ANNEXURE-3

ADDQoL

This questionnaire asks about your quality of life – in other words how good or bad you feel your life to be.

Please put a “✓” in the box that best indicates your response for each item.

What we would like to know is how you feel about your life now.

I) In general, my present quality of life is:

- [ ] excellent
- [ ] very good
- [x] good
- [ ] neither good nor bad
- [ ] bad
- [ ] very bad
- [ ] extremely bad

Now we would like to know how your quality of life is affected by your diabetes, its management and any complications you may have.

II) If I did not have diabetes, my quality of life would be:

- [ ] very much better
- [ ] much better
- [ ] a little better
- [ ] the same
- [ ] worse
Please respond to the more specific questions on the following pages. For each aspect of life described:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>For Part (a): put a “✓” in one box to show how diabetes affects this aspect of your life;</td>
<td>For Part (b): put a “✓” in one box to show how important this aspect of your life is to your quality of life.</td>
</tr>
</tbody>
</table>

### Question 1

<table>
<thead>
<tr>
<th>(a)</th>
<th>If I did not have diabetes, I would enjoy my leisure activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very much more</td>
</tr>
<tr>
<td></td>
<td>much more</td>
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<tr>
<td></td>
<td>a little more</td>
</tr>
<tr>
<td></td>
<td>the same</td>
</tr>
<tr>
<td></td>
<td>less</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(b)</th>
<th>My leisure activities are:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very important</td>
</tr>
<tr>
<td></td>
<td>important</td>
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<tr>
<td></td>
<td>somewhat important</td>
</tr>
<tr>
<td></td>
<td>not at all important</td>
</tr>
</tbody>
</table>

### Question 2

**Are you currently working, looking for work or would you like to work?**

- Yes [ ] If yes, complete (a) and (b).
- No [ ] If no, go straight to Question 3.

<table>
<thead>
<tr>
<th>(a)</th>
<th>If I did not have diabetes, my working life would be:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very much better</td>
</tr>
<tr>
<td></td>
<td>much better</td>
</tr>
<tr>
<td></td>
<td>a little better</td>
</tr>
<tr>
<td></td>
<td>the same</td>
</tr>
<tr>
<td></td>
<td>worse</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(b)</th>
<th>For me, having a working life is:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very important</td>
</tr>
<tr>
<td></td>
<td>important</td>
</tr>
<tr>
<td></td>
<td>somewhat important</td>
</tr>
<tr>
<td></td>
<td>not at all important</td>
</tr>
</tbody>
</table>

