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OFFICE USE ONLY

Observer ID

# AusDiab: The Australian Diabetes, Obesity and Lifestyle Study

## Diabetes Questionnaire (people known to have diabetes prior to survey)

1. When your diabetes was first diagnosed, what advice and / or treatment were you given?

*Neutral prompt, multiple responses allowed*

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| None <input type="radio"/>        | Exercise <input type="radio"/>    |
| Insulin <input type="radio"/>     | Lose weight <input type="radio"/> |
| Tablets <input type="radio"/>     | Other <input type="radio"/>       |
| Change diet <input type="radio"/> |                                   |

2. In the **last 12 months** how well do you think your diabetes has been controlled?

*Show prompt card 3A, read out responses*

- Very well controlled
- Well controlled
- Average control
- Poorly controlled
- Very poorly controlled
- Very variable control
- Don't know

3. In the **last week** how well do you think your diabetes has been controlled?

*Show prompt card 3A, read out responses*

- Very well controlled
- Well controlled
- Average control
- Poorly controlled
- Very poorly controlled
- Very variable control
- Don't know



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4. Can you tell me which of these conditions you think are more likely to occur in people with diabetes?

<i>Response required for each alternative</i>	Yes	No	Don't know
Tooth decay	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breathing problems (cough, shortness of breath etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Early death	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart Disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Painful joints (arthritis)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eye trouble or blindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kidney problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heartburn or indigestion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nerve damage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Colds and flu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gangrene or amputation of a leg	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Back problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(Men) -Impotence (difficulty getting an erection)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(Women) -Problems during pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty hearing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Have **you** ever been shown how to test your blood sugar level?

Yes  No  Don't know

6. Have **you** ever been shown how to test your urine for sugar?

Yes  No  Don't know



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7. What method do you mainly use for testing your own sugar level?

***Probe for correct response***

- Monitor glucose at the doctors office only
- Blood glucose test strips read by eye at home
- Blood glucose test strips read by meter at home
- Urine glucose test strips at home
- None

8. Have **you** ever tested for sugar in either your blood **or** urine?

- Yes
- No  **(go to q14)**

9. How often have you tested your sugar levels in the last month (4 weeks)?

***Probe for correct response***

- Never
- Once a week or less
- About 2-6 times a week
- Once a day
- 2 or more times a day

10. Do you write down your test results?

***Read out responses***

**(If the respondent says that they use a meter that stores results in the memory, still ask whether they write down the results. If this is "no" ask how often they check through the meter memory, and record the answer below).**

- Never
- Occasionally
- Often
- Always

11. Which test do you do most often to monitor your diabetes?

***one response only***

- Urine test for sugar  **(ask q12)**
- Blood test for sugar  **(ask q13)**



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12. Over the past month your urine tests have been mostly..

**Show prompt card 3B**

- 0                       +++
- Trace                       +++++
- +                               Can't recall
- ++

13. Over the past month your blood tests have been mostly:

**Show prompt card 3C**

- <4
- 4-10mmol/L
- 10-15mmol/L
- 15-20mmol/L
- >20mmol/L
- Can't recall

14. Have you ever heard of glycosylated haemoglobin [gli-KOS-ilated HE-mo-glo-bin] or haemoglobin "A one C"? This is often referred to as the "long term sugar test".

- Yes
- No  **(go to q16)**
- Don't know  **(go to q16)**

15. About how many times in the **last year** has a doctor, nurse or other health professional checked your haemoglobin "A one C"?

- None
- Once
- Twice
- Three or more times
- Don't know



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16. Have you ever been treated for or suffered from any of these conditions?

*show response card 3D, response required for each alternative*

	Yes	No	Don't know
Trouble with the back of your eyes or retinopathy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kidney disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nerve damage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gangrene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart Disease (eg. angina, heart attack)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(Men) Impotence (difficulty getting or sustaining an erection)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor circulation to the feet or legs <b>(need to be told by a doctor)</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. How many times have you **ever** been admitted to hospital because of any of the above conditions?

*Probe for correct response*

- None  More than 5 times
- Once  I don't know
- 2 to 5 times

18. When a person has untreated diabetes, the blood sugar is:

*read out responses*

- Normal
- Higher than normal
- Lower than normal
- I don't know  **(Don't read this response)**

19. The *normal* range for blood glucose is:

*show responses card 3E*

- 4-8mmol/L
- 7-15mmol/L
- 2-10mmol/L
- I don't know  **(Don't read this response)**



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20. Butter is mainly:

***read out responses***

- Protein  Mineral and Vitamin   
Carbohydrate  I don't know  **(Don't read this response)**  
Fat

21. Rice is mainly:

***read out responses***

- Protein  Mineral and Vitamin   
Carbohydrate  I don't know  **(Don't read this response)**  
Fat

22. You can eat as much as you like of which one of the following foods:

***read out responses***

- Apples  Honey   
Celery  I don't know  **(Don't read this response)**  
Meat

### **Health service utilisation**

23. What type of doctor looks after your diabetes?

- General Practitioner   
Diabetes Specialist   
Both (GP and Specialist)   
Nurse or health worker   
None

24. Approximately how often do you visit a doctor for your diabetes?

***Probe for correct response***

- 5 or more times a year   
3 to 4 times a year   
1 or 2 times a year   
Once every two or three years   
Once every five years   
Never

25. During the past year has your doctor or another health professional ever examined your feet?

- Yes  No  Can't recall



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26. How often have you examined your feet in the last week?

- None
- 1 to 3 times
- 4 or more times

27. Within the past 12 months have you visited any of these health professionals?

**Response required for each alternative**

	Yes	No	Can't recall
Diabetes educator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dietitian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Podiatrist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. Have you ever had the back of your eyes (the retina) examined?

**(not including examination by an optician or optometrist just for glasses)**

- Yes
- No  **(go to Q31)**
- Can't recall  **(go to Q31)**

29. Who conducted the eye examination?

- A general practitioner
- A diabetes specialist
- An eye specialist
- Can't recall

30. How long has it been since you **last** had the back of your eyes checked?

**Probe for correct response**

- Within 1 year
- 1 to 2 years
- 2 to 5 years
- 5 to 10 years
- More than 10 years
- Can't recall



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31. The National Diabetes Service Scheme (the NDSS) is a Federal Government funded scheme that provides subsidized blood testing equipment and syringes for insulin injection.

Are you aware of this scheme?

Yes

No  **(finish here)**

Not sure  **(finish here)**

32. Are you registered on the NDSS?

Yes

No  **(finish here)**

Not sure  **(finish here)**

33. Have you used the scheme in the last 12 months?

Yes  **(finish here)**

No

Not sure  **(finish here)**

**(ask Q35)**

34. Can you tell me why you do not use the scheme, is it because?

***multiple responses allowed***

You can get items cheaper elsewhere

Yes

No

It's difficult to access

Yes

No

There is a language barrier

Yes

No

Other reason,

Yes

No

Specify \_\_\_\_\_