



(Self-Administered, Parent)

Study ID

Diabetes Self-Management Survey (DSMP-SR), Parent

It's hard for most families of kids with diabetes to do everything their doctors and nurses want them to do all of the time. These are questions about how you and your child have usually taken care of your child's diabetes during the past 3 months. Please answer each question as truthfully as you can.

A. Today's date is:
Month Day Year

1. In the past 3 months, how often has your child gotten exercise such as running, bike riding, swimming, skating, or playing team sports for at least 20 minutes?

- More than three times per week
- 2 – 3 times per week
- Once a month
- Less than once per month

2. In the past 3 months, if your child got more exercise than usual, or planned to get more exercise than usual, what did you or your child usually do about the meal plan or insulin?

- Exercises so consistently that adjustments are unnecessary
- Always eats more or gives less insulin
- Frequently eats more or gives less insulin (2-3 times per week)
- Sometimes eats more or gives less insulin (once a week)
- Occasionally eats more or gives less insulin (few times a month)
- Eats less than usual or gives more insulin
- Never adjusts eating or insulin

3. In the past 3 months, if your child got less exercise than usual, or if your child planned to get less exercise, what did you or your child usually do about the meal plan or insulin?

- Exercises so consistently that adjustments are unnecessary
- Always eats less or gives more insulin
- Frequently eats less or gives more insulin (2-3 times per week)
- Sometimes eats less or gives more insulin (once a week)
- Occasionally eats less or gives more insulin (few times a month)
- Eats more than usual or gives less insulin
- Never adjusts eating or insulin

4. **Does your child keep something handy in case of low blood sugar? For example, when your child is at school or at a ball game, or in the car and your child's sugar gets too low, does your child have something handy to eat?**
- Yes
 - No
5. **If your child thinks a low blood sugar is happening, how often does your child do a blood sugar check before treating?**
- Always checks before treating a low blood sugar
 - Child has not had a low blood sugar in past 3 months
 - Usually checks before treating a low blood sugar (more than half the time)
 - Sometimes checks before treating a low blood sugar (about half the time)
 - Infrequently checks before treating a low blood sugar (less than half the time)
 - Never checks before treating a low blood sugar
6. **People take care of low blood sugars in many different ways. What did you or your child usually do to treat your child's low blood sugars in the past 3 months?**
- Child has not had a low blood sugar in the past 3 months
 - Careful to quickly take the right amount of carbs and check the blood sugar after 10 minutes
 - Takes right amount of carbs but does not check blood sugar afterwards
 - Takes carbs without thinking about how much is needed
 - Continues taking carbs until he/she feels better
 - Ignore symptoms until there's a better time to treat the low blood sugar
7. **Does your child wear or carry any kind of diabetic identification, like a card or bracelet?**
- Wears necklace, bracelet, charm or has a tattoo
 - Carries an ID card in wallet or purse
 - Does not wear or carry diabetic identification
- 8a. **In the past 3 months, did your child usually count carbs, measure or weigh food, or use exchanges to figure out how much insulin to take?**
- Use carb counting (or exchange list) and measure food or read labels if needed to decide how much insulin to take
 - Knows carb amounts well enough so that he/she can take the right amount of insulin
 - Eats about the same amounts of food each meal, so he/she can take the set insulin dose or use a sliding scale
 - Takes a set insulin dose or use a sliding scale, regardless of what is eaten

8b. In the past 3 months, did your child usually count carbs, measure or weigh food, or use exchanges to figure out how much to eat?

- Used carb counting (or exchange list) as a guide and either measure food or read labels
- Used carb counting (or exchange list) as a guide, but knows meal plan well enough so that he/she can eat the right amounts without measuring or reading labels
- Eats about the same amounts of food each meal, but doesn't use carb counting, measuring or an exchange list
- Eats the amount he/she is hungry for and doesn't use carb counting, measuring, or exchange lists

9. In the past 3 months, how often has your child eaten "fast foods" or "junk foods" such as sweets, cookies, cakes, ice cream, chips, pizza, french fries, hot dogs, or others?

