Table 1 Diabetes organisations and groups used for recruitment

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Support groups and organization	About the organization					
Alberta Children's Hospital &						
transition clinics	Children's hospital in Calgary					
British Columbia Children's hospital	Children's hospital in Vancouver					
Calgary Insulin Pumpers (Alberta)	Support group for those interested in T1D education					
	Dedicated to improving diagnosis and quality of life for those adversely					
Canadian Celiac Association	affected by gluten					
Canadian Obesity Network	Largest obesity association in Canada					
Celiac association NL & Labrador						
chapter	Newfound Land chapter of the Canadian Celiac Association					
Celiac Association of Canada Calgary						
Connected In Motion	T1D support group (Ontario)					
	National, volunteer-based charity focused on finding the cures for Crohn's					
Crohn's and Colitis Canada	disease and ulcerative colitis					
Diabète Québec	Quebec association that wants to educate people with diabetes					
Diabetes Canada	National voice for those living with diabetes or prediabetes					
Dskate Canada	Hockey and diabetes camp (Quebec and Ontario)					
Hôpital Ste-Justine	Children's hospital in Montreal, Quebec					
	Prevention & management of chronic medical conditions with the help of					
Live Well! Bien Vivre!	wellness coaches;					
National Aboriginal Diabetes	Trying to prevent and manage diabetes by working with people, communities					
Association	and organizations					
Southern Ontario Aboriginal Diabetes	supporting Indigenous communities, families and individuals to make healthy					
Initiative	choices and live free of diabetes					
The Canadian Addison Society	Organization that wants to educate people about Addinson's disease (Ontario)					
Vancouver Island Addison support						
group	Vancouver chapter of the Cnadian Addison Society, British Columbia					
	Website's aim is to educate, equip and encourage families dealing with type 1					
Waltzing the dragon	diabetes (Alberta)					
Waterloo Wellington Diabetes	Central intake for referrals to diabetes education & specialists, Ontario					
Young & T1	T1D support group, British Columbia					
Athletes+causes	Helps athletes do their philanthropic work to educate and instill hope in others					
Beyondtype1.org	Supportive community via social media					
ConsultantPtCare	An online community bridging the gap between health care and patient care					
Did a control	Network of people with diabetes and their support network involved in					
Diabetes Care Community	diabetes care					
Diabetic connect	World's largest online social network for people & families living w/ diabetes					
T1 do etivoliving	Her honest personal journey with T1D in hopes of inspiring others to be					
TheColineSonne	Strong Vous granier course for gluter free living					
TheCeliacScene	Your premier source for gluten-free living This online group tries to improve the quality of life & health outcomes for					
Type 1 Dichetes Think Tank Network						
Type 1 Diabetes Think Tank Network	people with T1D					
type1diabetesproject	Helps people with T1D live healthier lives					
Type1strong Uwalk	Raising awareness that you can be strong & healthy even though have T1D An interactive website that motivates ppl to exercise					
Uwaik						
Abbott Franctyle	Online community committed to helping people with diabetes - run by Abbott Laboratories					
Abbott Freestyle Accu-Chek Canada	A company that makes glucose meters					
ACCU-CHER CHIIdud	Creates public awareness of the national historic significance of Sir Frederick					
Ranting House	Banting					
Banting House Canadian Diabetes Care Guide	Digest-sized Canadian magazine written by health care professionals					
Centre for Studies in Primary Care	The research arm of the Department of Family Medicine at Queen's					
(CSPC)	University, Ontario					
(0010)	omversity, Omano					

	Resource for people living with diabetes & for healthcare providers in the		
Champlain Diabetes Services	Champlain region, Ontario		
Diabetes Care Program of Nova	Using leadership to improve the health of those living with or at risk of		
Scotia	developing diabetes		
Dietitians of Canada	Professional association representing 6,000 members across Canada		
Guelph General Hospital	A hospital found in Guelph, Ontario		
Health Prince Edward Island	Delivers publicly funded health services		
Horizon Health network for the			
Maritimes	A health network of hospitals and clinics in the Maritimes (New Brunswick)		
Hotel Dieu Hospital	Hospital in Kingston, Ontario		
Huron Perth Diabetes Education			
Program	Diabetes program offered at 7 different hospitals in the Huron-Perth, Ontario		
IWK Health Centre	Pediatric and obstetric care in the Maritime provinces (Nova Scotia)		
Joseph Brant Hospital	A hospital found in Burlington, Ontario		
	Wellness programs and experienced health coaches available to help pts		
	achieve a healthier lifestyle that is funded by Diabetes Canada (New		
Live Well! Bien Vivre!	Brunswick)		
Markham Stouffville Hosp	A hospital found in Markham, Ontario		
Medavie Blue Cross	Not for profit Canadian medical insurance company		
Medtronics Canada	A company that makes insulin pumps		
MYSUGR	An application for diabetes management (USA)		
	Found in the Niagara region, it is Ontario's largest multi-site hospital		
Niagara Health System	amalgamation		
Norfolk General Hospital	A general hospital in Simcoe, Ontario		
Provincial Council for Maternal and	Provincial (Ontario) forum where leaders in the field can identify issues of		
child health	importance in health care		
Rouge Valley Health System	A hospital corporation based in the Greater Toronto area, Ontario		
	An accessible centre in Hamilton, (Ontario) for people aged 17 to 25 to		
St. Joe's Youth Wellness Centre	receive care for mental health and addiction issues		
Stollery Children's Hospital	A children's hospital in Edmonton, Alberta		
Trillium Health Partners	A hospital system which serves Mississauga and western Toronto, Ontario		

