2, Pen: "In terms of having the diabetes, my concern is the hypoglycemia if my blood sugar gets too low. I mean there's a lot of things that go with it. I don't want my blood sugar to get too high. You kind of just, it's kind of like Icarus, you're trying to fly between the Earth and the sky and you don't want to get too close to the sun and burn. You don't want to crash and so it's just maintaining that balance. It takes work. You learn as you go. You have to have a plan of action and you have to stay vigilant."
Social	US116, Type 1, Pen: "… I mean when you're out in public sometimes it's kind of unnerving or it's embarrassing to take your insulin out and give yourself a shot right in front of people. But as long as you can find kind of a secluded place or something like that, it's not bad." UK109, Type 2, Pen: "Because it is so often it is quite disruptive, but if I'm having a late lunch or I'm just not hungry it's totally fine, I've taken my reading in the morning and its fine. But, in the case of say I'm going out and eating for lunch and then having dinner, it's quite disruptive because you've got to calculate what you have, calculate how much you need to take, take the pen with you, find a place to inject it, all of those types of things you need to think about."
Work/School	US103, Type 1, Pen: "Just the fact that I know I have to be aware and sometimes that can be annoying at work. I may get caught up and I just think, oh, gosh, now I have to set a timer or something on my watch and it's like, oh, my gosh, just knowing you have to keep a schedule, keep a routine, it's on my mind. It's highly annoying just knowing that I have to be aware." UK113, Type 1, Pen: "Well, when I'm not, I'm not currently at work anymore but when I used to work it used to be a nightmare because I take six injections a day and you can't always take a break to cover what you need to do. Yeah, that was a nightmare."