

# Early-stage T1D: Communication Toolkit



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INNODIA is an international non-profit organization providing specialized services to medicine developers focused on curative therapies for people living with type 1 diabetes (T1D). These services are delivered through its network of members and INPACT associates (the trained community of people living with T1D).

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# Index

**P3** Introduction

---

**P4** I. The T1D Lexicon

---

**P5** II. Introductory Language on T1D and Screening

---

**P6** III. Communicating T1D Autoantibody Test Results

---

**P7** Explaining the results:

- Age <5 years

**P8** - Age 6-11 years

**P9** - Age 12-17 years

**P10** - Age ≥18 years

# Introduction

This communication toolkit has been developed to support you during consultations with caregivers, children, and young people when discussing the rationale for screening for type 1 diabetes (T1D) autoantibodies, and where the results of confirmed islet autoantibody (IAb) test results are being communicated.

Children and young people require communication tailored to their age, needs, and ability to understand.<sup>1,2</sup> Distinct age groups have different cognitive abilities that impact the type of information they can receive and process, as well as different emotional and communication needs.<sup>2</sup>

Consider how to adapt your language in your communications, from speaking entirely to caregivers with infants, to fostering autonomy and shared decision-making with adolescents.

**Click an icon below to explore the resources available:**



## T1D Lexicon

A collection of preferred terms to support clear communication about early detection of T1D with the general public.



## Introductory Language on T1D and Screening

Example answers to address common questions and anxieties that people may have about T1D autoantibody screening.



## Communications Guide for Autoantibody Results

Sample responses in lay language are provided to support you in explaining complex concepts during your consultations in an age-appropriate way.



**If you would like more information about setting up T1D autoantibody screening in your practice/country, and guidance on T1D staging, please refer to the T1D Early Detection Toolkit.**



Click [here](#) or scan the QR code.

### References:

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# I. The T1D Lexicon

## EDENTIFI Preferred Terms for Early Detection of T1D<sup>1</sup>

*Adapted from Vercauteren J, et al. Lancet Diabetes Endocrinol. 2025<sup>1</sup>*

The European action for the Diagnosis of Early Non-clinical Type 1 diabetes For disease Interception (EDENTIFI) consortium has highlighted the need for clearer, more consistent terminology. They have proposed the following set of preferred terms to use when discussing the early detection of type 1 diabetes (T1D).

### **T1D: type 1 diabetes**

**EDENTIFI** propose that type 1 diabetes should be presented as a disease in communications to all audiences.

### **Early-stage or presymptomatic T1D (Stage 1 and 2)**

When using early-stage or presymptomatic T1D, it is recommended to include 'Stage 1 and 2' in parentheses to reinforce the use of stages (i.e., Stage 1 T1D with the presence of two or more islet autoantibodies and normoglycemia, and Stage 2 T1D with the presence of two or more islet autoantibodies and dysglycemia).

### **Stage 3 T1D: confirmed hyperglycemia, with or without symptoms; marks clinical diagnosis**

Although 'symptomatic T1D' might seem intuitive to describe Stage 3 T1D, it is not entirely accurate as Stage 3 T1D is defined by confirmed hyperglycemia with or without symptoms.

### **Staging: After detecting the presence of multiple autoantibodies and confirmation in a second test, individuals are classified into Stage 1, 2, or 3 T1D based on metabolic dysregulation**

More granular staging terms, such as Stage 2a or 2b and Stage 3a or 3b, are emerging to reflect the progression of disease and the need for insulin introduction, but EDENTIFI advise against their use in communications targeting the general public at this stage.

**T1D genetic screening:** uses genetic signatures to identify people at risk of developing autoimmune T1D.

**T1D autoantibody screening:** measures islet autoantibodies in blood to detect early-stage T1D.

**Monitoring:** disease progression is tracked over time with metabolic assessments; the frequency depends on the predicted progression speed towards Stage 3 T1D (e.g., based on stage, age, type, and level of autoantibodies and other biomarkers).

### **Communicating about screening**

When communicating about screening for islet autoantibodies, it is important to introduce the natural history and stages of type 1 diabetes. The heterogeneity of the disease course in children and adolescents, where most data have been collected, should be emphasized, as should the paucity of data in adults, despite this population representing over half of all clinical Stage 3 type 1 diabetes diagnoses.

