

No. of studies	Study design	Sample size	MIDs	Effect size (95% CI)	Absolute risk: control	Absolute risk: intervention (95% CI)	Risk of bias	Indirectness	Inconsistency	Imprecision	Quality
HbA1c (%) - 3 months (<0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 0.50	MD -0.70 (-1.51, 0.11)	-	-	Not serious	Serious2	NA3	Serious4	Low
HbA1c (%)6 months (<0 favours intervention)											
2	Parallel RCT	119	+/- 0.50	MD -0.07 (-0.63, 0.49)	-	-	Very serious1	Serious2	Not serious	Serious4	Very low
HbA1c (mmol/mol) 3 months (<0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 5.50	MD -6.60 (-15.29, 2.09)	-	-	Not serious	Serious2	NA3	Serious4	Low
HbA1c (mmol/mol) 6 months (<0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 5.50	MD -2.10 (-9.60, 5.40)	-	-	Not serious	Serious2	NA3	Serious4	Low
Number of glucose checks 3 months (<0 favours intervention)											

1 Boucher 2020)	Parallel RCT	64	+/- 0.23	MD 3.20 (2.97, 3.43)	-	-	Not serious	Serious2	NA3	Not serious	Moderate
Number of glucose checks 6 months (<0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 1.10	MD 2.80 (1.72, 3.88)	-	-	Not serious	Serious2	NA3	Not serious	Moderate
Hypoglycemia episodes per month <3.1 mmol/l 6 months (<0 favours intervention)											
1 (Xu 2021)	Parallel RCT	55	+/- 3.50	MD 1.85 (-1.08, 4.78)	-	-	Very serious1	Not serious	NA3	Serious4	Very low
Quality of life (PEDS) generic - total 6 months (>0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 5.41	MD -1.20 (-6.50, 4.10)	-	-	Not serious	Serious2	NA3	Serious4	Low
Quality of life (PEDS) diabetes - total 6 months (>0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 5.20	MD -1.10 (-6.20, 4.00)	-	-	Not serious	Serious2	NA3	Serious4	Low
Hypoglycemia fear survey - behaviour scale 6 months (<0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 0.27	MD 0.18 (-0.08, 0.44)	-	-	Not serious	Serious2	NA3	Serious4	Low
Hypoglycemia fear survey - worry scale 6 months (<0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 0.24	MD -0.13 (-0.37, 0.11)	-	-	Not serious	Serious2	NA3	Serious4	Low
DTSQ 6 months (>0 favours intervention)											
1 Boucher 2020)	Parallel RCT	64	+/- 0.48	MD 0.47 (0.00, 0.94)	-	-	Not serious	Serious2	NA3	Serious4	Low
DMTSQ 6 months (>0 favours intervention)											
1 (Xu 2021)	Parallel RCT	55	+/- 5.47	MD -2.80 (-7.87, 2.27)	-	-	Very serious1	Not serious	NA3	Serious4	Very low
DQOL 6 months (>0 favours intervention)											
1 (Xu 2021)	Parallel RCT	55	+/- 11.28	MD 2.55 (-8.20, 13.30)	-	-	Very serious1	Not serious	NA3	Serious4	Very low
Chinese hypoglycemia fear survey 6 months (<0 favours intervention)											

1 (Xu 2021)	Parallel RCT	55	+/- 5.96	MD 1.25 (-6.57, 9.07)	-	-	Very serious1	Not serious	NA3	Very serious5	Very low
DKA (<1 favours intervention)											
1 (Boucher 2020)	Parallel RCT	64	0.80 , 1.25	RR 1.13 (0.38, 3.32)	16 per 100	2 more per 100 (10 fewer to 37 more)	Not serious	Serious2	NA3	Very serious5	Very low

1. >33.3% of the weight in a meta-analysis came from studies at high risk of bias
2. >33.3% of the weight in a meta-analysis came from partially direct or indirect studies
3. Only one study so no inconsistency
4. 95% confidence intervals cross one end of the defined MIDs
5. 95% confidence intervals cross both ends of the defined MID