

Psychosocial self-efficacy and its association with selected potential factors among adults with type 1 diabetes: a cross-sectional survey study.

Running title: Psychosocial self-efficacy among adults with type 1 diabetes.

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Table S1: Multiple linear regression analyses of association between each of the Swe-DES-23 subscales and predictive variables (n=284).

Subscale 1: Goal achievement and overcoming barriers for goal achievement

Parameter	B	SE	p	95% CI
Intercept	4.47	0.347	<0.001	3.78, 5.15
Age (years)	-0.002	0.003	0.477	-0.009, 0.004
Gender				
Men	0.11	0.080	0.170	-0.05, 0.27
Women (Ref.)	0	.	.	.
Living condition				
Alone	0.06	0.097	0.520	-0.13, 0.25
with a spouse/ partner/another adult	0.04	0.082	0.644	-0.12, 0.20
With a child and/ or with a spouse/ partner/another adult (Ref.)	0	.	.	.
Education level				
primary/secondary school	-0.09	0.076	0.230	-0.24, 0.06
university level (Ref.)	0	.	.	.
Employment Status				
employed full/half time	-0.04	0.134	0.760	-0.31, 0.22
unemployed/sick/ pensioner	0.01	0.163	0.973	-0.32, 0.33
Studying (Ref.)	0	.	.	.
Income Level				
≤24999 SEK	-0.11	0.137	0.426	-0.38, 0.16
25000-34999 SEK	-0.22	0.112	0.049	-0.44, 0.00
35000-44999 SEK	-0.06	0.114	0.606	-0.28, 0.17
≥ 45000 SEK (Ref.)	0	.	.	.
Diabetes complication				
None	-0.16	0.137	0.242	-0.43, 0.11
One	-0.07	0.142	0.632	-0.35, 0.21
Two or more (Ref.)	0	.	.	.
Multimorbidity/ other illness				
None	-0.01	0.096	0.942	-0.20, 0.18
One	-0.01	0.103	0.954	-0.21, 0.20
Two or more (Ref.)	0	.	.	.
Physical activity level				
≥ 5days/week	-0.11	0.127	0.391	-0.36, 0.14
Several times/week	-0.14	0.129	0.294	-0.39, 0.12
≤ Several times/month (Ref.)	0	.	.	.
Number of digital devices used				
One	-0.02	0.101	0.838	-0.22, 0.18
Two or more	0.03	0.081	0.704	-0.13, 0.19
Three or more (Ref.)	0	.	.	.
mHealth app use				
Non-users	-0.03	0.089	0.717	-0.21, 0.14
Users (Ref.)	0	.	.	.
Duration of diabetes (in years)	-0.002	0.003	0.437	-0.01, 0.003
HbA1c (mmol/mol)	-0.02	0.003	<0.001	-0.02, -0.01
WHO-5 total score	0.015	0.002	<0.001	0.01, 0.02
BMI (kg/m ²)	-0.004	0.007	0.543	-0.02, 0.01

Subscale 2: self-awareness

Parameter	B	SE	p	95% CI
Intercept	4.19	0.402	<0.001	3.40, 4.98
Age (years)	0.001	0.004	0.806	-0.007, 0.01
Gender				
Men	-0.21	0.093	0.028	-0.39, -0.02
Women (Ref.)	0	.	.	.
Living condition				
Alone	-0.19	0.112	0.092	-0.41, 0.03
with a spouse/ partner/another adult	-0.03	0.095	0.734	-0.22, 0.16
With a child / or with a spouse/ partner/another adult (Ref.)	0	.	.	.
Education level				
primary/secondary school	-0.07	0.088	0.443	-0.24, 0.11
university level (Ref.)	0	.	.	.
Employment Status				
employed full/half time	-0.08	0.156	0.595	-0.39, 0.22
unemployed/sick/ pensioner	-0.08	0.189	0.678	-0.45, 0.29
Studying (Ref.)	0	.	.	.
Income Level				
≤24999 SEK	-0.12	0.159	0.445	-0.44, 0.19
25000-34999 SEK	-0.08	0.130	0.536	-0.34, 0.18
35000-44999 SEK	-0.06	0.132	0.639	-0.32, 0.20
≥ 45000 SEK (Ref.)	0	.	.	.
Diabetes complication				
None	-0.26	0.159	0.105	-0.57, 0.05
One	-0.17	0.165	0.301	-0.49, 0.15
Two or more (Ref.)	0	.	.	.
Multimorbidity/ other illness				
None	0.04	0.111	0.749	-0.18, 0.25
One	0.04	0.120	0.716	-0.19, 0.28
Two or more (Ref.)	0	.	.	.
Physical activity level				
≥ 5days/week	-0.27	0.148	0.073	-0.56, 0.02
Several times/week	-0.19	0.150	0.204	-0.49, 0.10
≤ Several times/month (Ref.)	0	.	.	.
Number of digital devices used				
One	-0.08	0.117	0.487	-0.31, 0.15
Two or more	0.03	0.094	0.753	-0.16, 0.22
Three or more (Ref.)	0	.	.	.
mHealth app use				
Non-users	0.03	0.104	0.750	-0.17, 0.24
Users (Ref.)	0	.	.	.
Duration of diabetes (years)	-0.001	0.003	0.821	-0.01, 0.005
HbA1c (mmol/mol)	-0.005	0.004	0.178	-0.01, 0.002
WHO-5 total score	0.013	0.002	<0.001	0.01, 0.02
BMI (kg/m ²)	0.004	0.008	0.633	-0.01, 0.02