### **Referring to individuals at any stage of type 1 diabetes**

**EDENTIFI** support the use of 'person or individual living with' as this is considered less stigmatizing.

### **Categorizing risk**

- **1 islet autoantibody or genetic risk**  
Individuals with confirmed single antibody positivity and normal blood glucose levels, alongside those with genetic risk factors, can be categorized as being 'at increased risk' of developing T1D<sup>1</sup>
- **≥2 islet autoantibodies**  
Individuals with multiple persistent autoantibodies should be considered as having early-stage T1D (Stage 1 or 2), rather than merely being at risk

## II. Introductory Language on T1D and Screening

This section contains example language to support you when discussing common questions or concerns people may have about screening for T1D islet autoantibodies (IABs).

### What is type 1 diabetes?

Type 1 diabetes (T1D) is an autoimmune disease where the body's immune system progressively destroys insulin-producing cells in the pancreas.<sup>1,2</sup> This autoimmune process can start months to years before symptoms arise.<sup>3-5</sup>

### What does autoimmunity mean?

Autoimmunity means the body's immune system, which normally protects us from things like bacteria, mistakenly targets healthy cells.<sup>6</sup> In T1D, the immune system damages the cells in the pancreas that produce insulin, affecting the body's ability to control blood glucose levels.<sup>1,2</sup>

### Why should I be screened?

Screening for type 1 diabetes autoantibodies allows us to detect this autoimmune process early, usually before any symptoms appear.<sup>3</sup> This allows for timely initiation of insulin therapy, thereby avoiding metabolic complications usually associated with diagnostic delay, such as potentially life-threatening diabetic ketoacidosis (DKA).<sup>7-11</sup> Screening also provides an important opportunity to implement metabolic monitoring, prepare proactively, and potentially benefit from available treatments and research opportunities.<sup>3</sup>

### What is my chance of getting T1D?

While the risk of developing T1D in the general population is approximately 1 in 300, individuals with a close family member (parent or sibling) with T1D have a higher risk (1 in 20).<sup>3,12</sup> Those with certain genetic markers are also at increased risk of developing T1D during their lifetime.<sup>3</sup> Importantly, approximately 90% of individuals diagnosed with T1D have no family history, meaning screening can be beneficial for everyone.<sup>1,12-18</sup>

### Can I still get T1D if I am an adult?

Yes. T1D can be diagnosed at any age, and more than half of all cases occur in people aged over 20 years.<sup>19</sup> Importantly, about 40% of adults who develop T1D after age 30 may first be mistakenly told they have type 2 diabetes, or another condition.<sup>20</sup> A T1D autoantibody test can help us to know which type of diabetes you have.

### When should I be screened?

Although the optimal age for screening is still under investigation, emerging data suggest that screening at multiple times during childhood may be most effective to maximize the chance of catching the condition in its early stages.<sup>3,21,22</sup>

### How is screening done?

Screening involves taking a small blood sample. This can be done either with a finger prick, or a suitable needle. We will then test your blood for T1D autoantibodies, which is a sign of early-stage T1D.<sup>21,23-27</sup>

### What if I am too scared or nervous to screen?

It's completely normal to feel anxious or uncertain about screening results.<sup>3,28</sup> Being proactive about healthcare for yourself or a loved one can be scary, but it gives us the power of choice and allows us to control what we can, and knowing early allows us to proactively manage health risks and helps prevent sudden complications.<sup>3</sup>

### What happens if the test is positive?

If the test is positive, we may ask you to provide another blood sample to confirm the result. If the presence of two or more T1D autoantibodies is confirmed, even if you have no symptoms, then this indicates you have an early stage of type 1 diabetes and might eventually require insulin therapy, although the timing of this progression remains uncertain. Those identified as having early-stage T1D will need to see their healthcare provider to develop a plan for blood glucose monitoring.<sup>22,28</sup>

### When would insulin be prescribed?

If you test positive for  $\geq 2$  autoantibodies, we will need to monitor your blood glucose levels regularly.<sup>28</sup> If you develop persistent or repeated high blood glucose, we can decide about how and when to start insulin in conversation with you and your specialized care team.<sup>1,28</sup>

### Are there any resources you can share with me?

It is normal and understandable to feel nervous about medical testing and the possibility of identifying a chronic disease. Making connections within the type 1 diabetes community can help increase acceptance and comfort, either online or through local, in-person events. If you have significant anxiety, you may benefit from counseling with a professional familiar with type 1 diabetes.

