

## Supplementary material

**Supplementary Table 1: Psychological wellbeing and lifestyle behaviour questions related to the first surge of COVID-19 pandemic and associated lock-down**

Question	Response choices#
<b>Were there any emotional distresses due to the first surge of the COVID-19 pandemic and associated lock-down (more than half of the day)? You can choose more than one answer.</b>	A. Having little interest or pleasure in activities. B. Feeling nervous, anxious or tense. C. Unable to stop worrying. D. Feeling lonely or isolated. E. Feeling little control over life. F. Feeling insecure about the future. G. Worries about diabetes. H. Worries about COVID-19. G. None of the response above.
<b>Did you aim for other blood glucose levels (e.g. lower or higher levels) because of the COVID-19 pandemic and associated lock-down?</b>	A. No, I did not aim for other glucose levels. B. Yes, I aimed for lower glucose levels. C. Yes, I aimed for higher glucose levels.
<b>Were you more involved in diabetes care because of the COVID-19 pandemic and associated lock-down?</b>	A. No, I was not more involved in diabetes care. B. Yes, I was more involved in diabetes care.
<b>Were there any changes in your physical activity because of the COVID-19 pandemic and associated lock-down?</b>	A. Unchanged. B. More physical active. C. Less physical active.
<b>Were there any changes in your diet because of the COVID-19 pandemic and associated lock-down? You can choose more than one answer.</b>	A. Unchanged. B. I start eating more. C. I start eating less. D. I start eating unhealthier (more fats and carbohydrates). E. I start eating healthier.
<b>Were there any changes in your sleep duration because of the COVID-19 pandemic and associated lock-down?</b>	A. Unchanged. B. Sleep more. C. Sleep less.

#The responses are reduced to "yes" or "no" for the analysis. Worries about diabetes and COVID-19 in the emotional distress question has been analysed as a separate items.

**Supplementary Table 2: Univariable logistic regression analysis relating demographic and clinical factors to HbA<sub>1c</sub> decrease of  $\geq 0.5\%$  ( $-5.5$  mmol/mol) (n=427)**

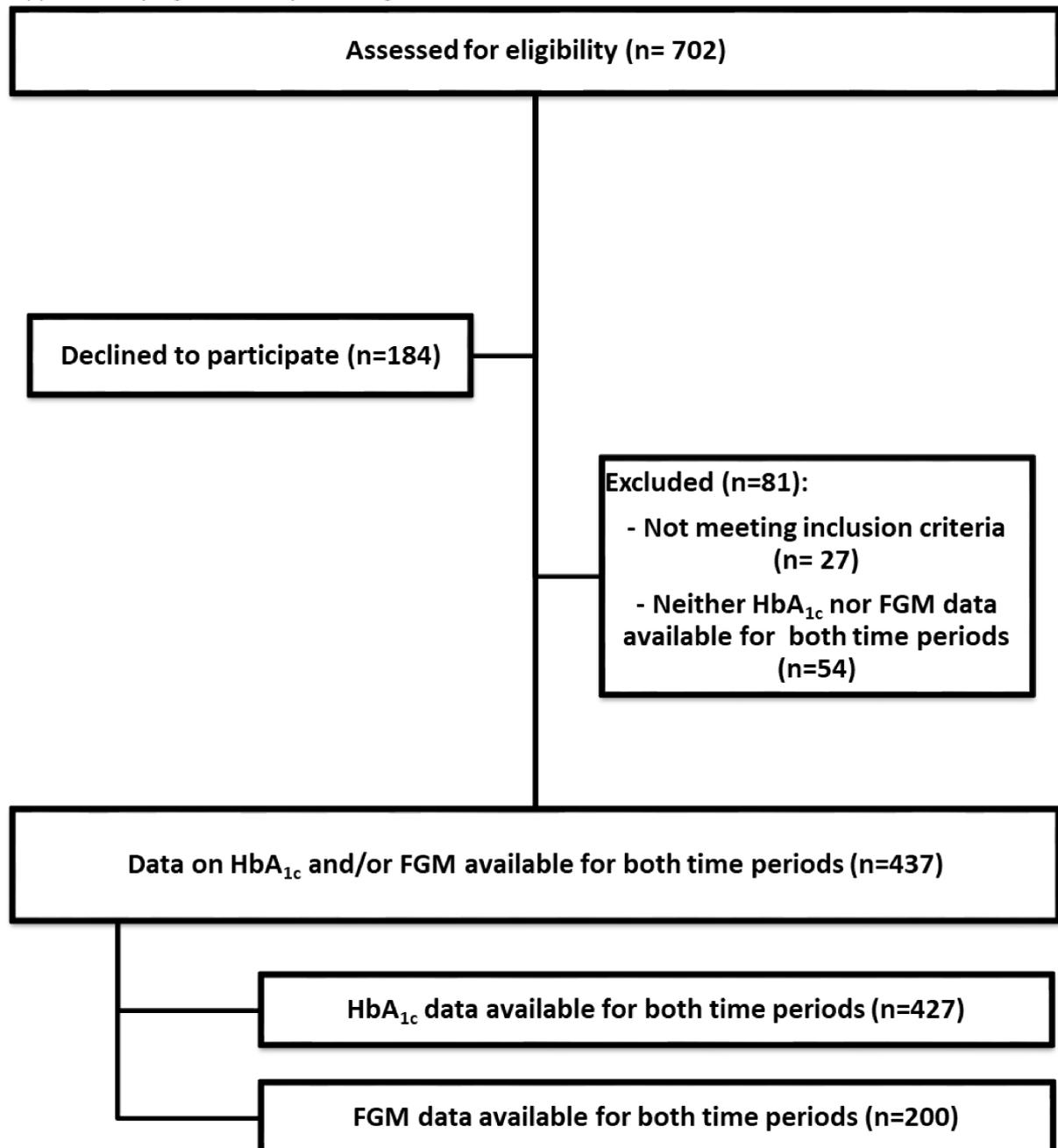
	OR (95% CI)	
Age	1.00 (0.99 to 1.01)	
Male	1.01 (0.69 to 1.48)	
Microvascular complications*	0.92 (0.62 to 1.35)	
Macrovascular complications#	1.36 (0.77 to 2.42)	
Current smoking	2.37 (1.29 to 4.34)	
Alcohol use	1.09 (0.69 to 1.74)	
CSII	0.82 (0.56 to 1.21)	
Daily insulin dose	1.65 (0.87 to 3.11)	
Mode of glucose monitoring (reference: SMBG)	FGM	2.08 (1.21 to 3.60)
	rt-CGM	0.91 (0.37 to 2.21)
Diabetes duration	1.00 (0.98 to 1.01)	
Number of hypoglycaemic events	1.01 (0.95 to 1.07)	
Number of severe hypoglycaemic events in past year	1.01 (0.92 to 1.10)	
At least one severe hypoglycaemic event in past year	0.89 (0.50 to 1.58)	
IAH (Clarke score $\geq 4$ )	0.78 (0.47 to 1.30)	
Hospitalization in past year	0.70 (0.25 to 1.93)	
BMI	0.99 (0.95 to 1.04)	
Pre-lockdown HbA <sub>1c</sub>	2.37 (1.87 to 2.99)	
PAID-5 score $\geq 8$	1.18 (0.72 to 1.94)	
Any emotional distress	1.08 (0.72 to 1.62)	
Worries about diabetes and/or COVID-19	0.95 (0.48 to 1.86)	
Aiming other blood glucose levels	0.83 (0.48 to 1.45)	
More involved in diabetes care	1.02 (0.63 to 1.67)	
Any change in psychological wellbeing and lifestyle behaviour due to the first surge of COVID-19 pandemic and associated lock-down.	0.77 (0.50 to 1.20)	

