

ADQ-C-P
(Conventional treatment)

Please look at the following questions and circle the number, that best describes how your child (possibly with your help) has managed his/her 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 your child (possibly with your help) within the preceding month handle his/her diabetes care in relation to.....	Not at all	Seldom	Half the time	Usually	Always
1...planning meals in accordance with the system that he/she has been taught?	1	2	3	4	5
2... weighing or measuring his/her 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 his/her doctors prescribed (including adjustments based on blood sugar level)?	1	2	3	4	5
5... taking his/her 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 he/she should check his/her blood sugar	1	2	3	4	5
8... measuring his/her blood sugar 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 he/she has exercised?	1	2	3	4	5
12... adjusting the amount of insulin based on his/her blood sugar levels?	1	2	3	4	5

How does your child (possibly with your help) <u>generally</u> handle his/her diabetes treatment in relation to...	Not at all	Seldom	Half the time	Usually	Always
13... adjusting the amount of insulin when he/she is 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 he/she makes with his/her health care personnel regarding his/her treatment?	1	2	3	4	5
18... keeping a "diary" of the amount of insulin he/she takes, when his/her health care personnel asks him/her to?	1	2	3	4	5
19... recording his/her blood sugar levels in his/her chart/diabetes diary, when the health care personnel ask him/her 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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