DAFNE*plus* ISRCTN Results reporting

Plain English Summary

Researchers from hospitals and universities in England, Scotland and Australia received money from the National Institute for Health Research to undertake research to improve an education programme. It helps adults with type 1 diabetes (T1D) to self-treat their condition and improve their health and diabetes-specific quality of life.

Based on the existing DAFNE (Dose Adjustment for Normal Eating) course, we developed the new programme by including key steps in self-treating diabetes, new technology and support after the course, calling it DAFNE*plus*. Adults with diabetes helped in all areas of the research.

Between 2018 and 2022, 471 adults with T1D from 13 diabetes centres across the UK took part in a trial. Centres were randomly chosen to teach either DAFNE or the new DAFNE*plus* course. All those involved, attended a 5-day course, but DAFNE*plus* added five follow-up sessions and used technology to feed-back results and glucose patterns. Those taking part, provided blood tests to measure glucose levels and other tests and questionnaires. We talked to some participants receiving DAFNE*plus* and staff providing DAFNE*plus*. Results were collected before the course and 12 months later. The trial was badly affected by COVID-19, but we still recruited enough people to take part and collect results to finish it.

At 12 months glucose levels and diabetes-specific quality of life had improved but there were no differences between the groups (DAFNE versus DAFNE*plus*). So, glucose levels improved by the amount we had hoped to see in DAFNE*plus* but found it improved by the same amount in both groups. People doing DAFNE*plus* (compared to DAFNE) had some extra added improvements, including in diabetes distress and well-being. People with diabetes and staff taking part in the trial found the DAFNE*plus* programme worthwhile, and we are now deciding how to include some parts of DAFNE*plus* in future DAFNE courses.

Information regarding the trial can also be found on the University of Sheffield's website:

https://sheffield.ac.uk/ctru/completed-trials/dafneplus