**Supplementary Table 3.** Section B: Difference in theoretical knowledge about T1D for single item between Group A and Group B.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Training YES** | **Training NO** | **p-value** |
| **1) Which are the typical T1D symptoms before its diagnosis?** |  |   |  |
| Increased thirst and frequent urination | 100% (53)  | 96.75% (149) | 0.331  |
| Weight gain | 0% (0)  | 3.25 % (5)  |
| **2) T1D is usually diagnosed in:**  |   |   |  |
| Children/ Young people | 98.11% (52)  | 90.91% (140) | 0.122 |
| Adult / Elders  | 1.89% (1)  | 9.09 % (14)  |
| **3) The therapy of T1D consists of:**  |   |   |  |
| Insulin | 100% (53)  | 94.81% (146) |  0.117 |
| Tablets | 0% (0)  | 5.19% (8)  |
| **4) Paleness, shakiness, sweating, difficulty concentrating and tiredness are typical symptoms of:**  |   |   |  |
| Hypoglycemia | 90.57% (48)  | 84.42% (130) |  0.266 |
| Hyperglycemia | 9.43% (5)  | 15.58% (24)  |
| **5) T1D is caused by:**  |   |   |  |
| An autoimmune process (reaction of the immune system against its own cells) | 96.23% (51)  | 85.06% (131) |  **0.031** |
| Excessive sugar intake  | 3.77% (2)  | 14.94% (23)  |
| **6) In case of hypoglycemia you must:**  |   |   |  |
| Administer sugar  | 98.11% (52)  | 91.56% (141) | 0.123 |
| Wait for blood sugar to return to normal spontaneously | 1.89% (1)  | 8.44% (13)  |
| **7) In case of hyperglycemia you must:**  |   |   |  |
| Call parents only for values > 400 mg/dl for more than two hours | 100% (53)  | 93.51% (144) |  0.067 |
| Administer sugar  | 0% (0)  | 6.49% (10)  |
| **8) Before meals the child with T1D must:**  |   |   |  |
| Administer insulin and wait for the correct waiting time | 94.34% (50)  | 83.77% (129) |  0.052 |
| Wait until the blood sugar level is normal before eating  | 5.66% (3)  | 16.23% (25)  |
| **9) Regarding school activities, the child with T1D:**  |   |   |  |
| Can take part in all school activities as his/her fellow students | 100% (53)  | 99.35% (153) |  0.999 |
| Cannot take part in physical education or sports activities  | 0% (0)  | 0.65% (1)  |
| **10) In case of hypoglycemia (blood glucose < 70 mg/dl):**  |  |   |  |
| The child must be helped to act immediately to resolve the episode | 92.,45% (49)  | 92.21% (142) |  0.999 |
| The child can finish what he/she is doing and deal with it later  | 7.55% (4)  | 7.79% (12)  |
| **11) In case of hyperglycemia:**  |   |   |  |
| The child can finish what he/she is doing and deal with it later  | 58.49% (31)  | 14.94% (23) | **<0.001** |
| The child must be helped to act immediately to resolve the episode | 41.51% (22)  | 85.06% (131)  |
| **12) In case of hypoglycemia with loss of consciousness:**  |   |   |  |
| You must administer glucagon and activate the health emergency system  | 98.11% (52)  | 91.56% (141) |  0.101 |
| You must put small amounts of sugar into the child’s mouth | 1.89% (1)  | 8.44% (13)  |