Subscale 3: Managing stress

Parameter	B	SE	p	95% CI
Intercept	2.71	0.396	<0.001	1.93, 3.49
Age (years)	0.005	0.004	0.209	-0.003, 0.01
Gender				
Men	0.003	0.092	0.975	-0.18, 0.18
Women (Ref.)	0	.	.	.
Living condition				
Alone	0.01	0.110	0.960	-0.21, 0.22
with a spouse/ partner/another adult	0.10	0.094	0.271	-0.08, 0.29
With a child and/ or with a spouse/ partner/another adult (Ref.)	0	.	.	.
Education level				
primary/secondary school	-0.15	0.087	0.090	-0.32, 0.02
university level (Ref.)	0	.	.	.
Employment Status				
employed full/half time	0.25	0.153	0.104	-0.05, 0.55
unemployed/sick/ pensioner	0.07	0.186	0.703	-0.30, 0.44
Studying (Ref.)	0	.	.	.
Income Level				
≤24999 SEK	0.09	0.157	0.557	-0.22, 0.40
25000-34999 SEK	-0.20	0.128	0.120	-0.45, 0.05
35000-44999 SEK	-0.13	0.130	0.314	-0.39, 0.13
≥ 45000 SEK (Ref.)	0	.	.	.
Diabetes complication				
None	-0.09	0.156	0.577	-0.39, 0.22
One	0.12	0.162	0.473	-0.20, 0.44
Two or more (Ref.)	0	.	.	.
Multimorbidity/ other illness				
None	0.04	0.110	0.739	-0.18, 0.25
One	-0.10	0.118	0.376	-0.34, 0.13
Two or more (Ref.)	0	.	.	.
Physical activity level				
≥ 5days/week	-0.23	0.145	0.109	-0.52, 0.05
Several times/week	-0.23	0.148	0.118	-0.52, 0.06
≤ Several times/month (Ref.)	0	.	.	.
Number of digital devices used				
One	0.04	0.115	0.706	-0.18, 0.27
Two or more	-0.002	0.093	0.986	-0.18, 0.18
Three or more (Ref.)	0	.	.	.
mHealth app use				
Non-users	-0.11	0.102	0.277	-0.31, 0.09
Users (Ref.)	0	.	.	.
Duration of diabetes (years)	-0.002	0.003	0.487	-0.01, 0.004
HbA1c (mmol/mol)	-0.01	0.004	0.022	-0.02, -0.001
WHO-5 total score	0.01	0.002	<0.001	0.01, 0.02
BMI (kg/m ²)	0.02	0.008	0.007	0.01, 0.04

Subscale 4: Assessing dissatisfaction and readiness to change

Parameter	B	SE	p	95% CI
Intercept	4.34	0.360	<0.001	3.64, 5.05
Age (years)	0.002	0.003	0.555	-0.005, 0.01
Gender				
Men	-0.04	0.084	0.594	-0.21, 0.12
Women (Ref.)	0	.	.	.
Living condition				
Alone	-0.04	0.100	0.700	-0.24, 0.16
with a spouse/ partner/another adult	-0.002	0.086	0.981	-0.17, 0.17
With a child / or with a spouse/ partner/another adult (Ref.)	0	.	.	.
Education level				
primary/secondary school	0.01	0.079	0.876	-0.14, 0.17
university level (Ref.)	0	.	.	.
Employment Status				
employed full/half time	0.03	0.140	0.840	-0.25, 0.30
unemployed/sick/ pensioner	-0.25	0.170	0.137	-0.59, 0.08
Studying (Ref.)	0	.	.	.
Income Level				
≤24999 SEK	-0.17	0.143	0.233	-0.45, 0.11
25000-34999 SEK	-0.25	0.117	0.030	-0.48, -0.03
35000-44999 SEK	-0.16	0.119	0.179	-0.39, 0.07
≥ 45000 SEK (Ref.)	0	.	.	.
Diabetes complication				
None	-0.25	0.142	0.077	-0.53, 0.03
One	-0.29	0.148	0.050	-0.58, 0.00
Two or more (Ref.)	0	.	.	.
Multimorbidity/ other illness				
None	-0.11	0.100	0.254	-0.31, 0.08
One	-0.07	0.107	0.492	-0.29, 0.14
Two or more (Ref.)	0	.	.	.
Physical activity level				
≥ 5days/week	-0.20	0.132	0.128	-0.46, 0.06
Several times/week	-0.14	0.134	0.301	-0.40, 0.13
≤ Several times/month (Ref.)	0	.	.	.
Number of digital devices used				
One	-0.03	0.105	0.777	-0.24, 0.18
Two or more	0.05	0.085	0.563	-0.12, 0.22
Three or more (Ref.)	0	.	.	.
mHealth app use				
Non-users	-0.05	0.093	0.555	-0.24, 0.13
Users (Ref.)	0	.	.	.
Duration of diabetes (years)	0.002	0.003	0.585	-0.004, 0.01
HbA1c (mmol/mol)	-0.01	0.004	0.003	-0.02, -0.004
WHO-5 total score	0.01	0.002	<0.001	0.004, 0.01
BMI (kg/m ²)	0.01	0.007	0.138	-0.004, 0.03

Body mass index (BMI); Confidence interval (CI); Glycated haemoglobin (HbA1c); Mobile health application (mHealth app); Reference group (Ref.); Standard error (SE); Swedish Kronor (SEK); Swedish version of diabetes empowerment scale (Swe-DES-23); Unstandardized beta value (B); WHO-

5 well-being index (WHO-5). Income level refers to monthly income before tax deductions; p values indicated in bold are statistically significant.