Appendix A –Surveys

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Questions |  | (T) | (F) | Don’t Know |
| 1 | Hispanics are more likely to get diabetes. |  |  |  |  |
| 2 | A fasting blood sugar level of 210 is too high. |  |  |  |  |
| 3 | Reading food labels can help me control my blood glucose level. |  |  |  |  |
| 4 | Diabetics should take extra care when cutting toenails. |  |  |  |  |
| 5 | The way I prepare my food is as important as the foods I eat. |  |  |  |  |
| 6 | Diabetes can damage my kidneys. |  |  |  |  |
| 7 | Shaking and sweating are signs of high blood sugar. |  |  |  |  |
| 8 | Frequent urination and thirst are signs of low blood sugar. |  |  |  |  |
| 9 | Tight elastic hose or socks are good for diabetes. |  |  |  |  |
| 10 | The pancreas produces insulin. |  |  |  |  |
| 11 | Medication is more important than diet and exercise to control my diabetes. |  |  |  |  |
| 12 | The target recommended blood pressure for someone with diabetes should be less than 130/80 mm Hg. |  |  |  |  |
| 13 | Exercise will help reduce blood glucose levels. |  |  |  |  |
| 14 | A diabetic diet consists mostly of special foods. |  |  |  |  |
| 15 | 1 slice of bread equals 1 serving size from grains. |  |  |  |  |
| 16 | Uncontrolled diabetes can lead to heart disease. |  |  |  |  |
| 17 | Both types of diabetes may need to inject insulin. |  |  |  |  |
| 18 | Household chores can count towards daily exercise. |  |  |  |  |
| 19 | Insulin causes blindness. |  |  |  |  |
| 20 | People with diabetes should only exercise at the gym. |  |  |  |  |
| 21 | Depression is not related to blood glucose level. |  |  |  |  |

**Knowledge**

Instruction: Below are some statements about diabetes. Please place a check on (T) true/ (F) false for each statement.

**\***Adapted from Patient’s Diabetes Knowledge Questionnaire-Starr County.

**Acculturation**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | A | B | C | D | E |
|  | Only  Spanish | More Spanish than English | Both Equally | More English than Spanish | Only  English |
| 1. In general, what language(s) do you read and speak? |  |  |  |  |  |
| 1. What language(s) do you usually speak at home? |  |  |  |  |  |
| 1. In which language(s) do you usually think? |  |  |  |  |  |
| 1. What language(s) do you usually speak with your friends? |  |  |  |  |  |

**Fatalism**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | I get upset when I think about my diabetes | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 2 | I feel down when I think about my diabetes | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 3 | I get frustrated with having to live with diabetes | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 4 | Diabetes is a disease that makes life more difficult | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 5 | Diabetes causes a lot of suffering for me | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 6 | Trusting in God has helped me better deal with my diabetes | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 7 | I believe God does not give me more than I can bear | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 8 | I believe God can completely cure my diabetes | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 9 | I have prayed about my diabetes so I am not going to worry about it anymore | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 10 | I believe I am able to control my diabetes the way my doctor expects | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 11 | If I do everything my doctor tells me, I can prevent the complications of diabetes like blindness, amputations, kidney failure, impotence, etc. | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |
| 12 | I believe that diabetes is controllable | 1  Strongly Disagree | 2  Moderately Disagree | 3  Disagree | 4  Agree | 5  Moderately Agree | 6  Strongly  Agree |

**Problem Areas In Diabetes (PAID) Questionnaire**

**INSTRUCTIONS:** Which of the following diabetes issues are currently problems for you?

Circle the number that gives the best answer for you. Please provide an answer for each question

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Not a problem | Minor problem | Moderate problem | Somewhat serious problem | Serious problem |
| 1. | Not having care and concrete goals for your diabetes care? | 0 | 1 | 2 | 3 | 4 |
| 2. | Feeling discouraged with your diabetes treatment plan? | 0 | 1 | 2 | 3 | 4 |
| 3. | Feeling scared when you think about living with diabetes? | 0 | 1 | 2 | 3 | 4 |
| 4. | Uncomfortable social situations related to your diabetes care  (e.g., people telling you what to eat)? | 0 | 1 | 2 | 3 | 4 |
| 5. | Feelings of deprivation regarding food and meals? | 0 | 1 | 2 | 3 | 4 |
| 6. | Feeling depressed when you think about living with diabetes? | 0 | 1 | 2 | 3 | 4 |
| 7. | Not knowing if your mood or feelings are related to your diabetes? | 0 | 1 | 2 | 3 | 4 |
| 8. | Feeling overwhelmed by your diabetes? | 0 | 1 | 2 | 3 | 4 |
| 9. | Worrying about low blood sugar reactions? | 0 | 1 | 2 | 3 | 4 |
| 10. | Feeling angry when you think about living with diabetes? | 0 | 1 | 2 | 3 | 4 |
| 11. | Feeling constantly concerned about food and eating? | 0 | 1 | 2 | 3 | 4 |
| 12. | Worrying about the future and the possibility of serious complications? | 0 | 1 | 2 | 3 | 4 |
| 13. | Feelings of guilt or anxiety when you get off track with your diabetes management? | 0 | 1 | 2 | 3 | 4 |
| 14. | Not "accepting" your diabetes? | 0 | 1 | 2 | 3 | 4 |
| 15. | Feeling unsatisfied with your diabetes physician? | 0 | 1 | 2 | 3 | 4 |
| 16. | Feeling that diabetes is taking up too much of your mental and physical energy every day? | 0 | 1 | 2 | 3 | 4 |
| 17. | Feeling alone with your diabetes? | 0 | 1 | 2 | 3 | 4 |
| 18. | Feeling that your friends and family are not supportive of your diabetes management efforts? | 0 | 1 | 2 | 3 | 4 |
| 19. | Coping with complications of diabetes? | 0 | 1 | 2 | 3 | 4 |
| 20. | Feeling "burned out" by the constant effort needed to manage diabetes? | 0 | 1 | 2 | 3 | 4 |

