

DSSQ: Family

We want to know **how often** your family members do things to **help or support your diabetes**. There are no right or wrong answers. Just circle the number that indicates how often these things happen with your family.

We also want to know how you feel about your family's behavior. Everyone has different ideas about what is helpful and supportive. **We want to know what is helpful and supportive for you**. Circle the number that shows how supportive each behavior is for **YOU**.

These are the scales to use in answering the questions:

How often does this happen?

<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Never	Less Than 2x a month	Twice a Month	Once a Week	Several times a Week	At least once a day

When this happens, how do you feel about it?

<u>-1</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>
Unhelpful or NOT Supportive	Neutral	A little Helpful or Supportive	Helpful/ Supportive	Very Supportive

Note: If a behavior listed never happens, circle "0" for "never". Please try to rate how you think you would feel if this did happen.

How often does a family member....

**How does this make you feel?.....
or How would you feel?**

INSULIN INJECTIONS

1. Give you your injections.

How often? 0 1 2 3 4 5
(circle one)

It feels: -1 0 1 2 3
(circle one)

2. Nag you about your injections.

How often? 0 1 2 3 4 5
(circle one)

It feels: -1 0 1 2 3
(circle one)

3. Remind you to take your insulin.

How often? 0 1 2 3 4 5
(circle one)

It feels: -1 0 1 2 3
(circle one)

4. Praise you for giving yourself injections correctly or on time.

How often? 0 1 2 3 4 5
(circle one)

It feels: -1 0 1 2 3
(circle one)

5. Help out when you give yourself insulin.

How often? 0 1 2 3 4 5
(circle one)

It feels: -1 0 1 2 3
(circle one)

6. Wake you up so you can take your morning injection on time.

How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

7. Change their own schedule to get an early start too, when you give yourself a morning injection.

How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

8. Check after you've taken your insulin to make sure you've done it.

How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

9. Get on your case about taking insulin, after you were late or forgot.

How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

How often does this happen?	<u>0</u> Never	<u>1</u> Less Than 2x a month	<u>2</u> Twice a Month	<u>3</u> Once a Week	<u>4</u> Several times a Week	<u>5</u> At least once a day
When this happens, how do you feel about it?	<u>-1</u> Unhelpful Or NOT Supportive	<u>0</u> Neutral	<u>1</u> A little Helpful or Supportive	<u>2</u> Helpful/ Supportive	<u>3</u> Very Supportive	

How often does a family member...

**How does this make you feel?...
or How would you feel?**

10. Let you know they appreciate how difficult it is to take insulin injections.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

BLOOD TESTING

11. Ask you about the results of your blood tests.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

12. Watch you test your blood sugars to see what the values are.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

13. Nag you until you do your testing.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

14. Remind you to test urine for ketones.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

15. Test your blood sugar for you.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

16. Remind you to test your blood sugar.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

17. Make sure you have materials needed for blood testing (e.g., chemstrips, etc).
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

18. Let you know that they appreciate how hard it is to test blood sugars every day.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

19. Set up the materials you need for testing your blood sugar.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

20. Praise you for testing your blood sugar on your own.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

21. Help out when you test your blood sugar.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

22. Keep track of testing results for you.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

23. Watch you for signs that your blood sugar is low.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

24. Help out when you might be having a reaction.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

MEAL PLAN

25. Encourage you to eat the right foods.
How often? 0 1 2 3 4 5 It feels: -1 0 1 2 3

How often does this happen?	<u>0</u> Never	<u>1</u> Less Than 2x a month	<u>2</u> Twice a Month	<u>3</u> Once a Week	<u>4</u> Several times a Week	<u>5</u> At least once a day
When this happens, how do you feel about it?	<u>-1</u> Unhelpful Or NOT Supportive	<u>0</u> Neutral	<u>1</u> A little Helpful or Supportive	<u>2</u> Helpful/ Supportive	<u>3</u> Very Supportive	

How often does a family member...

**How does this make you feel?...
or How would you feel?**

- | | |
|--|----------------------|
| 26. Let you know they understand how important it is for you to eat right.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 27. Ask if certain foods are okay for you to eat, before serving them.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 28. Do the grocery shopping for your meals.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 29. Schedule meals at the times you need to eat.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 30. Remind you about sticking to your meal plan.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 31. Suggest foods you can eat on your meal plan.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 32. Join you in eating the same foods as you.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 33. Get on your case after you ate something you shouldn't.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 34. Avoid tempting you with food or drinks that you shouldn't have.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 35. Watch what you eat to make sure that you eat the right foods.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 36. Cook meals for you that fit your meal plan.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 37. Choose restaurants that serve food you can eat.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 38. Eat at the same time you do.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 39. Praise you for following your diet.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 40. Tell you when you've eaten too much or too little.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 41. Show they're pleased when you've eaten right.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |
| 42. Keep track of your meal plan for you.
How often? 0 1 2 3 4 5 | It feels: -1 0 1 2 3 |

How often does this happen?	<u>0</u> Never	<u>1</u> Less Than 2x a month	<u>2</u> Twice a Month	<u>3</u> Once a Week	<u>4</u> Several times a Week	<u>5</u> At least once a day
When this happens, how do you feel about it?	<u>-1</u> Unhelpful Or NOT Supportive	<u>0</u> Neutral	<u>1</u> A little Helpful or Supportive	<u>2</u> Helpful/ Supportive	<u>3</u> Very Supportive	

How often does a family member...

**How does this make you feel?...
or How would you feel?**

43. Buy special foods that you can eat.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

44. Tell you not to eat something you shouldn't.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

Exercise

45. Suggest ways you can get exercise.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

46. Remind you to exercise.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

47. Invite you to join in exercising with them.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

48. Get on your case when you haven't exercised.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

49. Congratulate or praise you for exercising regularly.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

50. Bug you about exercising.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

51. Encourage you to join an organized sports activity (e.g., little league, gymnastics).
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

52. Buy sports equipment for you (e.g., tennis racquet).
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

53. Exercise with you.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

General Items

54. Are available to listen to concerns or worries about your diabetes care.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

55. Give you things to read on diabetes care.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

56. Tell you how well you've been doing with your diabetes care.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

57. Encourage you to do a good job of taking care of your diabetes.
How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3

58. Understand when you sometimes make mistakes in taking care of your diabetes.

How often? 0 1 2 3 4 5

It feels: -1 0 1 2 3
