

Diabetes Learning Centre Baseline Questionnaire

Date: _____

Study ID: _____

Thank you for agreeing to complete our Diabetes Learning Centre questionnaire. Your answers will help us to understand whether the Diabetes Learning Centre is helping teens like you to improve their confidence in diabetes management. Your answers will remain anonymous.

Parental involvement

1. How often do your parents help you with your diabetes management (circle one):

Never Rarely Sometimes Very often Always

Confidence in Diabetes Management

We would like to get an idea of how confident you are in managing your diabetes right now. For each of the diabetes self-management skills below, please circle the answer that best describes your confidence in completing that skill.

1. How confident are you in your ability to manage your own diabetes?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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2. How confident are you in your ability to recognize *when* you need to make an insulin dose adjustment?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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3. How confident are you in your ability to know *how* to adjust your insulin?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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4. How confident are you in your ability to recognize *when* to test for ketones?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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5. How confident are you in your ability to know *what to do* if you had positive ketones?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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6. How confident are you in your ability to make adjustments for activity to prevent low blood sugars?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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7. How confident are you in your ability to treat a low blood sugar?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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8. How confident are you in your ability to use mini dose glucagon?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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9. How confident are you in your ability to manage diabetes safely if drinking alcohol?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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10. How confident are you in your ability to count carbohydrates in a meal or a snack?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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11. How confident are you in your ability to prepare to travel with diabetes safely?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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For patients 16 years and older:

12. How confident are you in your ability to drive safely with diabetes?

Not at all confident	Slightly confident	Moderately confident	Quite confident	Extremely confident
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