

## 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"/>
8. Do you hurt yourself or feel like hurting yourself when you get upset?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you wish your diabetes would just go away when things get on top of you ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you throw things around if you get upset or lose your temper?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you worry about doing too much and going hypo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Does having diabetes mean it's difficult doing things when you want to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Does having diabetes mean you have to plan your day around injections?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- |  | <b>Very<br/>much</b><br>▼ | <b>A lot</b><br>▼        | <b>A little</b><br>▼     | <b>Not<br/>at all</b><br>▼ |
|--|---------------------------|--------------------------|--------------------------|----------------------------|
| 14. Because of your diabetes do you worry about getting colds or flu?        | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   |
| 15. Do you wish there were not so many nice things to eat?                   | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   |
| 16. 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"/>   |
| 17. Do you get edgy when out and there is nowhere to eat?                    | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   |
| 18. Do you look forward to the future?                                       | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   |
| 19. Do you worry about going into a diabetic coma?                           | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   |
| 20. Do you have a nagging fear of hypos?                                     | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   |

- |  | <b>Very<br/>often</b><br>▼ | <b>Often</b><br>▼        | <b>Sometimes</b><br>▼    | <b>Never</b><br>▼        |
|--|----------------------------|--------------------------|--------------------------|--------------------------|
| 21. Because of your diabetes do you get depressed?               | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Does your diabetes cause you to lose your temper or shout?   | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Do you get touchy or moody about diabetes?                   | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Do you find yourself losing your temper over small things?   | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Because of your diabetes do you cry or feel like crying?     | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Do you even for a moment wish you were dead?                 | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Do you wish you had never been born?                         | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Do you avoid going out too far on your own in case of hypos? | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Do you get tension headaches?                                | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

Very easy	Quite easy	Not very easy	Not at all easy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

Very likely	Quite likely	Not very likely	Not at all likely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

32. 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
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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THANK YOU