

Supplementary table 1. Impact of the quarantine on participant's glycaemic control and insulin use, weight, exercise, and psychological stress and anxiety.

	All patients (n=399)	Type 1 diabetes (n=265)	Type 2 diabetes (n=134)	P-value
Change in ability to regulate glucose (%)				0.03
<i>Much easier</i>	6.5	7.9	3.7	
<i>Somewhat easier</i>	13.3	15.1	9.7	
<i>No change</i>	49.1	46.8	53.7	
<i>Somewhat more difficult</i>	24.1	25.3	21.6	
<i>Much more difficult</i>	7.0	4.9	11.2	
Change in insulin use (%)				0.07
<i>Much less insulin</i>	0.9	0.4	2.3	
<i>Somewhat less insulin</i>	7.4	8.4	4.6	
<i>No change in insulin</i>	64.1	61.2	72.7	
<i>Somewhat more insulin</i>	23.9	26.6	15.9	
<i>Much more insulin</i>	3.7	3.4	4.6	
Change in weight (%)				0.002
<i>Weight loss ≥ 5 kilograms</i>	2.0	0.4	5.2	
<i>Weight loss 3-4 kilograms</i>	2.5	2.3	3.0	
<i>Weight loss 1-2 kilograms</i>	7.5	6.8	9.0	
<i>No change in weight</i>	47.1	50.2	41.0	
<i>Weight gain 1-2 kilograms</i>	29.6	32.1	24.6	
<i>Weight gain 3-4 kilograms</i>	8.8	6.4	13.4	
<i>Weight gain ≥ 5 kilograms</i>	2.5	1.9	3.7	
Change in exercise (%)				0.46
<i>Less exercise than before</i>	45.7	43.4	50.0	
<i>No change in exercise</i>	44.5	46.9	40.2	
<i>More exercise than before</i>	9.7	9.7	9.8	
Change in stress (%)				0.35
<i>Much less stress</i>	7.0	7.9	5.2	
<i>Somewhat less stress</i>	12.3	14.0	8.2	
<i>No change in stress</i>	46.9	44.5	51.5	
<i>Somewhat more stress</i>	27.8	27.2	29.1	
<i>Much more stress</i>	6.3	6.4	6.0	
Change in anxiety (%)				0.60
<i>Much less anxiety</i>	5.3	5.7	4.5	
<i>Somewhat less anxiety</i>	11.5	12.8	9.0	
<i>No change in anxiety</i>	55.9	54.0	59.7	
<i>Somewhat more anxiety</i>	24.6	25.3	23.1	
<i>Much more anxiety</i>	2.8	2.3	3.7	
PSS total score (mean, SD) ^a	13.3 (±6.5)	13.7 (±6.2)	12.8 (±6.7)	0.16

^aPerceived Stress Scale: scores ≥ 14 indicate moderate distress. P value for difference between T1DM and T2DM