### Can I decide to not get screened?

Yes, screening is always a personal choice, and you have the right to decline. Screening is offered because it can give valuable insights into your risk for type 1 diabetes. However, whether or not you proceed is completely up to you. What is most important is that you feel comfortable and informed. Please feel free to openly discuss any concerns or questions you have about the benefits and limitations of screening.

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## III. Communicating T1D Autoantibody Test Results

This section provides example language for you to use in consultation with caregivers, children, and young people, when discussing their confirmed T1D islet autoantibody (IAb) test results.

Confirmatory testing should be completed before communicating an individual's T1D autoantibody status. For more information on testing protocols and confirmatory methods, please refer to the [T1D Early Detection Toolkit](#).

### The examples provided in this section cover:

- Negative results, with no other risk factors
- Negative results, with risk factors for T1D\*
- 1 IAb positive
- $\geq 2$  IAb positive, with consideration for the different stages of T1D<sup>†</sup>

### The examples provided in this section cover:

- <5 years
- 6–11 years
- 12–17 years
- $\geq 18$  years

\*People with a personal or family history of other autoimmune conditions like celiac disease, a close relative with T1D, or evidence of high risk genetic variants (e.g., HLA-DR/DQ) are more likely to go on to develop T1D versus the general population.

<sup>†</sup>Please note an assessment of metabolic status is required in order to stage T1D following a positive test for  $\geq 2$  IAbs. For more information on staging, please refer to the T1D Early Detection Toolkit.



The T1D Early Detection Toolkit provides key information for healthcare professionals wishing to set up a T1D autoantibody screening program, including detection methods, testing protocols, and information on staging T1D.



Click [here](#) or scan the QR code.

# Explaining the results

## Age <5 years

### Communicate Primarily with the Caregiver

Children in this age group have a very limited grasp of medical concepts. They rely heavily on their caregiver for emotional cues and to be their primary decision-maker.

Confirmed Result	Key Message	Sample Language
<b>Negative with no risk factors</b>	Reassuring	<i>"Type 1 diabetes autoantibodies have not been detected. That's reassuring and means your child is not showing signs of type 1 diabetes. Because they don't have other risk factors, their likelihood of the disease is very low; however, your child could still develop autoantibodies in the future. You may wish to consider repeating the test at some point to check for this. In the meantime, remember the signs and symptoms of type 1 diabetes and immediately contact your doctor if you see them."</i>
<b>Negative with risk factors</b>	Reassuring but not final	<i>"Type 1 diabetes autoantibodies have not been detected. That's reassuring, but with [risk factor], you may want to consider repeating the test for your child in the future. In the meantime, remember the signs and symptoms of type 1 diabetes and immediately contact your doctor if you see them."</i>
<b>Single IAb</b>	Reassuring but not final	<i>"Your child's test revealed one type 1 diabetes autoantibody. Testing positive for a single autoantibody does not mean your child will definitely develop type 1 diabetes, but they have an increased likelihood of developing the disease during their life, particularly if they have other risk factors. It is important that we keep a close eye on your child and we would recommend repeating the test in the future to see if there are any changes. In the meantime, remember the signs and symptoms of type 1 diabetes and immediately contact your doctor if you see them. Do not wait for your child's next appointment."</i>
<b>Multiple IAbs</b>	Provide information about further tests required for staging and monitoring	<i>"Type 1 diabetes autoantibodies were detected, and this means your child has type 1 diabetes. While they may not have any symptoms now, it is likely they will progress to needing insulin at some point in their life. Everyone is different and some children will progress faster or slower than others. It is important for us to do some more tests to help us find out where your child is in their disease journey, and to predict their likelihood of needing insulin in the coming months and years. We will be referring them to a specialist center/hospital for these. In the meantime, remember the signs and symptoms of type 1 diabetes and immediately contact your doctor if you see them. Do not wait for your child's next appointment."</i>
<b>Stage 1</b>	Early-stage T1D, inform and provide support materials	<i>"Type 1 diabetes autoantibodies were detected, although they currently have no symptoms and their blood glucose levels are normal. This means your child has a very early stage of T1D. It is important that they are monitored closely with regular blood tests to ensure we can proactively manage their condition if there are any changes. In the meantime, remember the signs and symptoms of type 1 diabetes and immediately contact your doctor if you see them. Do not wait for your child's next appointment."</i>
<b>Stage 2</b>	Early-stage T1D, inform and provide support materials	<i>"Type 1 diabetes autoantibodies were detected, and your child is showing early signs of type 1 diabetes. This means there is a decline in insulin-producing beta cells, and we are starting to see slightly elevated blood glucose. It is important that we monitor them with regular blood tests to make sure we catch any changes early and identify when insulin therapy might be needed to help them stay healthy. In the meantime, remember the signs and symptoms of type 1 diabetes and immediately contact your doctor if you see them. Do not wait for your child's next appointment."</i>
<b>Stage 3</b>	Clinical onset of T1D, inform, provide support materials and guidance on insulin therapy and staying healthy	<i>"Type 1 diabetes autoantibodies were detected, and your child's blood glucose is higher than normal. This means your child has autoimmune type 1 diabetes and will most likely need to start insulin therapy to help them stay healthy."</i>  <i>[If applicable] "We will be referring them to a specialist center/hospital for further guidance on what you need to do next to support their health and wellbeing at every stage throughout their diabetes journey."</i>

