

Supplementary Material S1: Topic guides of the semi-structured interview. The research methodology involves individual or paired narrative interviews conducted in a semi-structured manner following the macro-themes (topics) presented below. The topic guide is a flexible interview guide.

Topic 1: Illness representation

- Personal beliefs related to illness
- Influence of moral and/or religious orientations on the representation of illness

Topic 2: Learning

- Caregiver/patient education
- Peer learning (caregiver-caregiver; patient/patient)

Topic 3: Management

- Daily disease management practices
- Division of family tasks in illness management

Topic 4: Illness in everyday life contexts

School

Home

Leisure time

Supplementary Material S2: Linear regression analysis for coefficient variation of mean HbA1c in the last year as a dependent variable and demographic, auxologic, metabolic, family and caregiver data as independent variables, reporting only statistically significant results.

Independent variables	All patients	
	P	R2
Age at the study enrollment (years)	0.013	0.045
HbA1c at the study enrolment (%)	<0.0001	0.830
Total daily insulin (UI/Kg/die)	<0.0001	0.160
% of time with active sensor	<0.0001	0.161
% of time in range (70-180 mg/dL)	<0.0001	0.388
Mean glucose (mg/dL)	<0.0001	0.491
Coefficient of variation (CV) (%)	0.006	0.064
Physical activity (hours/week)	0.004	0.056
Parent education level	0.004	0.062
Working status	0.002	0.070

Supplementary Material S3: Correlations between internal and external HLOC scores. The categories 'Parent' and 'Child' (1 and 6) refer to an internal HLOC, whereas health professionals, the media, God and fate (2; 3; 4; 5) identify an external HLOC.

All patients

	Internal HLOC score	External HLOC score
Age (y)	p 0.59	p 0.06
Mean HbA1c in the last year (%)	p 0.02, r -0.20	p 0.37
% of time in range (70-180 mg/dL)	p 0.009, r 0.23	p 0.012, r -0.22

Coefficient of variation (CV) (%)	p 0.24	p 0.039 , r 0.18
Parent's education level	p 0.71	p <0.0001 , r -0.35
Parent's working status	p 0.70	p <0.0001 , r -0.46
Nationality	p 0.75	p 0.006 , r 0.25
Religion	p 0.95	p <0.0001 , r 0.32

HbA1c >7% group

	Internal HLOC score	External HLOC score
Age (y)	p 0.55	p 0.015 , r -0.27
Parent's education level	p 0.70	p 0.013 , r -0.28
Parent's working status	p 0.75	p 0.002 , r -0.34
Religion	p 0.58	p 0.024 , r 0.26

HbA1c ≤7% group

	Internal HLOC score	External HLOC score
Sex	p 0.41	p 0.011 , r -0.33
Pubertal stage	p 0.03 , r 0.29	p 0.96
Age at T1D onset (years)	p 0.28	p 0.038 , r 0.28
Diabetes duration (years)	p 0.94	p 0.026 , r -0.30
BMI z-score	p 0.027 , r 0.29	p 0.17
School education level	p 0.012 , r 0.33	p 0.52
Parent's education level	p 0.55	p 0.010 , r -0.34
Parent's working status	p 0.83	p <0.0001 , r -0.47
Nationality	p 0.45	p 0.002 , r 0.42
Religion	p 0.65	p 0.001 , r 0.44