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the injection site, and the weight gain impact are all important deterrents to starting insulin therapy among non-insulin users. 

**Discussion/Conclusion:** Factors that were found to influence compliance to insulin therapy among insulin users included fear of weight gain and self-administration of insulin.

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**Abstract #1323258**

**Effects of a 12-Month Hybrid (In-Person + Virtual) Education Program in the Glycemic Status of Arab Youth**

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**Objective:** This 12-month school-based intervention study investigated the effects of hybrid educational lifestyle modifications on glycemic control among Saudi youth with different glycemic statuses.

**Methods:** A total of 2600 Arab adolescents aged 12-18 years were recruited from 60 randomly selected schools. Anthropometrics, blood glucose, and HbA1c were measured pre- and post-intervention. Participants were grouped according to baseline HbA1c into normal, prediabetes, and diabetes groups. All participants received lifestyle education at baseline and at every 3-month interval to improve diet and exercise behavior. Diabetic and prediabetic participants received a tailored lifestyle intervention. Postintervention, 643 participants were analyzed as follows: 20 diabetic participants received a tailored lifestyle intervention. Participants in both DM groups than controls agreed that the health education regarding COVID-19 covered everything (ORs of 1.64, P = .019 and 1.85, P = .005, respectively). More participants with T1D than controls reported that their physical activity decreased during lockdown (OR of 2.70, P = .024). Furthermore, significantly lesser participants in the DM groups than controls agreed that the health education regarding COVID-19 covered everything (ORs of 0.41, P < .001 and 0.56, P < .001, respectively for T1D and T2D groups). Regarding dietary habits, the DM groups reported more changes in either the number of daily meals, meal content, or mealtimes than the control group.

**Discussion/Conclusion:** COVID-19 lockdown-associated lifestyle changes were more prevalent in individuals with T1D and T2D compared to control. Findings may assist public health authorities in outlining their responses in pandemics and promote healthy lifestyle adaptations in this high-risk cohort to limit adverse effects in future lockdowns.

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**Abstract #1323357**

**Factors Associated With Glycemic Control and Diabetes Complications Among Patients With Type 2 Diabetes in Al-Qassim Region Saudi Arabia: A Cross-Sectional Study**

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**Objective:** We aimed to evaluate and compare the impact of COVID-19 lockdown on lifestyle changes and other common related effects of the lockdown in Saudi adults with diabetes mellitus (DM), both type 1 (T1D) and type 2 diabetes (T2D).

**Methods:** 265 T1D and 285 T2D individuals were included in this cross-sectional survey during lockdown using an online questionnaire and compared with 297 participants without DM. Variables included demographics, treatment changes, use of supplements, change in sleeping habits and physical activity, dietary changes, social and mental health, and education and awareness during COVID-19 lockdown.

**Results:** The COVID-19 lockdown was associated with more treatment doses in people with T1D but not in those with T2D (P = .003). More participants with T1D and T2D than the control group reported that they felt symptoms of depression during lockdown (ORs of 1.83, P = .008 and 2.2, P = .001, respectively) and that lockdown affected them psychologically (ORs of 1.64, P = .019 and 1.85, P = .005, respectively). More participants with T1D than controls reported that their physical activity decreased during lockdown (OR of 2.70, P = .024). Furthermore, significantly lesser participants in both DM groups than controls agreed that the health education regarding COVID-19 covered everything (ORs of 0.41, P < .001 and 0.56, P < .001, respectively for T1D and T2D groups). Regarding dietary habits, the DM groups reported more changes in either the number of daily meals, meal content, or mealtimes than the control group.

**Discussion/Conclusion:** COVID-19 lockdown-associated lifestyle changes were more prevalent in individuals with T1D and T2D compared to control. Findings may assist public health authorities in outlining their responses in pandemics and promote healthy lifestyle adaptations in this high-risk cohort to limit adverse effects in future lockdowns.

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**Abstract #1323268**

**COVID-19 Lockdown and Lifestyle Changes in Saudi Adults With Types 1 and 2 Diabetes**

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**Discussion/Conclusion:** Factors that were found to influence compliance to insulin therapy among insulin users included fear of weight gain and self-administration of insulin.

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