## Age 6–11 years

### Communicate Primarily with the Caregiver, with the Child Included when Appropriate

Children at this age are starting to understand basic health concepts. They benefit from simple explanations and reassurance while the caregiver remains the primary decision-maker. Older children in this range can begin to understand chronic illness concepts and may benefit from shared responsibility in understanding results and next steps.

Confirmed Result	Key Message	Sample Language
<b>Negative with no risk factors</b>	Reassuring	<i>"Type 1 diabetes autoantibodies have not been detected. That's reassuring and means you are not showing signs of type 1 diabetes. Because you don't have other risk factors, your likelihood of the disease is very low; however, you might still get autoantibodies in the future. So, you might want to do the test again sometime. In the meantime, remember the signs and symptoms of type 1 diabetes and tell your grown-up straight away if you see them. They should contact your doctor immediately."</i>
<b>Negative with risk factors</b>	Reassuring news, but stay alert	<i>"Type 1 diabetes autoantibodies have not been detected, which is good. We would suggest coming back to repeat the test at a later stage, though, because of [risk factor]. In the meantime, remember the signs and symptoms of type 1 diabetes and tell your grown-up straight away if you see them. They should contact your doctor immediately."</i>
<b>Single IAAb</b>	Watch and wait	<i>"One type 1 diabetes autoantibody was detected. This does not mean you will definitely develop type 1 diabetes, but you might develop type 1 diabetes in the future. It's good that we know this early and it is important that we repeat the test to see if there are any changes. In the meantime, remember the signs and symptoms of type 1 diabetes and tell your grown-up straight away if you see them. They should contact your doctor immediately."</i>
<b>Multiple IAbs</b>	Provide information about further tests required for staging and monitoring	<i>"Type 1 diabetes autoantibodies were detected, and this means you have type 1 diabetes. While you might not have any signs of the disease now, it is likely that you will need a medicine called insulin at some point in your life to stay healthy. Everyone is different and some children need this medicine faster or slower than others. It is important for us to do some special tests to help us find out how likely it is you will need insulin in the next months and years. You will go to a special center/hospital for these tests. In the meantime, remember the signs and symptoms of type 1 diabetes and tell your grown-up straight away if you see them. They should contact your doctor immediately. Don't wait for your next appointment."</i>
<b>Stage 1</b>	Explain simply	<i>"Type 1 diabetes autoantibodies were detected, but your blood glucose levels are normal. This means your body is showing very early signs of type 1 diabetes, which means you will likely develop symptoms in the future. It's important that we see you again to do some tests to make sure we catch any changes good and early. In the meantime, remember the signs and symptoms of type 1 diabetes and tell your grown-up straight away if you see them. They should contact your doctor immediately."</i>
<b>Stage 2</b>	Be clear but calm	<i>"Type 1 diabetes autoantibodies were detected, and your blood glucose levels are a little higher than normal. This means your body is showing early signs of type 1 diabetes, which means you will most likely need insulin to help you stay healthy in the future. What we need to do is bring you back regularly to do some blood tests so we can monitor any changes and make sure we are prepared. In the meantime, remember the signs and symptoms of type 1 diabetes and tell your grown-up straight away if you see them. They should contact your doctor immediately."</i>
<b>Stage 3</b>	Explain honestly and calmly, focus on staying healthy	<i>"Type 1 diabetes autoantibodies were detected, and your blood glucose is higher than normal. This means you have autoimmune type 1 diabetes and will most likely need to start insulin therapy to help you stay healthy. Type 1 diabetes is a complex and lifelong condition, so we will be referring you to a special center/hospital for further guidance on what you need to do next to support your health and wellbeing."</i>

