

Supplementary Material: Session Content

| Session 1 | CS1 Responses | CS2 Responses | CS3 Responses | CS4 Responses |
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| S1: Favorite | Chocolate, confectionary on occasions. | Coffee, cookies, juice, pizza and confectionary. | Lollies, sweets and soft drink. | Coca cola, chocolate, cake, and confectionary. |
| S1: Positives | Going to the store and good feelings after having them. | Going out with friends, fitting in, and energy boost. | Taste. | Taste. |
| S1: Negatives | High blood glucose, occasional stomach aches, feeling bad or guilty, other people's comments | High blood glucose levels and tiredness from spikes. | Stomach pains, feeling thirsty, or sick. | Effect diabetes management, unhealthy, further treatment or feeling sick. |
| S1: Downside | Regret or disappointment. | Feeling bad, frustrated and annoyed after HEFDs, feeling tired, down and drained. | Feeling tired, thirsty and unwell. | Feeling sick, tired and nauseous |
| S1: Idea for change | Resist temptation, use reminders and thinking about effects. | Write the goal and put it somewhere they would see often. | Avoid buying HEFD, and choosing healthy items. | |
| S1: Start their goal | Motivate themselves, ask their parents to help motivate them, start their goal in the next week. | Lighter meals for breakfast, cutting down, and being more aware of it. | Limit amounts, having healthier options, and not purchase confectionary items anymore. | |
| S1: How (Goal) | Cut down, especially at school. | Cut down HEFD. | Have less HEFD than before. | |
| S1: Why (Reason) | Improve test results and school life. | Feel better, be healthier and achieve good glucose levels. | Learn to control what she eats and have better blood glucose levels. | |
| S1: How (Action) | Decide on the action and think about how it might affect them. | Write it down, planning ahead and take insulin if she does have it. | Not buy confectionary, eat more fruit and exercise. | |
| S2: Progress | Decreased their HEFD intake and had better blood glucose levels. | Had fewer HEFDs, and had more fruit. | Only having HEFD when its needed or not buy them, and eating more fruit. | |
| S2: Goal Actions | Reminder of consequences, turning it down to avoid worry. | Only have them when blood glucose was low. | Purchase healthy items and cut down on snacks. | |
| S2: Reported Barriers | Friends who wanted to buy snacks and when only those snacks were around. | Other people having them. | Friends or family having HEFD and wanting to have some as well. | |
| S2: How (Action) | Thinking about consequences, how good he would feel, and how it will make family and friends feel. | Not having them, eating healthy options, only have one when they have control. | Not have HEFDs, and eat healthier options. | |
| S2: Backup (Action) | Wait until hometime and thinking about consequences. | Don't have them and eat the healthier option. | Have a healthier option when available. | |
| S2: Imagery plan | Write a note, think about different situations that are likely to come up, use imagery to practice what to do. | Practice imagery on their phone, tablet or writing it down. | Place goal reminders. | |

a. 'HEFD' refers to items that were not needed for diabetes management