



(Self-Administered, Participant)

Study ID

Low Blood Sugar Survey – Participant

A. Today’s date is:
Month Day Year

We want to find out more about what low blood sugar makes young people feel and do. Please answer the questions below as honestly as you can.

1. Below is a list of things young people with diabetes sometimes DO TO KEEP FROM HAVING LOW BLOOD SUGAR. Circle the number that best describes YOU.

	Never	Rarely	Sometimes	Often	Almost Always
a) Eat large snacks at bedtime	0	1	2	3	4
b) Try not to be by myself when my sugar is likely to be low	0	1	2	3	4
c) Keep blood sugars a little high to be on the safe side	0	1	2	3	4
d) Keep blood sugars higher when I will be alone for a while	0	1	2	3	4
e) Eat something as soon as I feel the first sign of low blood sugar	0	1	2	3	4
f) Take less insulin when I think my blood sugar might get too low	0	1	2	3	4
g) Keep my blood sugar higher when I am going to be away from home	0	1	2	3	4
h) Carry some kind of sugar, drink, or food with me	0	1	2	3	4
i) Try not to do a lot of exercise when I think my blood sugar is low	0	1	2	3	4
j) Check my blood sugar often when I go away from home	0	1	2	3	4

2. What are other things you do to keep your blood sugar from going low, or to make sure that you will be okay if you do have a low blood sugar? *Please describe these in detail below.*

3. Below is a list of things that young people with diabetes sometimes worry about concerning low blood sugars. Circle the number that best describes YOU.

	Never	Rarely	Sometimes	Often	Almost Always
a. Not recognizing that my blood sugar is low	0	1	2	3	4
b. Not having food, fruit, or juice with me when my blood sugar gets low	0	1	2	3	4
c. Feeling dizzy or passing out in public because of low blood sugar	0	1	2	3	4
d. Having a low blood sugar while asleep	0	1	2	3	4
e. Embarrassing myself because of a low blood sugar	0	1	2	3	4
f. Having a low blood sugar while I am by myself	0	1	2	3	4
g. Looking "stupid" or clumsy in front of other people	0	1	2	3	4
h. Losing control because of low blood sugar	0	1	2	3	4
i. No one being around to help me during a low	0	1	2	3	4
j. Making a mistake or having an accident at school	0	1	2	3	4
k. Getting in trouble at school because of something that happens when my blood sugar is low	0	1	2	3	4
l. Having seizures	0	1	2	3	4
m. Getting long term complications from low blood sugar	0	1	2	3	4
n. Feeling dizzy and woozy when my blood sugar is low	0	1	2	3	4
o. Having a low blood sugar	0	1	2	3	4

4. What are other things you worry about concerning low blood sugars? *Please describe these in detail below:*

5. How often in the last 12 months have you had trouble with hypoglycemia (low blood sugar) episodes?

- Never
- 1-2 times
- 3-6 times
- 7-11 times
- 12 or more times

6. Is low blood sugar a big problem for you?

- Yes
- No

7. Have you ever passed out due to low blood sugar?

- Yes
- No

8. Have you ever had a low blood sugar while asleep?

- Yes
- No

9. Have you ever had a low blood sugar while you were awake but by yourself?

- Yes
- No

10. Have you ever had low blood sugar in front of friends or strangers?

- Yes
- No

11. Have you ever had low blood sugar when you were at school?

- Yes
- No