## Age 12–17 Years

### Speak Directly to the Young Person and their Caregiver

Early teens begin to seek more autonomy but still need significant guidance. Use clear, direct language and involve them actively while supporting caregiver involvement. Older teens are developing full cognitive and emotional maturity. Foster independent decision-making, clear understanding of next steps, and shared responsibility.

Confirmed Result	Key Message	Sample Language
<b>Negative with no risk factors</b>	Reassuring	<i>“Type 1 diabetes autoantibodies have not been detected. That’s reassuring and means you are not showing signs of type 1 diabetes. Because you don’t have other risk factors, your likelihood of the disease is very low. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
<b>Negative with risk factors</b>	Reassure and support agency	<i>“The test came back clear, meaning type 1 diabetes autoantibodies have not been detected, but it’s still good to know what to watch for. We may want to consider repeating the test in the future because of [risk factor]. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
<b>Single IAb</b>	Normalize and inform	<i>“The test detected one type 1 diabetes autoantibody. This doesn’t mean you will get type 1 diabetes, but you are more likely to get it compared with the general population. It is important that we repeat the test just to make sure. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
<b>Multiple IAbs</b>	Provide information about further tests required for staging and monitoring	<i>“Type 1 diabetes autoantibodies were detected, and this means you have type 1 diabetes. While you might not have any signs of the disease now, it is likely that you will need insulin therapy at some point in your life to stay healthy. Everyone is different and some people progress to needing insulin faster or slower than others. It is important for us to do some extra tests to help us find out where you are in your disease journey, and how likely it is you will need insulin in the next months and years. We will refer you to a specialist center/hospital for these tests. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
<b>Stage 1</b>	Explain simply	<i>“Type 1 diabetes autoantibodies were detected, but your blood glucose levels are normal. This means your body is showing very early signs of type 1 diabetes, which means you will likely develop symptoms in the future. It’s important that we see you again regularly to do some tests to make sure we catch any changes good and early. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these. Don’t wait for your next appointment.”</i>
<b>Stage 2</b>	Encourage self-awareness	<i>“Type 1 diabetes autoantibodies were detected and your blood glucose is slightly increased, which is an early sign of type 1 diabetes. It means you will most likely develop symptoms of type 1 diabetes in the future. You can keep living normally without changing your day-to-day routine, but it is important that we monitor your blood glucose regularly so we can track your condition and support you to stay healthy. It is important to recognize that type 1 diabetes is a complex and lifelong condition, and you should stay vigilant in case you start experiencing symptoms. I’m going to give you some materials, so you know the signs to look out for, and I’m going to ask you to come back regularly to do some tests. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these. Don’t wait for your next appointment.”</i>
<b>Stage 3</b>	Explain calmly and focus on health and wellbeing	<i>“Type 1 diabetes autoantibodies were detected, and your blood glucose is higher than normal. This means you have autoimmune type 1 diabetes and will most likely need to start insulin therapy to help you stay healthy. Type 1 diabetes is a complex and lifelong condition, so we will be referring you to a specialist center/hospital for further guidance on what you need to do next to support your health and wellbeing.”</i>

## Age ≥18 Years

**Speak Directly to the Person**

Adults may have additional concerns about the impact of their test result on their lifestyle, career, and family. Approach these topics with empathy and use this conversation to build rapport, increase understanding, and empower the person to actively engage in their health management.