- Occasionally (few times a month or less)
- Sometimes (once a week)
- Frequently (2-3 times per week)
- Almost always (4 or more times per week)
- Everyday

10. In the past 3 months, how often has your child eaten more than what was planned?

- Never or hardly ever (1-2 times in the last 3 months)
- Seldom (once a month)
- Occasionally (few times each month)
- Frequently (2-3 times per week)
- Almost daily (4 or more times per week)

11. In the past 3 months, before your child ate more than usual, did your child make any insulin changes?

- Gives MORE insulin when eats more (1)
- Gives LESS insulin when eats more
- Does not change insulin

12. In the past 3 months, how often has your child eaten less than what was planned?

- Never or hardly ever (1-2 times in the last 3 months)
- Seldom (once a month)
- Occasionally (few times each month)
- Frequently (2-3 times per week)
- Almost daily (4 or more times per week)

13. Before your child eats less than usual, does your child make any insulin changes? What does [he/she] do?

- Gives LESS insulin when he/she eats less
- Gives MORE insulin when he/she eats less
- Does not adjust insulin

14. In the past 3 months, how often has your child checked his/her blood sugar?

- 6 or more times daily
- 4 or 5 times daily
- 2 or 3 times daily
- At least once daily
- Less than once daily
- Does not check blood sugar

15. In the past 3 months, how often did your child do a blood sugar check within 30 minutes before a meal?

- Always checks within 30 minutes before every meal
- Usually checks within 30 minutes before meals (more than half the time)
- Sometimes checks within 30 minutes before meals (half the time)
- Infrequently checks within 30 minutes before meals (less than half the time)
- Never checks within 30 minutes before meals

16. In the past 3 months, how often did your child do a blood sugar check within 2-3 hours after a meal?

- Checks within 2-3 hours after a meal 4 or more times per week
- Checks within 2-3 hours after a meal 3 times per week
- Checks within 2-3 hours after a meal 2 times per week
- Checks within 2-3 hours after a meal once a week
- Never checks within 2-3 hours after meals

17. In the past 3 months, how often did your child do a blood sugar check within 2-3 hours after heavy exercise?

- Always checks within 2-3 hours after exercise
- Checks 2-3 hours after exercise more than half the time
- Checks 2-3 hours after exercise about half the time
- Checks 2-3 hours after exercise less than half the time
- Never checks 2-3 hours after exercise

18. In the past three months, how often has your child changed either insulin dose, diet or exercise when blood sugars were running high?

- He/she made a change every time it was needed
- He/she made a change when needed more than half the time
- He/she made a change when needed about half the time
- He/she made a change when needed less than half the time
- He/she never made a change when needed

19. In the past 3 months, if your child had two blood sugar results above 240 in a row, how often did your child do a ketone test?

- Child did not have two blood sugars in a row above 240
- Always checked for ketones after 2 blood sugars in a row above 240
- Usually checked for ketones after 2 blood sugars in a row above 240
- Occasionally checked for ketones after 2 blood sugars in a row above 240
- Never checked for ketones after 2 blood sugars in a row above 240

20. When your child is sick, how often does your child do a ketone test?

- Always tests for ketones several times a day when sick
- Always tests for ketones once a day when sick
- Usually tests for ketones once a day when sick
- Occasionally tests ketones when sick
- Never tests for ketones when sick

21. In the last 3 months, how often has your child taken insulin more than 30 minutes late?

- Never, always take insulin on time
- Late once a month or less
- Late once a week or less
- Late more than once a week

22. In the past 3 months, how often has your child taken MORE insulin than [he/she] should have?

- Always took prescribed amount
- Took more than prescribed amount 1 -3 times
- Took more than prescribed amount 4 - 6 times
- Took more than prescribed amount 7 - 10 times
- Took more than prescribed amount more than 10 times

23. In the past 3 months, how often has your child taken LESS insulin than [he/she] should have?

- Always took the prescribed amount
- Took less than prescribed amount 1 - 3 times
- Took less than prescribed amount 4 - 6 times
- Took less than prescribed amount 7 - 10 times
- Took less than prescribed amount more than 10 times

24. In the last 3 months, how often has your child missed insulin because of forgetting or being too busy, or insulin pump was not working or inserted?

- Never missed, always take insulin
- Missed once a month or less (1 - 3 times in the last 3 months)
- Missed once a week or less
- Missed more than once a week

Thank you.