

**ADQ-C-PY**  
**(Conventional treatment)**

Please look at the following questions and circle the number, that best describes how you (possibly in cooperation with your child) have managed your child's 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 in cooperation with your child) <u>within the preceding month</u> handle your child's 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 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...giving the amount of insulin, that his/her doctors prescribed (including adjustments based on blood sugar level)?                         | 1          | 2      | 3             | 4       | 5      |
| 5... giving him/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 you should check his/her blood sugar   | 1          | 2      | 3             | 4       | 5      |
| 8... measuring his/her 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... getting him/her to exercise or participate 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 your child 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 do you (possibly in cooperation with your child) <u>generally</u> handle your child's 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 you make with your child's health care personnel regarding your child's treatment?           | 1          | 2      | 3             | 4       | 5      |
| 18... keeping a "diary" of the amount of insulin you give to your child, when your health care personnel asks you to?          | 1          | 2      | 3             | 4       | 5      |
| 19... recording his/her blood sugar levels in his/her chart/diabetes diary, when the 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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