



(Self-Administered, Participant)

Study ID

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

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

A. Today's date is

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MonthDayYear

1. In the past 3 months, how often have you 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 you got more exercise than usual, or planned to get more exercise than usual, what did you usually do about the meal plan or insulin?
 - ☐ I exercise so consistently that adjustments are unnecessary
 - ☐ I always eat more or give less insulin
 - ☐ I frequently eat more or give less insulin (2-3 times per week)
 - ☐ Sometimes I eat more or give less insulin (once a week)
 - ☐ Occasionally I eat more or give less insulin (few times a month)
 - ☐ I eat less than usual or give more insulin
 - ☐ I never adjust my eating or insulin

3. In the past 3 months, if you got less exercise than usual, or if you planned to get less exercise, what did you usually do about the meal plan or insulin?
 - ☐ I exercise so consistently that adjustments are unnecessary
 - ☐ I always eat less or give more insulin
 - ☐ I frequently eat less or give more insulin (2-3 times per week)
 - ☐ Sometimes I eat less or give more insulin (once a week)
 - ☐ Occasionally I eat less or give more insulin (few times a month)
 - ☐ I eat more than usual or give less insulin
 - ☐ I never adjust my eating or insulin

4. Do you keep something handy in case your sugar gets too low? For example, when you are at school or at a ball game, or in the car and your sugar gets too low, do you have something handy to eat?
 - ☐ Yes
 - ☐ No

5. If you think you are having a low blood sugar, how often do you check your blood sugar before treating?

- ☐ I have not had a low blood sugar in past 3 months
- ☐ I always check before treating a low blood sugar
- ☐ I usually check before treating a low blood sugar (more than half the time)
- ☐ Sometimes I check before treating a low blood sugar (about half the time)
- ☐ I check infrequently before treating a low blood sugar (less than half the time)
- ☐ I never check before treating a low blood sugar

6. People take care of low blood sugars in many different ways. What did you usually do to treat your low blood sugars in the past 3 months?

- ☐ I have not had a low blood sugar in the past 3 months
- ☐ I am careful to quickly take the right amount of carbs and check my blood sugar after 10 minutes
- ☐ I take the right amount of carbs but I do not check blood my sugar afterwards
- ☐ I take some carbs without thinking about how much I need
- ☐ I keep taking carbs until I feel better
- ☐ I ignore symptoms until there's a better time to treat my low blood sugar

7. Do you wear or carry any kind of diabetic identification, like a card or bracelet?

- ☐ I wear a necklace, bracelet, charm, or have a tattoo
- ☐ I carry an ID card in my wallet or purse
- ☐ I don't wear or carry diabetic identification

8a. In the past 3 months, did you usually count carbs, measure or weigh food, or use exchanges to figure out how much insulin to take?

- ☐ I use carb counting (or exchange list) and measure food or read labels if needed to decide how much insulin to take
- ☐ I know carb amounts well enough so that I can take the right amount of insulin
- ☐ I eat about the same amounts of food each meal, so I can take the set insulin dose or use a sliding scale
- ☐ I just take a set insulin dose or use a sliding scale, regardless of what I eat

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

- ☐ I use carb counting (or exchange list) as a guide and either measure food or read labels
- ☐ I use carb counting (or exchange list) as a guide, but I know my meal plan well enough so that I can eat the right amounts without measuring or reading labels
- ☐ I eat about the same amounts of food each meal, but I don't use carb counting, measuring or an exchange list
- ☐ I eat the amount I am hungry for and don't use carb counting, measuring, or exchange lists

9. In the past 3 months, how often have you 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 have you 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 you ate more than usual, did you make any insulin changes?

- ☐ I give MORE insulin when I eat more
- ☐ I give LESS insulin when I eat more
- ☐ I do not change my insulin

12. In the past 3 months, how often have you 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 you eat less than usual, do you make any insulin changes? What do you do?

- ☐ I give LESS insulin when I eat less
- ☐ I give MORE insulin when I eat less
- ☐ I do not adjust my insulin

14. In the past 3 months, how often have you checked your 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
- ☐ I do not check my blood sugar

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

- ☐ I always check my blood sugar within 30 minutes before every meal
- ☐ I usually check within 30 minutes before meals (more than half the time)
- ☐ I sometimes check within 30 minutes before meals (about half the time)
- ☐ I infrequently check within 30 minutes before meals (less than half the time)
- ☐ I never check within 30 minutes before meals

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

- ☐ I check my blood sugar within 2-3 hours after a meal 4 or more times per week
- ☐ I check within 2-3 hours after a meal 3 times per week
- ☐ I check within 2-3 hours after a meal 2 times per week
- ☐ I check within 2-3 hours after a meal once a week
- ☐ I never check within 2-3 hours after meals

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

- ☐ I always check my blood sugar within 2-3 hours after exercise
- ☐ I check 2-3 hours after exercise more than half the time
- ☐ I check 2-3 hours after exercise about half the time
- ☐ I check 2-3 hours after exercise less than half the time
- ☐ I never check 2-3 hours after exercise

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

- ☐ I made a change every time it was needed
- ☐ I made a change when needed more than half the time
- ☐ I made a change when needed about half the time
- ☐ I made a change when needed less than half the time
- ☐ I never made a change when needed

- 19. In the past 3 months, if you had two blood sugar results above 240 in a row, how often did you do a ketone test?**
- ☐ I did not have two blood sugars in a row above 240
 - ☐ I always checked for ketones after 2 blood sugars in a row above 240
 - ☐ I usually checked for ketones after 2 blood sugars in a row above 240 ☐ I occasionally checked for ketones after 2 blood sugars in a row above 240
 - ☐ I never checked for ketones after 2 blood sugars in a row above 240
- 20. When you've been sick, how often did you do a ketone test?**
- ☐ I always check for ketones several times a day when I am sick
 - ☐ I always check for ketones once a day when I am sick
 - ☐ I usually check for ketones once a day when I am sick
 - ☐ I occasionally test for ketones when I am sick
 - ☐ I never test for ketones when I am sick
- 21. In the last three months, how often have you taken insulin more than 30 minutes late?**
- ☐ Never, I always take insulin on time
 - ☐ I have been late once a month or less
 - ☐ I have been late once a week or less
 - ☐ I have been late more than once a week
- 22. In the past 3 months, how often have you taken MORE insulin than you should have?**
- ☐ I always took the prescribed amount
 - ☐ I took more than prescribed amount 1 -3 times
 - ☐ I took more than prescribed amount 4 - 6 times
 - ☐ I took more than prescribed amount 7 - 10 times
 - ☐ I took more than prescribed amount more than 10 times
- 23. In the past 3 months, how often have you taken LESS insulin than you should have?**
- ☐ I always took the prescribed amount
 - ☐ I took less than prescribed amount 1 - 3 times
 - ☐ I took less than prescribed amount 4 - 6 times
 - ☐ I took less than prescribed amount 7 - 10 times
 - ☐ I took less than prescribed amount more than 10 times

24. In the last 3 months, how often have you missed insulin because you forgot or were too busy, or your pump was not working or inserted?

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

Thank you.