

糖尿病問卷(1)

Your Diabetes Questionnaire (1)

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






為了更易幫助閣下控制糖尿病，請盡你所能回答這問卷。答案是沒對錯之分。

We want to find out what you know as this will help us manage your health better, try to answer all the questions.

How to fill in the form: 如何填寫這表格

請 你選擇的答案。 If there is a box please tick your answer

1. 你對糖尿病認識的程度? How good is your knowledge of diabetes?

	非常好 Very good	
	好 Good	
	滿意 OK	
	差 Not very good	
	非常少 I don't know anything about diabetes	

2. 你是否知道糖尿病的徵兆？請在格內✓ 是 否

Do you know the symptoms of diabetes? Yes No

如答(是), 請寫出你知道的徵兆

If yes, write down the symptoms you know about.

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3. 你是否知道何謂低血糖嗎？ 是 否



Do you know what a 'hypo' is? Yes No

4. 你對低血糖認識多少？請用 ✓ 填寫以下答案

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

非常多 Quite a lot	多 lot	滿意 OK	少 Not a lot	完全不認識 I don't know anything about a hypo
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5. 請用 ✓ 來形容最適合你的答案 Please ✓ the answer that best describes you

	我知道如何應付血糖過低 I know how to manage a hypo	
	我並不知道如何處理血糖過低方法 I'm not sure of how to manage a hypo	

6. 請寫出你對低血糖的認識及處理方法。

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

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7. 選出你應同的答案







Tell us if you think the statements below are true or false or don't know

	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活動 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. 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	
	好 Good	
	滿意 OK	
	差 Not very good	
	非常差 Not good at all	
	不知道 Don't know	

10.請寫出你還有什麼想知道

Please tell us the things you would like to know more about.

謝謝你填寫這問卷

Thank you for completing the form