

# Diabetes Food Timing Questionnaire (status): DFTQs

These questions ask about the timing of your meals and snacks, over the past few weeks.

Please describe in the box below the recommendations for timing your meals and snacks:

1. Have you been given any advice about how to time your meals and snacks?	
<input type="radio"/> Yes – If YES, please answer questions (a) to (d) in this box.	
<input type="radio"/> No – If NO, please go on to question 2 below the box.	
a) How many meals to be eaten per day? <input type="text"/> <input type="text"/>	b) How many snacks? <input type="text"/> <input type="text"/>
c) When to be eaten? (e.g. times of day of meals/snacks):	
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
d) Any other recommendations about when to eat?	
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	

Now, please answer each question by circling a number from 0 to 6 on each scale.

2. How often have you eaten at times exactly as recommended?  
all of the time    6    5    4    3    2    1    0    none of the time
3. How often did you find it inconvenient or difficult to time your meals and snacks as recommended?  
none of the time    0    1    2    3    4    5    6    all of the time

**This copy is for information only - for use, please contact Professor Bradley**

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