**Additional file 1**

**DIABETES EATING PROBLEMS SURVEY – REVISED**

Instructions: The following statements concern attitudes, feelings, and behaviors relating to your eating habits and your diabetes care. For each statement, decide which answer best suits you by choosing among NEVER, RARELY, SOMETIMES, OFTEN, USUALLY and ALWAYS and mark your choice with a cross within the corresponding box. There are no right or wrong answers; give the answer that seems to describe you best at present.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Never | Rarely | Sometimes | Often | Usually | Always |
| 0 | 1 | 2 | 3 | 4 | 5 |

\_\_\_\_ 1) Losing weight is an important goal to me.

\_\_\_\_ 2) I skip meals and/or snacks.

\_\_\_\_ 3) Other people have told me that my eating is out of control.

\_\_\_\_ 4) When I overeat, I don’t take enough insulin to cover the food.

\_\_\_\_ 5) I eat more when I am alone than when I am with others.

\_\_\_\_ 6) I feel that it’s difﬁcult to lose weight and control my diabetes at the same time.

\_\_\_\_ 7) I avoid checking my blood sugar when I feel like it is out of range.

\_\_\_\_ 8) I make myself vomit.

\_\_\_\_ 9) I try to keep my blood sugar high so that I will lose weight.

\_\_\_\_ 10) I try to eat to the point of spilling ketones in my urine.

\_\_\_\_ 11) I feel fat when I take all of my insulin.

\_\_\_\_ 12) Other people tell me to take better care of my diabetes.

\_\_\_\_ 13) After I overeat, I skip my next insulin dose.

\_\_\_\_ 14) I feel that my eating is out of control .

\_\_\_\_ 15) I alternate between eating very little and eating huge amounts.

 \_\_\_\_ 16) I would rather be thin than to have good control of my diabetes.