

## 糖尿病問卷(2)

### Your Diabetes Questionnaire (2)

自我控制糖尿病有關知識及行為方面的問卷

Diabetes self management, knowledge and behaviour questionnaire

姓名 Name

填寫表格人姓名(如果不是你本人 Name of person who filled in the form (if not you)



#### 回答問題指引 About the form

我們要找出你對糖尿病的認識來幫助我們提供較理想的方法改善你的健康。

We want to find out what you know as this will help us manage your health better.

請嘗試回答所有問題

Try to answer all the questions.

如果你對問題不明白，請作出提問

If you don't understand a question please ask for help.

如何填寫這表格

**How to fill in the form:**

如有這個符號 “口” 的問題請用  回答

If there is a box “口”  please tick your answer

請圈出一個最適合你的號碼答案

If there are numbers , please circle

2

1. 以下答案反影你對糖尿病認識的程度？  
How good is your knowledge of diabetes?

	非常好 Very good	<input checked="" type="checkbox"/>
	好 Good	<input type="checkbox"/>
	滿意 OK	<input type="checkbox"/>
	差 Not very good	<input type="checkbox"/>
	非常差 Not good at all	<input type="checkbox"/>
	不知道 Don't know	<input type="checkbox"/>

2. 你知道糖尿病的徵兆嗎？ Do you know the symptoms of diabetes?

知 Yes  No 不知

如答“知”請寫出你知的徵兆


If yes, write down the symptoms you know about.


3. 你是否知道何謂血糖過低呢？ 是  否   
Do you know what a 'hypo' is? Yes  No



4. 你對血糖過低有幾多認識呢？ 請用  回答

How much do you know about a hypo? Please  your answer

非常多 Quite a lot	多 fairly well	滿意 OK	少 Not much	不知道 I don't know anything about a hypo
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5. 請用  來形容你最合適的答案

Please  the answer that best describes you

	我知道如何處理血糖過低 I know how to manage a hypo	
	我不肯定如何處理血糖過低 I'm not sure of how to manage a hypo	

6. 請寫出你知道的血糖過低資料及如何處理方法

Please tell us what you know about a hypo and how you would manage it.

7. 選出你應同的答案 

Tell us if you think the statements below are true or false

	對 True	錯 False	不知道 Don't know
定出一個周詳飲食計劃是方法之一，助你控制糖尿病 A carefully planned diet is one way that can help you manage your diabetes			
吃太多糖能引致糖尿病 Eating too much sugar causes diabetes			
糖尿病病人不應該做體能運動 People with diabetes should not be physically active			

8. 可否寫出因糖尿病所引起的長期性副作用及其他健康問題






Diabetes is a life long condition that can lead to other health problems. Please tell us any health problems you think it might cause.

9. 經過健康飲食課堂，請選以下最適合來形容你的答案？

Following the healthy living sessions, which statements best describe you?

我比以前做多了運動 I am more physically active	<input checked="" type="checkbox"/>
我打算開始做一些運動 I am planning to take up some form of regular physical activity	<input type="checkbox"/>
跟以前一樣 There is no change in my physical activity	<input type="checkbox"/>
我改變了飲食習慣 I have changed my eating habits	<input type="checkbox"/>
我預備作出一些改變 I am planning to change my eating habits	<input type="checkbox"/>
飲食習慣沒有改變 I am not changing my eating habits	<input type="checkbox"/>

10. 你對自己控制糖尿病的程度是? How good do you think your diabetes control is?

 非常好 Very good	<input checked="" type="checkbox"/>
 好 Good	<input type="checkbox"/>
 滿意 OK	<input type="checkbox"/>
 差 Not very good	<input type="checkbox"/>
 非常少 I don't know anything about diabetes	<input type="checkbox"/>

11. 經過小組討論，我對糖尿病處理增加了認識。你學到什麼？

Please tell us the most useful thing you have learned from the sessions.

12. 如希望在六個月內繼續跟進, 請在格內√

Yes 希望

No 不希望

If you wish to attend a follow up session in six months time, please tick the box

謝謝你填寫這問卷

Thank you for completing the formx