

Diabetes Prevention Program Outcomes Study
Q21 Activities of Daily Living Questionnaire
This form is interviewer-administered in person or over the phone at the 15A and 17A visit.
A. Participant Identification

1. Clinic number
2. Participant number
3. Nickname
4. Date of randomization
5. Sex
6. Outcome visit
7. Date of visit
B. Activities Assessment

Ask the participant if they need help to do any of the following activities. Record ANY help the participant needs as 'With help'.

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| At the present time do you need help to do the following... <br> Q21DRES | MARK WITH AN 'X' ONLY ONE |  |  |  |  | If 'Without help’ (option 1), |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Without help | With help | Unable to do | Don' $\dagger$ /refu | now ed |  | difficulty at all | A little difficulty | Some difficulty | A lot of difficulty | Don't know /refused |
| 4. Dressing, like putting on a shirt, buttoning and zipping, or putting on shoes? | $\overline{1}$ | 2 | $\overline{3}$ | 4 | Q211 | RRESDIF | - | 2 | 3 |  |  |
| 5. Eating, like holding a fork, cutting food, or drinking from a glass? | $1$ | 2 | 3 | 4 | Q21E | EATDIF | 1 | 2 |  |  | 5 |
| 6. Getting from a bed to a chair? Q21BED | $1$ | 2 | $3$ | 4 |  | BEDIF | $1$ | 2 | 3 | 4 | 5 |
| 7. Using the toilet? Q21TLET | $1$ | 2 | 3 | 4 |  | TLETDIF | 1 | 2 | 3 | 4 | 5 |
| Can you... | MARK WITH AN 'X' ONLY ONE |  |  |  |  | If 'Without help' (option 1), <br> a. How much difficulty, on average, do you have doing this? <br> No difficulty <br> A little <br> Some <br> A lot of <br> Don't know <br> at all <br> difficulty <br> difficulty difficulty /refused |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| 8. Use the telephone without help, including looking up numbers and dialing? Q21TEL | $1$ | 2 | $\overline{3}$ | 4 |  | TELDIF | 1 | 2 | 3 | 4 | 5 |
| 9. Drive your own car or travel alone on buses or taxis without help? Q21DRV | 1 | 2 | 3 | 4 | Q21D | RVVIIF | 1 | 2 | 3 | 4 | 5 |
| 10. Go shopping for groceries or clothes without help, taking care of all shopping needs yourself, assuming you have transportation? |  | 2 | 3 | 4 | Q21 | HOPDIF | 1 | 2 | 3 | 4 | 5 |
| 11. Prepare your own meals without help, plan and cook full meals yourself? Q21MEAL | $1$ | 2 | 3 | 4 | Q21M | MEALDIF | $=1$ | 2 | 3 | 4 | 5 |
| 12. Do your housework without help, clean floors, etc? Q21CLN |  | 2 | 3 | 4 | Q21 | CLNDIF | 1 | 2 | 3 | 4 | 5 |
| 13. Take your medicine without help in the right doses at the right times? Q21MED |  | 2 | 3 | 4 | Q21 | MEDIF | 1 | 2 | 3 | 4 | 5 |
| 14. Handle your money without help, write checks, pay bills, etc.? Q21PAY | $\mid 1$ | 2 | 3 | 4 | Q21P | PAYDIF | 1 | 2 | 3 | 4 | 5 |
| 15. Do your own laundry without help? 21 LAUN | $1$ | 2 | 3 | 4 | Q21L | AUNDIF | 1 | 2 | 3 | 4 | 5 |

