Comparison Between Continuous Versus Flash Glucose Monitoring in Children, Adolescents, and Young Adults with Type 1 Diabetes: An 8-Week Prospective Randomized Trial

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Supplementary figure: The Gold score: this impaired awareness of hypoglycaemia questionnaire asked questions such as “do you know when your hypos are starting?” The respondent completed a 7-point Likert scale, with 1 representing “always aware” and 7 representing “never aware”. A score of ≥ 3 implied impaired awareness of hypoglycaemia. This visual scale uses emoticons to suit all ages.
### Supplementary table: Changes in parameters during the study: within group comparisons

| Parameters                        | Intervention (RT-CGM, n=19) | Control (FGM, n=18) | Delta ¹  |
|-----------------------------------|-----------------------------|---------------------|---------|
|                                   | Baseline        | End | P-value | Baseline | End | P-value | Baseline |                                 |
| HbA1c, %                          | 7.6 (7.0 – 8.7) | 7.6 (7.0 – 8.5) | NS      | 8.1 (7.4 – 8.3) | 7.9 (7.3 – 8.3) | NS      | NS      |
| Gold score positivity, n (%)      | 10 (53)         | 7 (37) | NS      | 10 (56) | 8 (44) | NS      | NS      |
| Participants with SH, n (%)       | 5 (26)          | 1 (5)  | NS      | 3 (17)  | 3 (17) | NS      | NS      |
| Episodes of SH, n                 | 0 (0 – 1)       | 0 (0 – 0) | 0.043   | 0 (0 – 0) | 0 (0 – 0) | NS      | NS      |
| TBR 24 h*, %                     | 10 (4 – 12)     | 7 (4 – 12) | NS      | 8 (4 – 12) | 10 (3 – 11) | NS      | NS      |
| TBR 24 h <4%*, n (%)              | 4 (22)          | 4 (31)  | NS      | 4 (25)  | 7 (39)  | NS      | NS      |
| TBR wake*, %                      | 9 (6 – 11)      | 7 (2 – 9)| NS      | 6 (3 – 12) | 7 (4 – 11) | NS      | NS      |
| TBR sleep*, %                     | 9 (3 – 13)      | 6 (1 – 10) | NS      | 5 (1 – 12) | 3 (0 – 14) | NS      | NS      |
| Time below 54 mg/dl 24 h*, %      | 4 (2 – 5)       | 2 (1 – 5) | NS      | 3 (1 – 5) | 2 (1 – 4) | NS      | NS      |
| Time below 54 mg/dl wake*, %      | 2 (0 – 5)       | 2 (0 – 6) | NS      | 2 (0 – 5) | 2 (0 – 4) | NS      | NS      |
| Time below 54 mg/dl sleep*, %     | 2 (0 – 5)       | 1 (0 – 5) | NS      | 0 (0 – 2) | 0 (0 – 2) | NS      | NS      |
| Time in target range*, %          | 52 (39 – 63)    | 50 (34 – 58) | NS      | 48 (37 – 55) | 47 (41 – 60) | NS      | NS      |
| Time above 180 mg/dl*, %          | 43 (23 – 51)    | 41 (28 – 62) | NS      | 42 (34 – 54) | 41 (28 – 53) | NS      | NS      |
| Time above 250 mg/dl*, %          | 17 (8 – 26)     | 19 (10 – 33) | NS      | 17 (9 – 27) | 20 (8 – 25) | NS      | NS      |
| Coefficient of variation*, %      | 45 (40 – 52)    | 41 (38 – 49) | NS      | 42 (37 – 51) | 41 (35 – 47) | NS      | NS      |

¹ Comparison between groups (CGM vs. FGM) using delta, that is, median change from baseline
- All values are shown as median (IQR) excluding severe hypoglycaemia, gold score positivity, and TBR < 4% as n (%).
- RT-CGM, real-time continuous glucose monitoring; FGM, flash glucose monitoring; SH, severe hypoglycaemia; TBR, time below range, < 70 mg/dl; NS, not significant
- Comparisons within groups were performed using the paired Wilcoxon rank sum test or McNemar test (gold score positivity, severe hypoglycaemia, TBR < 4%). Comparisons between groups (CGM vs FGM) were performed using Wilcoxon-Mann-Whitney test, \( \chi^2 \) test or Fisher’s exact test depending on the subgroup size.