# Your Diabetes and You

The following questions ask about your feelings and the effect that diabetes may have on your life.

Please answer each question by ticking the box that best describes you and your diabetes.

Please make sure that you tick only one box for each question.

Thank you.

<table>
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<th></th>
<th>Always ▼</th>
<th>Usually ▼</th>
<th>Sometimes ▼</th>
<th>Never ▼</th>
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</thead>
<tbody>
<tr>
<td>1. Does food control your life?</td>
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<td>2. Does having diabetes mean it is difficult staying out late?</td>
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<td>3. Does having diabetes mean your days are tied to meal times?</td>
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<td>4. Do you avoid going out if your sugars are on the low side?</td>
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<td>5. Do you have problems keeping to your diet because you eat to cheer yourself up?</td>
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<td>6. Do you lose your temper if people keep on at you about sugar testing or diet?</td>
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<td>7. Do you have problems keeping to your diet because you find it hard to say no to food you like?</td>
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</table>
8. Are there more arguments or upsets at home than there would be if you did not have diabetes?

   Very much more ▼ □
   A lot more ▼ □
   A few more ▼ □
   Not at all ▼ □

9. When you start eating how easy do you find it to stop?

   Very easy ▼ □
   Quite easy ▼ □
   Not very easy ▼ □
   Not at all easy ▼ □

10. How likely are you to eat something extra when you feel bored or fed up?

    Very much ▼ □
    A lot ▼ □
    A little ▼ □
    Not at all ▼ □

11. Because of your diabetes do you worry about getting colds or flu?

    Very much ▼ □
    A lot ▼ □
    A little ▼ □
    Not at all ▼ □

12. Do you wish there were not so many nice things to eat?

    Very often ▼ □
    Often ▼ □
    Sometimes ▼ □
    Never ▼ □

13. Do you find it frightening or worrying going into busy or crowded shops?

    Very often ▼ □
    Often ▼ □
    Sometimes ▼ □
    Never ▼ □

14. Do you get edgy when out and there is nowhere to eat?

    Very often ▼ □
    Often ▼ □
    Sometimes ▼ □
    Never ▼ □

15. Because of your diabetes do you get depressed?

    Very often ▼ □
    Often ▼ □
    Sometimes ▼ □
    Never ▼ □

16. Does your diabetes cause you to lose your temper or shout?

    Very often ▼ □
    Often ▼ □
    Sometimes ▼ □
    Never ▼ □

17. Do you get touchy or moody about diabetes?

    Very often ▼ □
    Often ▼ □
    Sometimes ▼ □
    Never ▼ □

18. Do you find yourself losing your temper over small things?

    Very often ▼ □
    Often ▼ □
    Sometimes ▼ □
    Never ▼ □