

ADQ-C-C
(Conventional treatment)

Please look at the following questions and circle the number, that best describes how you (possibly with the help of your parents/caregivers) have managed your diabetes care. Use the following scale:

- 1 = Have not done it at all
- 2 = Have seldom done it
- 3 = Have done it about half the time
- 4 = Have usually done it
- 5 = Have always done it

How did you (possibly with the help of your parents/caregivers) <u>within the preceding month</u> handle your diabetes care in relation to.....	Not at all	Seldom	Half the time	Usually	Always
1...planning meals in accordance with the system that you've been taught?	1	2	3	4	5
2... weighing or measuring your food, or counting carbohydrates?	1	2	3	4	5
3... limiting the amount of food that contains a lot of sugar or fat?	1	2	3	4	5
4...taking the amount of insulin, that your doctors prescribed (including adjustments based on blood sugar level)?	1	2	3	4	5
5... taking your insulin at the right times?	1	2	3	4	5
6... alternating injection sites to avoid lipohypertrophy (build-up of lumps under the skin)?	1	2	3	4	5
7... how often you should check your blood sugar	1	2	3	4	5
8... measuring blood glucose before every meal?	1	2	3	4	5
9...remembering to carry 'fast sugar' (e.g. juice, dextrose or the like)?	1	2	3	4	5
10... exercising or participating in some form of physical activity?	1	2	3	4	5
11... adjusting the amount of insulin or food based on how much and how strenuous you have exercised?	1	2	3	4	5
12... adjusting the amount of insulin based on your blood sugar levels?	1	2	3	4	5

How do you (possibly with the help of your parents/caregivers) <u>generally</u> handle your diabetes treatment in relation to...	Not at all	Seldom	Half the time	Usually	Always
13... adjusting the amount of insulin when you are ill?	1	2	3	4	5
14... detecting and responding to the early signs of <u>low</u> blood sugar?	1	2	3	4	5
15... detecting and responding to the early signs of <u>high</u> blood sugar?	1	2	3	4	5
16... attending check-ups at the diabetes clinic every three months?	1	2	3	4	5
17... keeping the agreements that you make with your health care personnel regarding your treatment?	1	2	3	4	5
18... keeping a "diary" of the amount of insulin you take, when your health care personnel ask you to?	1	2	3	4	5
19... recording your blood sugar levels in your chart/diabetes diary, when your health care personnel asks you to?	1	2	3	4	5

Scoring:

The ADQ is scored by calculating the mean of all item responses. A total of 4 missings are allowed.



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