### Question 3

<table>
<thead>
<tr>
<th>(a)</th>
<th>If I did not have diabetes, local or long distance journeys would be:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very much easier</td>
</tr>
<tr>
<td></td>
<td>much easier</td>
</tr>
<tr>
<td></td>
<td>a little easier</td>
</tr>
<tr>
<td></td>
<td>the same</td>
</tr>
<tr>
<td></td>
<td>more difficult</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(b)</th>
<th>For me, local or long distance journeys are:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very important</td>
</tr>
<tr>
<td></td>
<td>important</td>
</tr>
<tr>
<td></td>
<td>somewhat important</td>
</tr>
<tr>
<td></td>
<td>not at all important</td>
</tr>
<tr>
<td>Question</td>
<td>Description</td>
</tr>
<tr>
<td>----------</td>
<td>-------------</td>
</tr>
</tbody>
</table>
| 4 | Do you ever go on holiday or want to go on holiday?  
   Yes □ If yes, complete (a) and (b).  
   No □ If no, go straight to Question 5.  
   (a) If I did *not* have diabetes, my holidays would be:  
     □ very much better  
     □ much better  
     □ a little better  
     □ the same  
     □ worse  
   (b) For me, holidays are:  
     □ very important  
     □ important  
     □ somewhat important  
     □ not at all important |
| 5 |  
   (a) If I did *not* have diabetes, physically I could do:  
     □ very much more  
     □ much more  
     □ a little more  
     □ the same  
     □ less  
   (b) For me, how much I can do physically is:  
     □ very important  
     □ important  
     □ somewhat important  
     □ not at all important |
| 6 | Do you have family / relatives?  
   Yes □ If yes, complete (a) and (b).  
   No □ If no, go straight to Question 7.  
   (a) If I did *not* have diabetes, my family life would be  
     □ very much better  
     □ much better  
     □ a little better  
     □ the same  
     □ worse  
   (b) My family life is:  
     □ very important  
     □ important  
     □ somewhat important  
     □ not at all important |
| 7 |  
   (a) If I did *not* have diabetes, my friendships and social life would be:  
     □ very much better  
     □ much better  
     □ a little better  
     □ the same  
     □ worse  
   (b) My friendships and social life are:  
     □ very important  
     □ important  
     □ somewhat important  
     □ not at all important |
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
</tr>
</thead>
</table>
| 8 | Do you have a close personal relationship (for example husband/wife, close family member, close friend) or would you like to have such a relationship?  
   | Yes [ ] If yes, complete (a) and (b).  
   | No [ ] If no, go straight to Question 9.                                                          |
|   | (a) If I did **not** have diabetes, my closest personal relationship would be:  
   | very much better [ ] much better [ ] a little better [x] the same [ ] worse [ ] |
|   | (b) For me, having a close personal relationship is:  
   | very important [x] important [ ] somewhat important [ ] not at all important [ ] |
| 9 | Do you have or would you like to have a sex life?  
   | Yes [ ] If yes, complete (a) and (b).  
   | No [ ] If no, go straight to Question 10.                                                          |
|   | (a) If I did **not** have diabetes, my sex life would be:  
   | very much better [ ] much better [ ] a little better [x] the same [ ] worse [ ] |
|   | (b) For me, having a sex life is:  
   | very important [x] important [ ] somewhat important [ ] not at all important [ ] |
| 10| (a) If I did **not** have diabetes, my physical appearance would be:  
   | very much better [ ] much better [ ] a little better [x] the same [ ] worse [ ] |
|   | (b) My physical appearance is:  
   | very important [x] important [ ] somewhat important [ ] not at all important [ ] |
| 11| (a) If I did **not** have diabetes, my self-confidence would be:  
   | very much greater [ ] much greater [x] a little greater [ ] the same [ ] less [ ] |
|   | (b) My self-confidence is:  
   | very important [x] important [ ] somewhat important [ ] not at all important [ ] |
### 12 (a)
If I did not have diabetes, my motivation would be:
- □ very much greater
- □ much greater
- □ a little greater
- □ the same
- □ less

(b) My motivation is:
- □ very important
- □ important
- □ somewhat important
- □ not at all important

### 13 (a)
If I did not have diabetes, the way people in general react to me would be:
- □ very much better
- □ much better
- □ a little better
- □ the same
- □ worse

(b) The way people in general react to me is:
- □ very important
- □ important
- □ somewhat important
- □ not at all important

### 14 (a)
If I did not have diabetes, my feelings about the future (e.g. worries, hopes) would be:
- □ very much better
- □ much better
- □ a little better
- □ the same
- □ worse

(b) My feelings about the future are:
- □ very important
- □ important
- □ somewhat important
- □ not at all important

### 15 (a)
If I did not have diabetes, my financial situation would be:
- □ very much better
- □ much better
- □ a little better
- □ the same
- □ worse

(b) My financial situation is:
- □ very important
- □ important
- □ somewhat important
- □ not at all important

### 16 (a)
If I did not have diabetes, my living conditions would be:
- □ very much better
- □ much better
- □ a little better
- □ the same
- □ worse

(b) My living conditions are:
- □ very important
- □ important
- □ somewhat important
- □ not at all important
17 (a) If I did not have diabetes, I would have to depend on others when I do not want to:

<table>
<thead>
<tr>
<th></th>
<th>very much less</th>
<th>much less</th>
<th>a little less</th>
<th>the same</th>
<th>more</th>
</tr>
</thead>
</table>

(b) For me, not having to depend on others is:

|        | very important | important | somewhat important | not at all important |

18 (a) If I did not have diabetes, my freedom to eat as I wish would be:

|        | very much greater | much greater | a little greater | the same | less |

(b) My freedom to eat as I wish is:

|        | very important | important | somewhat important | not at all important |

19 (a) If I did not have diabetes, my freedom to drink as I wish (e.g. fruit juice, alcohol, sweetened hot and cold drinks) would be:

|        | very much greater | much greater | a little greater | the same | less |

(b) My freedom to drink as I wish is:

|        | very important | important | somewhat important | not at all important |

If there are any other ways in which diabetes, its management and any complications affect your quality of life, please say what they are below:


Thank you for completing this questionnaire.