

Module 22
Low Blood Sugar Survey

**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.**

**I. 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	Some- times	Often	Very Often
1.	Eat large snacks at bedtime {largesnack_BLSG_child}	0	1	2	3	4
2.	Try not to be by myself when my sugar is likely to be low {avoidalone_BLSG_child}	0	1	2	3	4
3.	Keep blood sugars a little high to be on the safe side {highsafeside_BLSG_child}	0	1	2	3	4
4.	Keep blood sugars higher when I will be alone for awhile {highalone_BLSG_child}	0	1	2	3	4
5.	Eat something as soon as I feel the first sign of low blood sugar {eatfirstsign_BLSG_child}	0	1	2	3	4
6.	Take less insulin when I think my blood sugar might get too low {reducetoolow_BLSG_child}	0	1	2	3	4
7.	Keep my blood sugar higher when I am going to be away from home {highaway_BLSG_child}	0	1	2	3	4
8.	Carry some kind of sugar, drink, or food with me {fastacting_BLSG_child}	0	1	2	3	4
9.	Try not to do a lot of exercise when I think my blood sugar is low {avoidexercise_BLSG_child}	0	1	2	3	4
10.	Check my blood sugar often when I go away from home {checkaway_BLSG_child}	0	1	2	3	4
11.	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 {actionexplain_BLSG_child}					

II. 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	Some-times	Often	Very Often
12. Not recognizing that my blood sugar is low <small>{reaction_BLSG_child}</small>	0	1	2	3	4
13. Not having food, fruit, or juice with me when my blood sugar gets low <small>{nothavefood_BLSG_child}</small>	0	1	2	3	4
14. Feeling dizzy or passing out in public because of low blood sugar <small>{feeldizzy_BLSG_child}</small>	0	1	2	3	4
15. Having a reaction while asleep <small>{reactionasleep_BLSG_child}</small>	0	1	2	3	4
16. Embarrassing myself because of a low blood sugar <small>{embarrass_BLSG_child}</small>	0	1	2	3	4
17. Having a reaction while I am by myself <small>{reactionalone_BLSG_child}</small>	0	1	2	3	4
18. Looking “stupid” or clumsy in front of other people <small>{appearclumsy_BLSG_child}</small>	0	1	2	3	4
19. Losing control because of low blood sugar <small>{losecontrol_BLSG_child}</small>	0	1	2	3	4
20. No one being around to help me during a reaction <small>{nohelpchild_BLSG_child}</small>	0	1	2	3	4
21. Making a mistake or having an accident at school <small>{schoolaccident_BLSG_child}</small>	0	1	2	3	4
22. Getting in trouble at school because of something that happens when my sugar is low <small>{schoolbadeval_BLSG_child}</small>	0	1	2	3	4
23. Having seizures <small>{seizures_BLSG_child}</small>	0	1	2	3	4
24. Getting long term complications from low blood sugar <small>{longterm_BLSG_child}</small>	0	1	2	3	4
25. Feeling dizzy and woozy when my blood sugar is low <small>{feelfaint_BLSG_child}</small>	0	1	2	3	4
26. Having a low blood sugar <small>{reactioninsulin_BLSG_child}</small>	0	1	2	3	4

27. What are other things you worry about concerning low blood sugars? Please describe these in detail below. {worryexplain_BLSG_child}

Low Blood Sugar Survey – Part II

28. How often in the last 12 months have you had trouble with hypoglycemic (low blood sugar) episodes? {episodes12mth_BLSG_child}

- 1 Never
2 1 – 2 times
3 3 – 6 times
4 7 – 11 times
5 12 or more times

29. Is low blood sugar a big problem for you? {bigproblem_BLSG_child}

- 1 Yes 2 No

30. Have you ever passed out due to hypoglycemia? {everpassout_BLSG_child}

- 1 Yes 2 No

31. Have you ever had a hypoglycemic episode while asleep? {hypoasleep_BLSG_child}

- 1 Yes 2 No

32. Have you ever had a hypoglycemic episode while you were awake but by yourself?

{hypoawakealone_BLSG_child}

- 1 Yes 2 No

33. Have you ever had hypoglycemia in front of friends or strangers? {hypofriend_BLSG_child}

- 1 Yes 2 No

34. Have you ever had hypoglycemia when you were at school? {hyposchool_BLSG_child}

- 1 Yes 2 No