\*Microvascular complications: retinopathy, nephropathy or neuropathy.

#Macrovascular complications: coronary heart disease, cerebrovascular disease or peripheral artery disease.

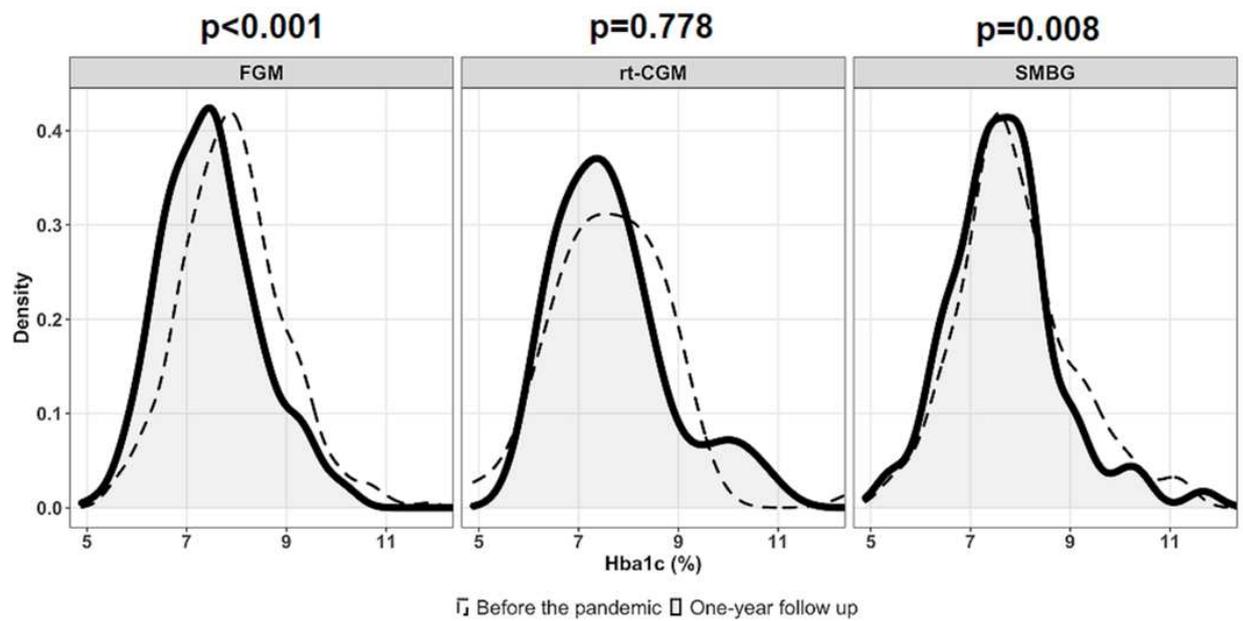
Abbreviations: BMI, body mass index; CSII, continuous subcutaneous insulin infusion; FGM, flash glucose monitoring; HbA<sub>1c</sub>, glycated haemoglobin; IAH, impaired awareness of hypoglycaemia; OR, odds ratio; rt-CGM, real time-continuous glucose monitoring; SMBG, self-monitoring of blood glucose; PAID-5, Problem Areas in Diabetes-5 questionnaire

Supplementary Figure 1: Study flow diagram



Abbreviations: FGM, flash glucose monitoring; HbA<sub>1c</sub>, glycated haemoglobin

Supplementary figure 2: Distribution plot of HbA1c in the pre-lock down period (dotted line) and in the one-year follow-up (black line)



Abbreviations: FGM, flash glucose monitoring; HbA<sub>1c</sub>, glycated haemoglobin; rt-CGM, real time-continuous glucose monitoring; SMBG, self-monitoring of blood glucose