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Feasibility and validity of in-home self-collected capillary blood spot screening for type 1 diabetes risk

Sing A, Naselli G, Huang D, Watson K, Colman PG, Harrison L, Wentworth J.

#### Lay summary

This study aimed to check if people can collect their own blood samples for testing diabetes risk. 97 participants, including some from the ENDIA Study, provided blood samples collected themselves or by a health care worker. Participants completed a short questionnaire.

Most respondents found self-collection easier and less painful. Tests on these samples showed that using this method, two types of assays (ADAP and multiplex ELISA) were 85-87% accurate in detecting diabetes-related antibodies. These methods were highly specific (98-100%) and convenient.

Dried blood spot testing can be reliable for screening diabetes risk, indicating self-collection may be a preferred method over traditional blood drawing.