

Questionnaire

① Doing very well all the time

② Doing well In a considerable degree

③ Doing not well In some degree

④ Doing Never

No.	Questions	①	②	③	④
1	I visit hospital regularly according to doctor's appointments for examination or treatment of diabetes.				
2	I take meals or refreshments regularly every day.				
3	I eat a well-balanced diet using a list of food exchange.				
4	I take foods containing dietary fibre like grain, vegetable and fruit every day.				
5	I set a limit on taking salt and processed foods.				
6	I do a self blood sugar test according to doctor's recommendations.				
7	I do a self blood sugar test more frequently, when I feel symptoms of hypoglycemia like tremor, pallor and headache.				
8	I try to maintain the optimal blood-sugar level.				
9	I control the size of meals or exercise according to a blood sugar level.				
10	I am carrying food like sweet drink, candy or chocolate just in case of hypoglycemia.				
11	I try to maintain optimal weight by measuring my weight regularly.				
12	I carry insulin, injector and blood sugar tester whenever I go to trip.				
13	I try to get information on diabetes control by attending various diabetes educational programs.				
14	I take my diabetes medication like insulin injection as prescribed, observing dosage and time, regularly.				