No. of studies	Study design	Sample size	MIDs	Effect size (95% CI)	Absolut e risk: control	Absolute risk: intervention (95% CI)	Risk of bias	Indirectne ss	Inconsiste ncy	Imprecisi on	Quality
HbA1c (%) - 3 months (<0 favours intervention)											
1 Boucher	Parallel		+/-	MD -0.70			Not				
2020)	RCT	64	0.50	(-1.51, 0.11)	-	-	serious	Serious2	NA3	Serious4	Low
HbA1c (%)6 months (<0 favours intervention)											
	Parallel		+/-	MD -0.07			Very				Very
2	RCT	119	0.50	(-0.63, 0.49)	-	-	serious1	Serious2	Not serious	Serious4	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/				•			3011003	30110032	IVAS	30110034	LOW
•				•							
1 Boucher	Parallel		+/-	MD -2.10			Not				
2020)	RCT	64	5.50	(-9.60 <i>,</i> 5.40)	-	-	serious	Serious2	NA3	Serious4	Low
Number of glucose checks 3 months (<0 favours intervention)											

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1 Boucher Parallel	1 Boucher	Parallel		+/-	MD 3.20			Not			Not	Modera
1 Boucher Parallel	2020)	RCT	64	0.23	(2.97, 3.43)	-	-	serious	Serious2	NA3	serious	te
2020 RCT 64 1.10 (1.72, 3.88) -	Number of glucose checks 6 months (<0 favours intervention)											
Hypoglycemia episodes per month <3.1 mmol/l 6 months (<0 favours intervention)	1 Boucher	Parallel		+/-	MD 2.80			Not			Not	Modera
Parallel	2020)	RCT	64	1.10	(1.72, 3.88)	-	-	serious	Serious2	NA3	serious	te
1 (Xu 2021) RCT 55 3.50 (-1.08, 4.78) -	Hypoglycemia episodes per month <3.1 mmol/l 6 months (<0 favours intervention)											
Quality of life (PEDS) generic - total6 months (>0 favours intervention)		Parallel		+/-	MD 1.85			Very	Not			Very
1 Boucher Parallel	1 (Xu 2021)	RCT	55	3.50	(-1.08, 4.78)	-	-	serious1	serious	NA3	Serious4	low
2020 RCT	Quality of life (PEDS) generic - total6 months (>0 favours intervention)											
Augusty of life (PEDS) diabetes - total 6 months (>0 favours intervention) 1 Boucher Parallel	1 Boucher	Parallel		+/-	MD -1.20			Not				
1 Boucher Parallel	2020)	RCT	64	5.41	(-6.50, 4.10)	-	-	serious	Serious2	NA3	Serious4	Low
2020) RCT 64 5.20 (-6.20, 4.00) serious Serious2 NA3 Serious4 Low Hypoglycemia fear survey - behaviour scale 6 months (<0 favours intervention) 1 Boucher 2020) RCT 64 0.27 (-0.08, 0.44) serious Serious2 NA3 Serious4 Low Hypoglycemia fear survey - worry scale 6 months (<0 favours intervention) 1 Boucher 2020) RCT 64 0.24 (-0.37, 0.11) serious Serious2 NA3 Serious4 Low DTSQ 6 months (>0 favours intervention) 1 Boucher 2020) RCT 64 0.48 (0.00, 0.94) serious Serious2 NA3 Serious4 Low DMTSQ 6 months (>0 favours intervention) 1 Boucher 2020) RCT 64 0.48 (0.00, 0.94) serious Serious2 NA3 Serious4 Low DMTSQ 6 months (>0 favours intervention) Parallel +/- MD -2.80	Quality of life (PEDS) diabetes - total 6 months (>0 favours intervention)											
Hypoglycemia Fear survey - behaviour scale 6 months (<0 favours intervention)	1 Boucher	Parallel		+/-	MD -1.10			Not				
1 Boucher	2020)	RCT	64	5.20	(-6.20, 4.00)	-	-	serious	Serious2	NA3	Serious4	Low
2020) RCT 64 0.27 (-0.08, 0.44) serious Serious2 NA3 Serious4 Low Hypoglycemia fear survey - worry scale 6 months (<0 favours intervention) 1 Boucher 2020) RCT 64 0.24 (-0.37, 0.11) serious Serious2 NA3 Serious4 Low DTSQ 6 months (>0 favours intervention) 1 Boucher 2020) RCT 64 0.48 (0.00, 0.94) serious Serious2 NA3 Serious4 Low DMTSQ 6 months (>0 favours intervention) Parallel +/- MD 0.47 Not serious Serious2 NA3 Serious4 Low DMTSQ 6 months (>0 favours intervention) Parallel +/- MD -2.80 Very Not serious NA3 Serious4 low DQQL 6 months (>0 favours intervention) Parallel 1.2 (-8.20, Very Not serious NA3 Serious4 low DQQL 6 months (>0 favours intervention)	Hypoglycemia fear survey - behaviour scale 6 months (<0 favours intervention)											
