


Questions about your life with diabetes

Please answer the questions on the following pages



Shade the circle  for each question which
says what you really feel

There are no right or wrong answers






Have a go at the question on the next page so
you know what to do






NOT FOR USE: This is a shortened sample only.

For use of the full questionnaire, please contact info@healthpsychologyresearch.com

Quality of life means how good or bad you feel your life is.

Please shade the circle  O which says how YOU really feel.

A. In general, I feel my quality of life is				
 O brilliant	 O good	 O OK	 O not OK	 O bad

B. Does diabetes usually make your quality of life worse or better?				
 O a lot worse	 O quite a bit worse	 O a bit worse	 O neither worse nor better	 O better










Please turn the pages and answer the rest of the questions.










Ask if you are not sure what to do.

Remember - say what YOU feel.

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1a Do you ever feel people fuss or worry about you because you have diabetes?				
 Yes - a lot	 Yes - quite a bit	 Yes - a little bit	 No - never <i>If you have said 'No' please go to question 2a now</i>	
1b Does it bother you when people fuss or worry about you because you have diabetes?				
 Yes - it bothers me very much	 Yes - it bothers me quite a bit	 Yes - it bothers me a little bit	 No - it does not bother me, it's O.K	 No - it does not bother me, I like it

2a Do you ever feel you want to eat sweets but you don't eat them because you have diabetes?				
 Yes - a lot	 Yes - quite a bit	 Yes - a little bit	 No - never <i>If you have said 'No' please go to the next page now</i>	
2b Does it bother you when you want to eat sweets but you don't because you have diabetes?				
 Yes - it bothers me very much	 Yes - it bothers me quite a bit	 Yes - it bothers me a little bit	 No - it does not bother me, it's O.K	 No - it does not bother me, I like it






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3a Do you ever want to drink something but you don't drink it because you have diabetes?

 Yes - a lot	 Yes - quite a bit	 Yes - a little bit	 No - never <i>If you have said 'No' please go to question 4a now</i>
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3b Does it bother you when you want to drink something but you don't because you have diabetes?

 Yes - it bothers me very much	 Yes - it bothers me quite a bit	 Yes - it bothers me a little bit	 No - it does not bother me, it's O.K	 No - it does not bother me, I like it
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4a Do you ever want to eat something but you don't eat it because you have diabetes?

 Yes - a lot	 Yes - quite a bit	 Yes - a little bit	 No - never <i>If you have said 'No' please go to the next page now</i>
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4b Does it bother you when you want to eat something but you don't because you have diabetes?

 Yes - it bothers me very much	 Yes - it bothers me quite a bit	 Yes - it bothers me a little bit	 No - it does not bother me, it's O.K	 No - it does not bother me, I like it
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