

TBH NEWSLETTER

Summer 2020

Dear Teen Behavior and Health Participant and Family,

Thank you very much for being involved in the second year of our 5-year study. During this second year, we had 31 of you involved in the study. We now have 60 participants in the study and hope to have a total of 160 participants over the course of the five years. During this second year, we faced the challenges of COVID19. We greatly appreciate the flexibility and patience of the families that we transferred to remote interviewing over the past few months.

We wanted to provide you with a study update here and to let you know that we will be conducting a brief online follow-up survey with the teens in January. Teens will be compensated \$50 for the online survey. This is completely optional. We will contact you at the start of 2021 to see if you are interested.

Also, if you know any other families in the area in which a teen has type 1 diabetes, feel free to refer them to us. We would love to have them join our study!

These are unprecedented times in our country! We wish you all the very best.

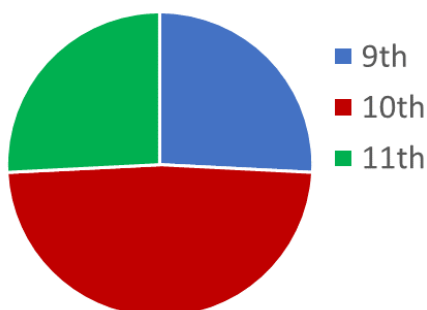
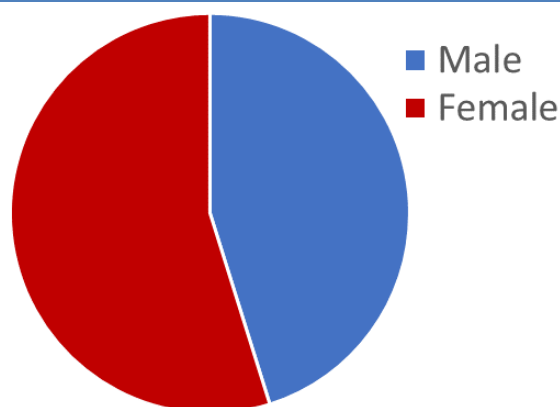
Stay safe and take care,
Vicki

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Here is how the study went this year:

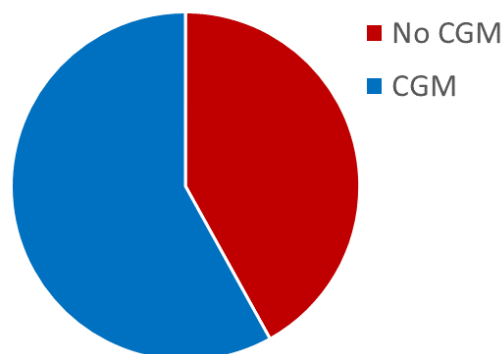
31 of you participated in the study

Of the 31, the split between male and female was roughly even:



Of the 31, nearly half of you were sophomores

58% of you use CGM, up from 41% last year



Across the four days of surveys:

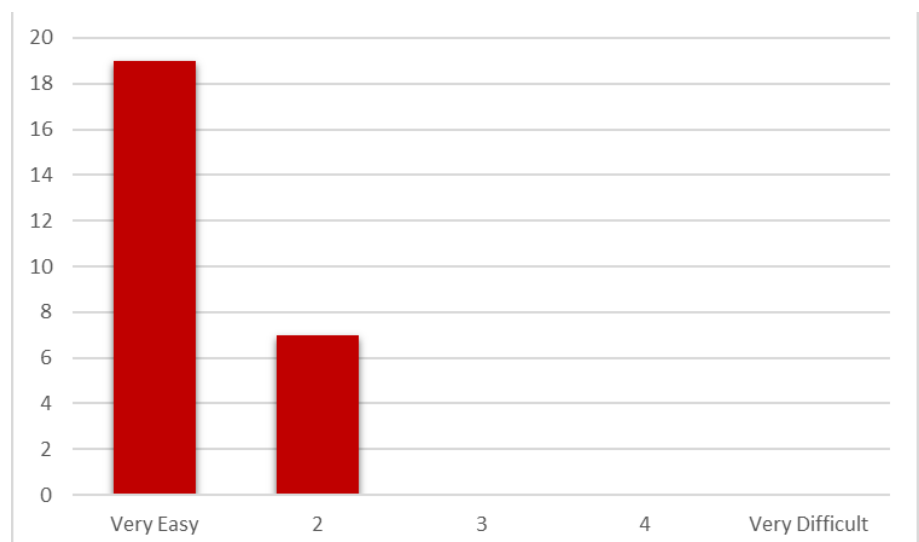
	Fall	Spring
The average completion rate was	84%	82%
The number who only missed 1 or 0	7	5
Nearly all of you completed 7 or 8 on at least one of the four days	81%	74%

