

**ADQ-I-C**  
(Insulin pump users)

If you are using an insulin pump, 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 every time you eat?	1	2	3	4	5
6... changing the pump site at least every three days?	1	2	3	4	5
7... checking the injection site for infection ?	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

### **Scoring:**

The ADQ is scored by calculating the mean of all item responses. A total of 3 missings are allowed.

