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Continuous glucose monitoring (CGM) initiation shortly after diagnosis does not worsen psychosocial states

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Abstract:
Psychosocial impacts of early CGM initiation in youth soon after T1D diagnosis are underexplored. We report parent/guardian (PG) and youth trends in Patient Reported Outcomes (PROs) for families in the 4T Study 1.
Of the 133 participants in the 4T Study 1, 125 PG and 60 youth (>=11 years) were eligible for PROs. PROs included Diabetes Distress Scale - Parent (mean DDS-P) for PG and for youth, Diabetes Distress Scale (DDS sum), PROMIS Pediatric Global Health (PGH sum), Diabetes Technology Attitudes (DTA sum), and CGM Benefits/Burden (BenCGM and BurCGM sum). Kruskal Wallis rank sum test evaluated temporal trends and sociodemographics were evaluated (Numerical: Wilcoxon rank; Categorical: Fisher's if n<5, Chi-squared if n>=5).
PROs completion rates were higher for PG than youth at baseline (74% v 59%), 3 months (70% v 53%), and 6 months (66% v 50%). PG DDS-P remained low throughout the study (Table). Youth had favorable psychosocial trends (low DDS and high PGH), and perceived technology positively (high DTA and BenCGM with low BurCGM). Age, DKA at diagnosis, gender, ethnicity, insurance status, and language spoken were not associated with PROs scores in PG or youth.
CGM initiation shortly after T1D diagnosis is not associated with poor or worsening PROs for PG and youth. These data suggest that early CGM initiation does not adversely impact psychosocial states for families and youth with T1D.

	Baseline	3-Month	6-Month	p-value
Parent/Guardian PROs	n=92	n=87	n=83	
Diabetes Distress Scale – Parent (DDS-P)				
Mean (SD)	0.84 (0.61)	0.76 (0.60)	0.83 (0.63)	0.57
Median (IQR)	0.75 (0.40, 1.23)	0.55 (0.30, 1.11)	0.75 (0.33, 1.28)	
Youth PROs	n=36	n=32	n=30	
Diabetes Distress Scale – Youth (DDS)				
Mean (SD)	4.17 (2.26)	3.59 (1.97)	3.47 (1.83)	0.22
Median (IQR)	3.50 (3.00, 5.00)	3.00 (2.75, 4.00)	3.00 (2.00, 4.75)	
PROMIS Pediatric Global Health (PGH)				
Mean (SD)	24.0 (3.5)	24.4 (3.6)	24.9 (3.9)	0.5
Median (IQR)	24.0 (21.0, 27.0)	24.5 (23.5, 27.2)	25.5 (22.2, 27.8)	
Diabetes Technology Acceptance (DTA)				
Mean (SD)	18.8 (2.9)	20.1 (2.1)	20.2 (2.5)	0.091
Median (IQR)	19.0 (17.0, 21.0)	21.0 (19.0, 21.0)	21.0 (19.0, 21.0)	
CGM Benefits (BenCGM)				
Mean (SD)	35.7 (4.0)	36.3 (4.5)	36.3 (6.2)	0.38
Median (IQR)	36.0 (32.5, 39.0)	37.5 (34.0, 40.0)	38.0 (35.0, 40.0)	
CGM Burden (BurCGM)				
Mean (SD)	14.5 (3.6)	14.5 (4.6)	15.0 (7.0)	0.83
Median (IQR)	15.0 (11.5, 17.0)	14.5 (10.0, 18.0)	14.5 (11.0, 17.0)	

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