We asked you to text a link to a brief quiz to 5 friends. Most of you texted the link to 5 friends. The average number of responses from friends was 3.13 – so just over half. 11 of you had all five friends respond!

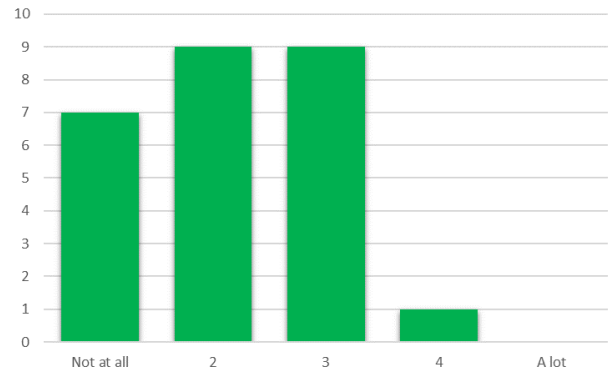
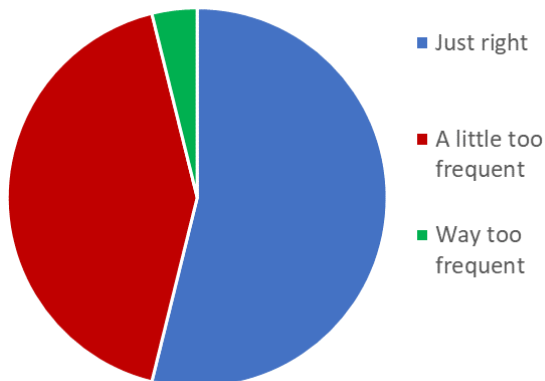
We asked you if you were willing to complete the daily surveys during the school day. If you agreed, we contacted the school principal. We are happy to report that 100% of the school principals agreed to let you participate in the study during school. This is one of the only studies to have ever employed this procedure in schools!

At the end of the study, we called you on the phone and asked you some questions about how the study went for you. This is what you said:

On a scale from 1-5 how difficult was it to answer the questions?

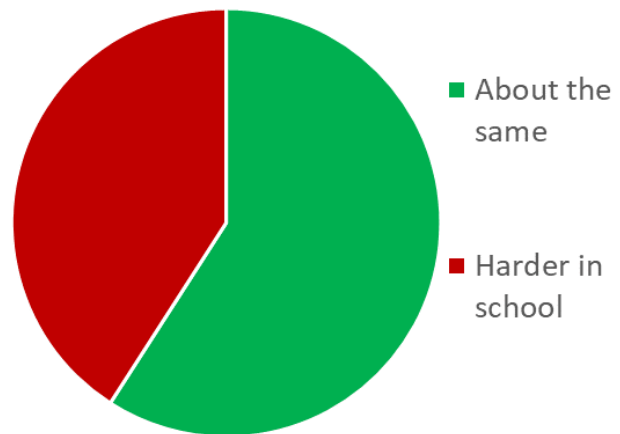
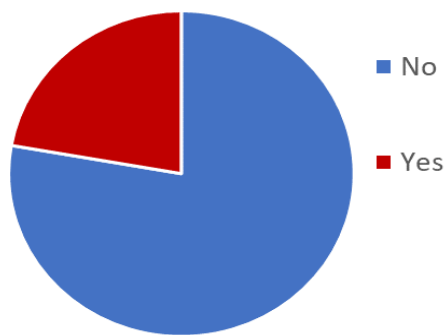


How did you feel about the frequency of the prompts?



On a scale from 1-5 how often did completing the surveys interfere with what you were doing?

Did completing the survey interfere with anything you were doing at school?



Did you find it harder or easier to complete at school than away from school?

Now the question you have all been waiting for. What is the #1 reason you gave for missing a survey?

1. Sleep



2. Sports



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