**Latino Dietary Behaviors Questionnaire (LDBQ-English)**

Interviewer: Please read ALL response options to the participant

1. \* How often do you eat fried foods per week?
   * **5**. ❒ never
   * **4**. ❒ less than once a week
   * **3**. ❒ about once a week
   * **2**. ❒ 2–5 times per week
   * **1**. ❒ about once a day
   * **0**. ❒ 2 or more times per day
2. \* How often do you drink regular soft drinks or soda pop? (includes regular soda and regular juices)
   * **5**. ❒ never
   * **4**. ❒ less than once a week
   * **3**. ❒ about once a week
   * **2**. ❒ 2–5 times per week
   * **1**. ❒ about once a day
   * **0**. ❒ 2 or more times per day
3. \* How often do you drink diet soft drinks or soda pop (including diet soda and juices)
   * **5**. ❒ never
   * **4**. ❒ less than once a week
   * **3**. ❒ about once a week
   * **2**. ❒ 2–5 times per week
   * **1**. ❒ about once a day
   * **0**. ❒ 2 or more times per day
4. \* How often do you eat regular white rice or white bread? (not whole grain)
   * **5**. ❒ never
   * **4**. ❒ less than once a week
   * **3**. ❒ about once a week
   * **2**. ❒ 2–5 times per week
   * **1**. ❒ about once a day
   * **0**. ❒ 2 or more times per day
5. How often do you drink 1% or skim milk?
   * 0. ❒ Rarely or never
   * 1. ❒Sometimes
   * 2. ❒ Many times
   * 3. ❒ All of the time
6. How often do you eat sweets with artificial sweeteners? (like Splenda, Equal, or Sweet& Low) (including desserts, candies, pastry and ice cream)
   * 0. ❒ Rarely or never
   * 1. ❒Sometimes
   * 2. ❒ Many times
   * 3. ❒ All of the time
7. How often do you drink coffee or tea without sugar OR with artificial sweeteners (like Splenda, Equal, or Sweet & Low)?
   * 0. ❒ Rarely or never
   * 1. ❒ Sometimes
   * 2. ❒ Many times
   * 3. ❒ All of the time
8. \* How often do you eat chicken with the skin?
   * **3**. ❒ Rarely or never
   * **2**. ❒ Sometimes
   * **1**. ❒ Many times
   * **0**. ❒ All of the time
9. How often do you control the amount of food that you eat? Or try to eat smaller portions?
   * 0. ❒ Rarely or never
   * 1. ❒ Sometimes
   * 2. ❒ Many times
   * 3. ❒ All of the time
10. How often do you change your foods to make them healthier?
    * 0. ❒ Rarely or never
    * 1. ❒ Sometimes
    * 2. ❒ Many times
    * 3. ❒ All of the time
11. How often do you eat a complete breakfast, and not just coffee and crackers?
    * 0. ❒ Rarely or never
    * 1. ❒ Sometimes
    * 2. ❒ Many times
    * 3. ❒ All of the time
12. How many complete meals do you eat during the day almost every day? (do not include snacks or what you pick at during the day? (Interviewer: breakfast ought to include more than just coffee and crackers)
    * ❒ Only one complete meal (Complete breakfast, or lunch, or dinner)
    * ❒ Two complete meals only (Lunch/dinner, or breakfast/dinner, or breakfast/lunch)
    * ❒ Three complete meals (Breakfast, lunch and dinner)
13. \* How many times in a week or month do you eat breakfast, lunch or dinner prepared at restaurants or fast food places? (such as McDonald’s, Burger King, Wendy’s, Arby’s, Pizza Hut or Kentucky Fried Chicken; DO NOT include meals-on wheels)
    * 0. 3 or more times per month
    * 1. 2–3 times per month
    * 2. 1 time per month
    * 3. Almost never or less than 1 time per month