155 Patients attending the young adults with diabetes (YAD) clinic

1 Age above 25
2 Unable to answer questionnaires
Declined to participate
1 Work commitments
10 Refused to consent
10 More than 6 months after transition

131 Recruited
Analysed for HbA1c and psychological scores at 0 month

99 Analysed for HbA1c and psychological scores at 0 and 24 months (section 3)

**Supplementary Fig. 1.** Flow chart on recruitment and numbers analysed. HbA1c, glycated hemoglobin.