

Interview Guide Questions

1. Can you tell me about when your child was first diagnosed with type 1 diabetes?

Probes:

- How old were they?
- Did you have any prior experience with type 1 diabetes?
- Did your child's diagnosis have an impact on your life? If so, how?
- Did your child's diagnosis have an impact on everyday life in the household? Can you tell me about that?
 - Did it impact the family dynamic?
 - As your child's diagnosis had an impact on others in the family?
- Do you perceive that the diabetes diagnosis has had an impact on your child's life? If so, in what ways has it impacted them? Have you noticed any differences in the impact of diabetes on their life as they've gotten older? How do you see diabetes impacting them currently?

2. How would you describe your involvement in the management of your child's diabetes?

Probes:

- What illness-management tasks do you routinely assist with?
 - How do you perceive your child's diabetes self-management practices?
- Has your involvement changed over time?
 - What has influenced this/these change(s) in involvement? (e.g. your/your child's desire for greater independence, child moved away from home, laws pertaining to doctor/patient confidentiality, etc.)
 - What has been your relationship with your child's health care team? Did this relationship change when your child turned 18 years of age/emerged into young adulthood? Can you tell me about that?
 - Was the health care team helpful in facilitating this transition? If so, what did you find to be particularly helpful? If not, how could you or your child have been better supported?
- How have you (and your child) adjusted to this/these change(s)? Has the adjustment been challenging or relatively easy? Are there any strategies that you have found helpful in adjusting to these changes?

3. Drawing on your own experiences, can you tell me what is it like to be a parent/guardian of a young adult who is living with type 1 diabetes?

Probes:

- What changes or challenges have you experienced in this role?
- Do you have any concerns/fears? What contributes to these fears? Have these changed as your child emerges/emerged into adulthood? What helps you to manage your concerns/fears?

- Do you feel that there are adequate resources and supports for parents/guardians of young adults with diabetes? If so, what are some of the resources and supports that you have found particularly helpful? If not, what resources and supports would you like to have access to (e.g. information, support groups, etc.)?

4. a) Informed by these experiences, and with the benefit of hindsight, what would you tell a parent of a child with diabetes who is about to turn 18 years old?

Probes:

- What would you tell them about the changes or challenges they may confront?
- What advice would you provide?
- What would you tell them about resources and supports for parents/guardians of emerging adults?

b) If you could talk to someone with type 1 diabetes who is about to turn 18 years old, what would you tell them?

Probes:

- Changes they may experience (e.g. changes in lifestyle (education, occupation, living situation); changes in health care/greater responsibility over their health; shifting relationships with family members, friends, etc.)
- Self-management challenges that they may confront
- What would you tell them about the challenges/difficulties their parents/guardians may experience?
- What advice would you provide
- What questions would you ask them?

5. Is there anything we didn't get a chance to discuss that you think would be important for us to know?