Module 22
Low Blood Sugar Survey

I. Behavior: Below is a list of things people with diabetes sometimes do in order to avoid low blood sugar and its consequences. Circle one of the numbers to the right that best describes what you have done during the last 6 months in your daily routine to AVOID low blood sugar and its consequences. (Please do not skip any!).

To avoid low blood sugar and how it affects me, I ...

		Never	Rarely	Some-times	Often	Very Often
1.	Ate large snacks. {largesnack_BLSG_child}	0	1	2	3	4
2.	Tried to keep my blood sugar above 150. {tryBS150_BLSG_child}	0	1	2	3	4
3.	Reduced my medication when my blood sugar was low. {reduceTooLow_BLSG_child}	0	1	2	3	4
4.	Measured my blood sugar six or more times a day. {test6Daily_BLSG_child}	0	1	2	3	4
5.	Made sure I had someone with me when I go out. {withMeGoOut_BLSG_child}	0	1	2	3	4
6.	Limited my out of town travel. {limitTravel_BLSG_child}	0	1	2	3	4
7.	Limited my driving (car, truck or bicycle). {limitDriving_BLSG_child}	0	1	2	3	4
8.	Avoided visiting friends. {avoidFriends_BLSG_child}	0	1	2	3	4
9.	Stayed at home more than I liked. {stayHome_BLSG_child}	0	1	2	3	4
10.	Limited my exercise/physical activity. {limitExercise_BLSG_child}	0	1	2	3	4
11.	Made sure there were other people around. {notAlone_BLSG_child}	0	1	2	3	4
12.	Avoided sex. {avoidSex_BLSG_child}	0	1	2	3	4
13.	Kept my blood sugar higher than usual in social situations. {bsHighSocial_BLSG_child}	0	1	2	3	4
14.	Kept my blood sugar higher than usual when doing important tasks. {bsHighTasks_BLSG_child}	0	1	2	3	4
15.	Had people check on me several times during the day and night. {peopleCheckMe_BLSG_child}	0	1	2	3	4

II. Worry: Below is a list of things people with diabetes sometimes do in order to avoid low blood sugar and its consequences. Circle one of the numbers to the right that best describes what you have done during the last 6 months in your daily routine to AVOID low blood sugar and its consequences. (Please do not skip any!).

Because my blood sugar could go low, I worried about...

	Never	Rarely	Some-times	Often	Very Often
16. Not recognizing/realizing I was having low blood sugar. {notRealizeLow_BLSG_child}	0	1	2	3	4
17. Not having food, fruit, or juice available. {noFoodAvail_BLSG_child}	0	1	2	3	4
18. Passing out in public. {passoutPublic_BLSG_child}	0	1	2	3	4
19. Embarrassing myself or my friends in a social situation. {embarassMyself_BLSG_child}	0	1	2	3	4
20. Having a hypoglycemic episode while alone. {hypoAlone_BLSG_child}	0	1	2	3	4
21. Appearing stupid or drunk. {appearDrunk_BLSG_child}	0	1	2	3	4
22. Losing control. {loseControl_BLSG_child}	0	1	2	3	4
23. No one being around to help me during a hypoglycemic episode. {hypoNoHelp_BLSG_child}	0	1	2	3	4
24. Having a hypoglycemic episode while driving. {hypoDriving_BLSG_child}	0	1	2	3	4
25. Making a mistake or having an accident. {haveAccident_BLSG_child}	0	1	2	3	4
26. Getting a bad evaluation or being criticized. {getBadEval_BLSG_child}	0	1	2	3	4
27. Difficulty thinking clearly when responsible for others. {diffThinkClear_BLSG_child}	0	1	2	3	4
28. Feeling lightheaded or dizzy. {feelDizzy_BLSG_child}	0	1	2	3	4
29. Accidently injuring myself or others. {injureMyself_BLSG_child}	0	1	2	3	4
30. Permanent injury or damage to my health or body. {damageHealth_BLSG_child}	0	1	2	3	4
31. Low blood sugar interfering with important things I was doing. {lowinterfere_BLSG_child}	0	1	2	3	4
32. Becoming hypoglycemic during sleep. {hyposleep_BLSG_child}	0	1	2	3	4
33. Getting emotionally upset and difficult to deal with. {getupset_BLSG_child}	0	1	2	3	4