

Title: Introducing diabetes emotional wellbeing into routine consultations for adults with type 1 diabetes

Journal name: Metabologia

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ESM Box 1. Search strategy for searches in MEDLINE, Embase, HMIC and PsycINFO

Free text terms and operators

“acceptance and commitment therapy” OR “bio psycho social model” OR “motivational interviewing” OR “self determination theory” OR “empowerment based communication” OR “peer support” OR “social learning theory” OR “social comparison theory”

AND

“realist”

[Limiters: English language only]

ESM Table 1 - Included literature (n=35).

Author and date	Title of paper	Country of publication	Paper type
Benton et al. 2023 [30]	Healthcare professionals' experiences in identifying and supporting mental health problems in adults living with type 1 diabetes mellitus: a qualitative study	UK	Research paper
Due-Christensen et al. 2012 [32]	Can sharing experiences in groups reduce the burden of living with diabetes, regardless of glycaemic control?	Denmark	Research paper
Due-Christensen et al. 2018 [33]	The Process of Adaptation Following a New Diagnosis of Type 1 Diabetes in Adulthood: A Meta-Synthesis.	UK	Research paper
Due-Christensen et al. 2021 [34]	A co-design study to develop supportive interventions to improve psychological and social adaption among adults with new-onset type 1 diabetes in Denmark and the UK.	Denmark	Research paper
Due-Christensen et al. 2026 [35]	Psychosocial support for adult-onset type 1 diabetes: The Living with and adapting to Type 1 Diabetes Programme – a cross-national feasibility study.	Denmark	Research paper
Due-Christensen et al. 2024 [36]	SUSTAIN – prevention of diabetes distress	Denmark	Powerpoint presentation

Fisher et al. 2015 [1]	Understanding the sources of diabetes distress in adults with type 1 diabetes.	US	Research paper
Fisher et al. 2018 [4]	Emotion regulation contributes to the development of diabetes distress among adults with type diabetes	US	Research paper
Fisher et al 2024 [7]	Bringing the assessment and treatment of diabetes distress into the real world of clinical care: time for a shift in perspective.	US	Research paper
Halliday et al. 2020 [38]	The Diabetes and Emotional Health handbook and toolkit for health professionals supporting adults with type1 and type 2 diabetes: formative evaluation.	Australia	Research paper
Halliday et al. 2021 [39]	Developing a novel diabetes distress e-learning program for diabetes educators: an intervention mapping approach.	Australia	Research paper
Halliday et al. 2024 [40]	An eLearning to upskill health professionals in providing support for diabetes distress	Australia	Powerpoint presentation
Hendrieckx et al. 2019 [60]	Diabetes and emotional health: a practical guide for health professionals supporting adults with Type 1 and Type 2 diabetes.	UK	Practical guide
Hernar et al. 2021 [42]	Use of patient-reported outcome measures (PROMs) in clinical diabetes consultations: the DiaPROM randomised controlled pilot trial.	Norway	Research paper
Holt et al. 2021 [43]	The management of type 1 diabetes in adults. A consensus report by the American Diabetes Associate (ADA) and the European Association for the Study of Diabetes (EASD).	UK	Consensus statement
Litterbach et al. 2020 [44]	'I wish my health professionals understood that it's not just about your HbA1c!' Qualitative responses from the second Diabetes MILES – Australis (MILES-2) study.	Australia	Research paper
Lowry et al. 2021 [45]	Piloting an intervention to improve outcomes in young adults living with type 1 diabetes: the experience of the D1 Now Support Worker.	Ireland	Research paper
Luong et al. 2023 [46]	Emotional well-being and HbA1c following the implementation of the Diabetes Psychosocial Assessment Tool (DPAT) in young adults with type 1 diabetes (T1DM): an observational study.	Australia	Research paper
Mosely et al. 2010 [47]	Overcoming barriers to diabetes care: Perceived communication issues of healthcare professionals attending a pilot Diabetes UK training programme.	UK	Research paper
Nygaard et al. 2023 [48]	A short-form measure of diabetes distress among adults with type 1 diabetes for use in clinical practice: development and validation of the T1-DDS-7	Denmark	Research paper
Orben et al. 2022 [49]	Differences and similarities in the experience of living with diabetes distress: a qualitative study of adults with type 1 and type 2 diabetes.	US	Research paper

Pals et al. 2026 [37]	Developing initial programme theories for a realist evaluation of an intervention to support adults in adapting to life with type 1 diabetes: methodological insights and implication for practice.	Denmark	Research paper
Schultz et al. 2021 [51]	Achieving a useful and person-centred diabetes consultation is a shared responsibility between diabetologists and people with diabetes: a qualitative study of perspectives from people with type 1 diabetes.	Denmark	Research paper
Sturt and Choudhary (unpublished) [52]	The impact of a holistic consultation framework for type 1 diabetes (T1D) on diabetes distress, HbA1c and hypoglycaemia awareness in routine clinical care.	UK	Research working paper (unpublished)
Skinner et al. 2020 [53]	Twenty-five years of diabetes distress research	Denmark	Review paper
Stenov et al. 2025 [54]	Discovering the hidden emotional burden: systematic screening for diabetes distress in adults with type 1 diabetes in nurse-led routine diabetes care.	Denmark	Research paper
Todd et al. 2018 [55]	Evaluating the relationships of hypoglycaemia and HbA1c with screening-detected diabetes distress in type 1 diabetes.	UK	Research paper
Yared et al. 2020 [58]	Addressing a care gap in type 1 diabetes management: using the Diabetes Distress Scale in a community setting to address diabetes-related treatment challenges.	Canada	Research paper
Health Innovation Network 2017 [31]	Health Innovation Network. Diabetes Distress Screening Scale (DDS17)	UK	Assessment Scale
King's Health Partners & Health Innovation Network South London (no date) [41]	Type 1 Diabetes Consultation Tool	UK	Consultation tool
American Diabetes Association, 2021 [50]	Problem Areas In Diabetes (PAID) Scale	US	Assessment Scale
Behavioral Diabetes Institute (2016) [56]	Type 1 Diabetes Distress Scale (T1-DDS)	US	Assessment Scale
Behavioral Diabetes Institute (2023) [57]	Type 1 Diabetes Distress Assessment System (T1DDAS)	US	Assessment Scale
Zoffman et al. (2015) [59]	Flexible guided self-determination intervention for younger adults with poorly controlled Type 1 diabetes, decreased HbA1C and psychosocial distress in women but not in men: a real-life RCT.	Denmark	Research paper

Kors et al. 2020 [74]	Factors influencing autonomy supportive consultation: a realist review.	Netherlands	Review paper
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