

Today's Date: \_\_\_\_\_

Participant ID: \_\_\_\_\_

Study Site ID: \_\_\_\_\_

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 IN ORDER TO KEEP FROM HAVING LOW BLOOD SUGAR. Circle the number that best describes YOU.

	Never	Rarely	Sometimes	Often	Almost Always
1. Eat large snacks at bedtime	0	1	2	3	4
2. Try not to be by myself when my sugar is likely to be low	0	1	2	3	4
3. Keep blood sugars a little high to be on the safe side	0	1	2	3	4
4. Keep blood sugar higher when I will be alone for a while	0	1	2	3	4
5. Eat something as soon as I feel the first sign of low blood sugar	0	1	2	3	4
6. Take less insulin when I think my blood sugar might be too low	0	1	2	3	4
7. Keep my blood sugar higher when I am going to be away from home	0	1	2	3	4
8. Carry some kind of sugar, drink, or food with me	0	1	2	3	4
9. Try not to do a lot of exercise when I think my sugar is low	0	1	2	3	4
10. Check my sugar often when I plans go away from home	0	1	2	3	4

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II. Worry: Below is a list of things young people with diabetes sometimes worry about concerning low blood sugars. Circle one of the numbers that best describes YOU.

	Never	Rarely	Sometimes	Often	Almost Always
11. Not recognizing my sugar is low	0	1	2	3	4
12. Not having food, fruit or juice with me when my blood sugar gets low	0	1	2	3	4
13. Feeling dizzy or passing out in public because of low blood sugar	0	1	2	3	4
14. Having a low blood sugar while asleep	0	1	2	3	4
15. Embarrassing myself because of low blood sugar	0	1	2	3	4
16. Having low blood sugar while I am by myself	0	1	2	3	4
17. Looking “stupid” or clumsy in front of other people	0	1	2	3	4
18. Losing control because of low blood sugar	0	1	2	3	4
19. No one being around to help me during a low	0	1	2	3	4
20. Making a mistake or having an accident at school	0	1	2	3	4
21. Getting in trouble at school because of something that happens when my sugar is low	0	1	2	3	4
22. Having seizures	0	1	2	3	4
23. Getting long-term complications from low blood sugar	0	1	2	3	4
24. Feeling dizzy or woozy when my blood sugar is low	0	1	2	3	4
25. Having a low blood sugar	0	1	2	3	4