



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.

	Always	Usually	Sometimes	Never
1. Does food control your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Does having diabetes mean it is difficult staying out late?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does having diabetes mean your days are tied to meal times?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you avoid going out if your sugars are on the low side?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have problems keeping to your diet because you eat to cheer yourself up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you lose your temper if people keep on at you about sugar testing or diet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have problems keeping to your diet because you find it hard to say no to food you like?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Very much more ▼	A lot more ▼	A few more ▼	Not at all ▼
8.	Are there more arguments or upsets at home than there would be if you did not have diabetes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Very easy ▼	Quite easy ▼	Not very easy ▼	Not at all easy ▼
9.	When you start eating how easy do you find it to stop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Very likely ▼	Quite likely ▼	Not very likely ▼	Not at all likely ▼
10.	How likely are you to eat something extra when you feel bored or fed up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Very much ▼	A lot ▼	A little ▼	Not at all ▼
11.	Because of your diabetes do you worry about getting colds or flu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	Do you wish there were not so many nice things to eat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	Do you find it frightening or worrying going into busy or crowded shops?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	Do you get edgy when out and there is nowhere to eat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Very often ▼	Often ▼	Sometimes ▼	Never ▼
15.	Because of your diabetes do you get depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	Does your diabetes cause you to lose your temper or shout?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	Do you get touchy or moody about diabetes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	Do you find yourself losing your temper over small things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>