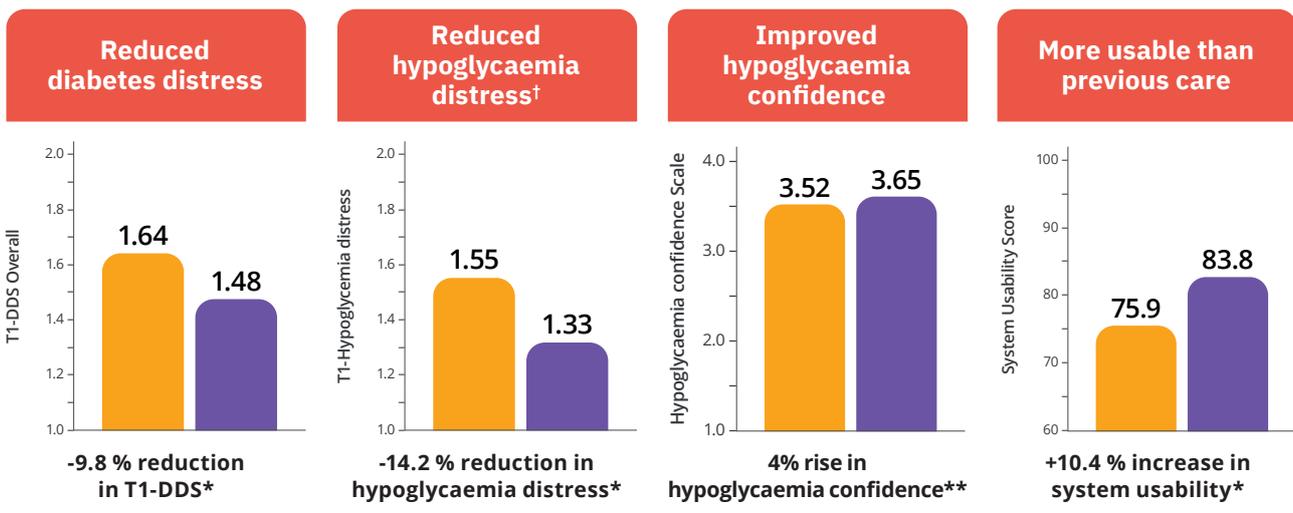


# How Introduction of Automated Insulin Delivery Systems May Influence Psychosocial Outcomes in Adults with Type 1 Diabetes:

## Findings from the first investigation with the Omnipod<sup>®</sup> 5 System

- **The reality of living with type 1 diabetes.** In addition to the common stressors of adult life, people with type 1 diabetes must manage the additional worries, fears and concerns specific to their diabetes regimen and self-management goals.
- **Study aims.** Automated insulin delivery (AID) systems may reduce the psychosocial burden of living with type 1 diabetes. This study investigated the diabetes-specific and general quality of life metrics in adults using Omnipod 5, a tubeless AID system which offers unique features for management of type 1 diabetes<sup>1</sup>.
- **Person-reported psychometric outcomes** were collected from before and after a prospective US single-arm multicenter outpatient study of children and adults with type 1 diabetes over 3 months of using Omnipod 5 System.<sup>2</sup> Participants underwent a 14-day standard therapy (ST) phase, followed by a 3-month AID phase. This report evaluated the adult cohort (n=115), aged ≥18 years, who completed questionnaires assessing psychosocial outcomes.
- **Psychosocial outcomes** were assessed using validated psychometric tools, including measures of type 1 diabetes distress (T1-DDS), hypoglycaemia confidence (HCS), diabetes treatment satisfaction (DTSQ) and system usability (SUS). The study was exploratory, with no specified primary or secondary outcomes.

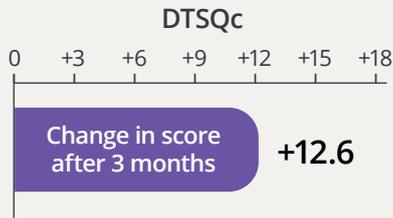


● Baseline, prior to study start ● Follow up after Omnipod 5 system phase

\* p<0.0001. \*\* p=0.0002.

† Note, T1-Hypoglycaemia distress score is a subscale of the T1-DDS scale. Of the seven T1-DDS subscales, participants also reported significant benefits in: reduced powerlessness (p=0.001), management distress (p=0.0004), T1-DDS, type 1 diabetes distress score.

**Diabetes treatment satisfaction increased with use of Omnipod 5 system\***



\* p<0.001

Change in DTSQ from baseline after using Omnipod 5 System for 3 months. Scale goes from -18 to +18 to reflect decreased or increased diabetes treatment satisfaction

DTSQc, Change in diabetes treatment satisfaction questionnaire score.

**What did participants most like about the Omnipod 5 System?**

*"[Omnipod 5] was able to help me control my blood sugars while being a busy and active person. I liked that I was able to rely on the system to keep my blood sugars level."*

*"The security it gave me especially with regards to controlling low blood sugars overnight."*

Participants' own answers to questionnaire on likes and dislikes of the Omnipod 5 System amongst 114 adult users with type 1 diabetes in the study.<sup>1</sup>

## Study Highlights:<sup>1</sup>

- Adults with type 1 diabetes using the Omnipod 5 System reported significant improvement in diabetes distress and hypoglycaemia confidence. Furthermore, participants reported significant improvement in all measures of treatment satisfaction and system usability compared with their prior method of insulin therapy
- Observed changes in psychometric scores were not predicted by any baseline characteristics or prior insulin delivery system, indicating that no matter their age, diabetes duration, gender or baseline glycaemic status, adult users of Omnipod 5 System saw similar improvements in psychosocial outcomes
- Taken together, these results indicate that the Omnipod 5 AID System could offer a valuable option to potentially relieve some of the emotionally and cognitively taxing aspects of diabetes management for adults with T1D.



**Scan code to view published study**



This summary has been provided as part of the Omnipod Academy, an educational service provided for Healthcare Professionals by Insulet International.

## References

1. Polonsky WH et al. How introduction of automated insulin delivery systems may influence psychosocial outcomes in adults with type 1 diabetes: Findings from the first investigation with the Omnipod® 5 System. Diabetes Res Clin Pract 2022;190:109998 DOI: 10.1016/j.diabres.2022.109998. Study funded by Insulet.
2. Brown S et al. Multicenter trial of a tubeless, on-body automated insulin delivery system with customisable glycaemic targets in paediatric and adult participants with type 1 diabetes. Diabetes Care. 2021;44(7):1630-1640. Study funded by Insulet.

Always read the label and follow the directions for use.

Omnipod® 5 is indicated for people with type 1 diabetes in persons aged 2 and older requiring insulin. Warning: SmartAdjust technology should not be used by anyone under the age of 2 years old or by people who require less than 5 units of insulin per day. Please see Omnipod.com/safety for important safety information.

© 2024 Insulet Corporation. Insulet, Omnipod, the Omnipod logo, Podder, Simplify Life and SmartAdjust are trademarks or registered trademarks of Insulet Corporation, in the United States and other various jurisdictions. All rights reserved. All other trademarks are the property of their respective owners. The use of third party trademarks does not constitute an endorsement of imply a relationship or other affiliation. Insulet Australia Pty Ltd, Level 16, Tower 2, Darling Park, 201 Sussex Street, Sydney, NSW, 2000.

INS-OHS-10-2024-00136 V1.0