Confirmed Result	Key Message	Sample Language
Negative with no risk factors	Reassuring	<i>“Type 1 diabetes autoantibodies have not been detected. That’s reassuring and means you are not showing signs of type 1 diabetes. Because you don’t have other risk factors, your likelihood of developing the disease is very low. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
Negative with risk factors	Reassure and support agency	<i>“The test came back clear, meaning type 1 diabetes autoantibodies have not been detected, but it’s still good to know what to watch for. We may want to consider repeating the test in the future because of [risk factor]. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
Single IAb	Normalize and inform	<i>“The test detected one type 1 diabetes autoantibody. This does not guarantee that you will get type 1 diabetes, but you are more likely to get it compared with the general population. It is important that we repeat the test in the future just to make sure. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
Multiple IAbs	Provide information about further tests required for staging and monitoring	<i>“Two or more type 1 diabetes autoantibodies were detected, and this means you have type 1 diabetes. While you might not have any signs of the disease now, it is likely that you will need insulin therapy at some point in your life to stay healthy. Everyone is different and some people progress to needing insulin faster or slower than others. It is important for us to do some extra tests to help us find out where you are in your disease journey, and how likely it is you will need insulin in the next months and years. We will refer you to a specialist center/hospital for these tests. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these.”</i>
Stage 1	Explain simply	<i>“Two or more type 1 diabetes autoantibodies were detected, which is an early sign of type 1 diabetes. This means you might develop symptoms of type 1 diabetes in the future, and you will need to start insulin therapy when that happens. For now, you can keep living normally without changing your day-to-day routine, but it is important that we monitor your blood glucose regularly so we can track your condition and support you to stay healthy. Finding this early is a significant advantage, as it gives you time to prepare, and helps us reduce our chances of missing the symptoms when they occur, which can have serious consequences. While early-stage type 1 diabetes generally progresses more slowly in older individuals, it is important to recognize that type 1 diabetes is a complex and lifelong condition, and you should stay vigilant in case you start experiencing symptoms. I’m going to give you some materials, so you know the signs to look out for, and I’m going to ask you to come back regularly for more tests. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these. Don’t wait for your next appointment.”</i>
Stage 2	Encourage self-awareness	<i>“Your test showed two or more type 1 diabetes autoantibodies, and your blood glucose is slightly higher than normal, meaning you have Stage 2 type 1 diabetes. You’re likely asymptomatic now, but it is important to understand that type 1 diabetes is a lifelong progressive condition, and you’ll eventually need insulin therapy to stay healthy. Finding this early is a significant advantage, as it gives you time to prepare, and helps us reduce our chances of missing the symptoms when they occur, which can have serious consequences. In terms of next steps, we need to agree a plan to monitor your blood glucose regularly, so we can track your condition. I’m also going to give you some materials so you can prepare for living with type 1 diabetes and the impact it will have on your daily routine. In the meantime, remember the signs and symptoms of type 1 diabetes, like excessive thirst or urinating a lot, and contact your doctor immediately if you notice these. Don’t wait for your next appointment.”</i>
Stage 3	Explain calmly and focus on health and wellbeing	<i>“Type 1 diabetes autoantibodies were detected, and your blood glucose is higher than normal. This means you have autoimmune type 1 diabetes and will likely need to take insulin regularly during the day to manage your condition and stay healthy. Type 1 diabetes is a complex and lifelong condition, so we will be referring you to a specialist center/hospital for further guidance on what you need to do next to support your health and wellbeing. I understand this may be a shock and you will have a lot of questions about the impact this diagnosis will have on your life. I’m also going to give you some materials, so you can start to learn more about living with and managing Stage 3 type 1 diabetes, and have access to support networks that are available for you.”</i>