Table 2 Prevalence of stigma according to different cut-points on the BDA stigma-subscale and associations

with glycemic control

	Prevalence	Association with glycemic control ‡			
Cut-off on the 5	Endorsing one of	A1C >9%	Self-reported ≥1	Poor glycemic control overall	
point likert-type	the 3 most relevant		severe		
BDA-stigma	items [†]		hypoglycemia in		
subscale *			the previous year		
	%	OR	OR	OR	
	[95% CI]	[95% CI]	[95% CI]	[95% CI]	
Score ≥ 2	65.5%	3.05	1.86	2.25	
	[60.7-70.3]	[1.36-6.86]	[1.05-3.31]	[1.33-3.80]	
Score ≥ 3	2 ≥ 3 44.0%		1.83	1.97	
	[38.9-49.0]	[1.14-4.08]	[1.08-3.11]	[1.22-3.19]	
Score ≥ 4	28.7%	1.99	2.44	2.13	
	[24.1-33.3]	[1.05-3.78]	[1.40-4.24]	[1.27-3.56]	
Score = 5	14.0%	2.01	2.24	2.64	
	[10.5-17.5]	[0.92-4.42]	[1.10-4.57]	[1.33-5.26]	

^{*} The 5-point likert-type scale ranged from 1- not at all true to 5- completely true

[†]The 3 most relevant items: I try not to deal with my diabetes in front of friends. I have a hard time telling people I have diabetes. I feel embarrassed taking care of my diabetes in front of other people.

[‡] Multivariate logistic regression models adjusted for age, sex at birth, type of treatment (multiple daily injection or insulin pump)

Table 3 Self-efficacy for diabetes management

Self-efficacy for diabetes self-management (SEDM) Items	Being affected by stigma n=249	Not affected by stigma n=131	
	Mean score (sd)	Mean score (sd)	Mean difference [95% CI]
Adjust insulin when you eat more or less than usual	7.8 (2.0)	8.4 (2.1)	0.6 [0.2-1.0]
Choose healthy foods when you go out to eat	7.2 (2.3)	7.8 (2.4)	0.6 [0.1-1.1]
Exercise even when you don't really feel like it	5.8 (2.9)	6.9 (3.0)	1.1 [0.5-1.7]
Adjust insulin or food accurately based on how much exercise you get	6.4 (2.6)	7.4 (2.6)	1.0 [0.5-1.6]
Talk to your doctor or nurse about any problems you are having with taking care of my diabetes	7.2 (2.7)	8.4 (2.3)	1.3 [0.7-1.8]
Do your blood sugar checks even when you are really busy	6.1 (2.8)	7.4 (2.6)	1.2 [0.7-1.8]
Manage your diabetes the way your health care team wants you to	6.1 (2.6)	7.1 (2.7)	0.9 [0.4-1.5]
Manage your diabetes even when you feel overwhelmed	6.0 (2.7)	7.3 (2.6)	1.4 [0.8-1.9]
Find ways to deal with feeling frustrated about your diabetes	5.6 (2.7)	7.1 (2.7)	1.5 [0.9-2.02]
Identify things that could get in the way of managing your diabetes	7.2 (2.1)	8.2 (2.1)	0.9 [0.5-1.4]
SEDM Total score	6.5 (1.7)	7.6 (1.6)	1.1 [0.7-1.4]

Maximal score is 10 indicative of greater self-efficacy

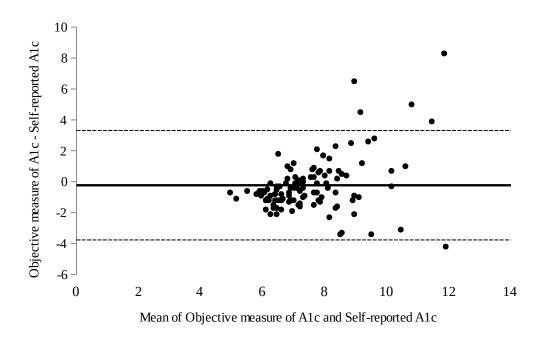


Figure 1. Bland-Altman plot for agreement between objectively measured and self-reported A1c