Hypoglycemia fear survey - worry scale 6 months (<0 favours intervention) 1 Boucher 2020) RCT 64 0.24 (-0.37, 0.11) serious Serious Serious NA3 Serious Low DTSQ 6 months (>0 favours intervention) 1 Boucher 2020) RCT 64 0.48 (0.00, 0.94) serious Serious Serious NA3 Serious Low DMTSQ 6 months (>0 favours intervention) Parallel +/- MD 0.47	1 Boucher	Parallel		+/-	MD 0.18			Not				
1 Boucher 2020) RCT 64 0.24 (-0.37, 0.11) serious Serious Serious Serious Serious Low DTSQ 6 months (>0 favours intervention) 1 Boucher Parallel +/- MD 0.47	2020)	RCT	64	0.27	(-0.08, 0.44)	-	-	serious	Serious2	NA3	Serious4	Low
2020) RCT 64 0.24 (-0.37, 0.11) serious Serious2 NA3 Serious4 Low DTSQ 6 months (>0 favours intervention) 1 Boucher Parallel +/- MD 0.47 Not Serious2 NA3 Serious4 Low DMTSQ 6 months (>0 favours intervention) Parallel +/- MD -2.80 Very Not Serious NA3 Serious4 low DQOL 6 months (>0 favours intervention) Parallel +/- MD 2.80 Serious1 Serious NA3 Serious4 low DQOL 6 months (>0 favours intervention) Parallel 11.2 (-8.20, Very Not Serious1 Serious NA3 Serious4 low Very Not Serious4 NA3 Serious4 low DQOL 6 months (>0 favours intervention)	Hypoglycemia	fear survey -	worry scal	le 6 mor	nths (<0 favour	s interventi	on)					
DTSQ 6 months (>0 favours intervention) 1 Boucher Parallel				-				Not				
1 Boucher 2020) RCT 64 0.48 (0.00, 0.94) serious Serious2 NA3 Serious4 Low DMTSQ 6 months (>0 favours intervention) Parallel +/- MD -2.80 Very Not serious NA3 Serious4 low 1 (Xu 2021) RCT 55 5.47 (-7.87, 2.27) serious1 serious NA3 Serious4 low DQOL 6 months (>0 favours intervention) +/- MD 2.55 Parallel 11.2 (-8.20, 1 (Xu 2021) RCT 55 8 13.30) serious1 serious NA3 Serious4 low	2020)	RCT	64	0.24	(-0.37, 0.11)	-	-	serious	Serious2	NA3	Serious4	Low
2020) RCT 64 0.48 (0.00, 0.94) serious Serious2 NA3 Serious4 Low DMTSQ 6 months (>0 favours intervention) Parallel +/- MD -2.80 Very Not serious NA3 Serious4 low DQOL 6 months (>0 favours intervention) +/- MD 2.55 Parallel 11.2 (-8.20, 1 (Xu 2021) RCT 55 8 13.30) serious1 serious NA3 Serious4 low	DTSQ 6 month	s (>0 favours	s interventi	on)								
DMTSQ 6 months (>0 favours intervention) Parallel				•				Not				
Parallel +/- MD -2.80	2020)	RCT	64	0.48	(0.00, 0.94)	-	-	serious	Serious2	NA3	Serious4	Low
1 (Xu 2021) RCT 55 5.47 (-7.87, 2.27) serious1 serious NA3 Serious4 low DQOL 6 months (>0 favours intervention) +/- MD 2.55 Parallel 11.2 (-8.20, Very Not Very Serious1 serious NA3 Serious4 low	DMTSQ 6 months (>0 favours intervention)											
DQOL 6 months (>0 favours intervention) +/- MD 2.55 Parallel 11.2 (-8.20, Very Not Very 1 (Xu 2021) RCT 55 8 13.30) - - serious1 serious NA3 Serious4 low				•								Very
+/- MD 2.55 Parallel 11.2 (-8.20, Very Not Very 1 (Xu 2021) RCT 55 8 13.30) serious1 serious NA3 Serious4 low	, ,				(-7.87, 2.27)	-	-	serious1	serious	NA3	Serious4	low
Parallel 11.2 (-8.20, Very 1 (Xu 2021) RCT 55 8 13.30) serious1 serious NA3 Serious4 low	DQOL 6 months (>0 favours intervention)											
1 (Xu 2021) RCT 55 8 13.30) serious1 serious NA3 Serious4 low				•								
					•							•
Chinese hypoglycemia fear survey 6 months (<0 favours intervention)	, ,					-	-	serious1	serious	NA3	Serious4	low

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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)											
						2 more per 100					
1 (Boucher	Parallel		0.80,	RR 1.13	16 per	(10 fewer to 37	Not			Very	Very
2020)	RCT	64	1.25	(0.38, 3.32)	100	more)	serious	Serious2	NA3	serious5	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