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APPENDIX 1 DIABETES - QUESTIONNAIRE

OFFICE USE
ONLY

(PLEASE TICK THE CORRECT OPTION)

CODE

- 1) AGE: 10-20 1 31-40 3
 21-30 2 41-50 4
 OVER 50 5
- 2) GENDER: MALE 1 FEMALE 2
- 3) WHICH ETHNIC GROUP DO YOU BELONG TO?
- | | |
|--|-------------------------------------|
| ASIAN <input type="checkbox"/> 1 | BLACK <input type="checkbox"/> 3 |
| CAUCASIAN (WHITE) <input type="checkbox"/> 2 | COLOURED <input type="checkbox"/> 4 |
| OTHER <input type="checkbox"/> 5 | |
- 4.1) AT WHAT AGE WERE YOU DIAGNOSED A DIABETIC?
- _____ SPECIFY
- 4.2) IN UNCONTROLLED DIABETES (OUT OF THE NORMAL RANGE) THE BLOOD SUGAR IS:
- | | | |
|--------------------------|----------------------------|--|
| a) NORMAL | <input type="checkbox"/> 1 | |
| b) INCREASED | <input type="checkbox"/> 2 | |
| c) DECREASED | <input type="checkbox"/> 3 | |
| d) INCREASE AND DECREASE | <input type="checkbox"/> 4 | |
| e) I DON'T KNOW | <input type="checkbox"/> 5 | |

V1

V2

V3

V4

V5

5.1) **AT PRESENT WHAT ARE THE TYPES OF INSULIN REGIMES (INJECTIONS) USED.**

ACTRAPHANE	1(A)	HUMULIN 20/80	10(J)
ACTRAPID	2(B)	HUMULIN 30/70	11(K)
MIXTARD 10/90	3(C)	HUMULIN 40/60	12(L)
MIXTARD 20/80	4(D)	HUMULIN L	13(M)
MIXTARD 40/60	5(E)	HUMULIN N	14(N)
MIXTARD 50/50	6(F)	HUMULIN R	15(O)
MONOTARD	7(G)	HUMULIN U	16(P)
PROTOPHANE	8(H)	HUMALOG	17(Q)
ULTRATARD	9(I)	HUMALOG MIX 25	18(R)
HUMATROPE	19(S)	OTHER	20(T)

- V6**
- A
 - B
 - C
 - D
 - E
 - F
 - G
 - H
 - I
 - J
 - K
 - L
 - M
 - N
 - O
 - P
 - Q
 - R
 - S
 - T

6.1) **WHAT IS YOUR CURRENT DOSAGE OF INSULIN? STATE (B- BREAKFAST ; L-LUNCH; S-SUPER)**

6.1.1) **LONG LASTING :**

	DOSAGE
B	
L	
S	

V7A V7B V8C

--	--

6.1.2) **SHORT LASTING**

	DOSAGE
B	
L	
S	

V8A V8B V8C

--	--

6.1.3) **OTHER**

	DOSAGE
B	

V9A

SPECIFY: _____

L	
S	

6.2) THE NORMAL RANGE FOR BLOOD GLUCOSE IS:

- | | |
|-----------------|---|
| a) 7-15 mmol/l | 1 |
| b) 4-8 mmol/l | 2 |
| c) 2-10 mmol/l | 3 |
| d) I DON'T KNOW | 4 |

V10

7.1) DO YOU HAVE A FAMILY HISTORY OF DIABETES?

- | | |
|-----|---|
| YES | 1 |
| NO | 2 |

V 11

7.2) IF YES, WHAT RELATIONSHIP IS THIS PERSON TO YOU?

- | | | | |
|-------------|---|---------------------|---|
| MOTHER | 1 | FATHER | 4 |
| BROTHER | 2 | SISTER | 5 |
| GRANDPARENT | 3 | OTHER
(SPECIFY): | 6 |

V 12

8) HOW DO YOU FEEL ABOUT EXERCISE?

- | | | | | | |
|---------------|---|----------|---|-------------|---|
| VERY POSITIVE | 1 | POSITIVE | 2 | INDIFFERENT | 3 |
| NEGATIVE | 4 | | | | |

V13

9.1) WERE YOU PREVIOUSLY INVOLVED IN EXERCISE/SPORT BEFORE BEING DIAGNOSED AS HAVING DIABETES?

- | | | | |
|-----|---|----|---|
| YES | 1 | NO | 2 |
|-----|---|----|---|

V14

9.2) IF YES WAS THESE ACTIVITIES ON A :

COMPETATIVE BASIS 1 OR
RECREATIONAL BASIS 2

V15

9.3) IF YES, WHAT TYPES OF EXERCISE WERE YOU INVOLVED IN (AT MOST THREE (3) ACTIVITIES)

RACKET SPORT (EG TENNIS, SQUASH)	1	DANCE (BALLET, JAZZ)	6
WATER SPORT (EG SWIMMING)	2	GYM (WEIGHT, GYMNASTICS)	7
ATHLETICS (EG RUNNING)	3	BALL SPORT (EG SOCCER)	8
LEISURE SPORT (EG BUNGY JUMP, SKIPPING)	4	OTHER (SPECIFY)	9
BAT SPORT (CRICKET, HOCKEY)	5		

10.1) DO YOU AT PRESENT PARTICIPATE IN ANY FORM OF EXERCISE / SPORT?

YES 1 NO 2

V19

10.2) IF YES,

COMPETATIVE 1 OR
RECREATIONAL 2

V20

10.3) IF YES, WHAT TYPE OF ACTIVITIES (LIST AT MOST THREE(3) ACTIVITIES);

- a) _____
b) _____
c) _____

V21
 V22
 V23

IF NO, WHY?

V24

11.1) IF YOU ARE PRESENTLY INACTIVE, WOULD YOU LIKE TO PARTICIPATE IN SPORT/EXERCISE.

YES

NO

V25

11.2) IF NO, WHY?

V26

11.2.1) IF YOU ARE EXERCISING, HOW MANY MINUTES ON AVERAGE IS EACH OF YOUR EXERCISE SESSIONS?

LESS THAN 20 MINUTES

1
3

BETWEEN 20-45 MINUTES

MORE THAN 45 MINUTES

V27

11.3) HOW MANY EXERCISE SESSIONS DO YOU PARTICIPATE IN DURING THE WEEK?

ONCE

1
3

2-3 TIMES

4 AND MORE

V28

11.4) WHEN EXERCISING, INTENSELY DO YOU EXPERIENCE YOUR EXERCISE SESSIONS TO BE:

EXTREMELY LIGHT

1
4
7

VERY LIGHT

FAIRLY LIGHT

SOMEWHAT HARD

HARD

5

VERY HARD

6

EXTREMELY HARD

V29

12.1) HOW DO YOU GENERALLY FEEL AFTER EXERCISING:

- a) _____
- b) _____
- c) _____

	V39
	V40
	V41

13.2) IF PARTICIPATING IN OTHER PHYSICAL ACTIVITIES, HOW MANY MINUTES ON AVERAGE IS EACH OF THESE ACTIVITIES.

LESS THAN 20 MINUTES

MORE THAN 45 MINUTES

BETWEEN 20-45 MINUTES

	V42
--	-----

13.3) HOW MANY OF THESE PHYSICAL ACTIVITY SESSIONS DO YOU PARTICIPATE IN DURING THE WEEK.

ONCE

4 AND MORE

2-3 TIMES

	V43
--	-----

14.1) HOW FREQUENTLY DO YOU TAKE YOUR MEDICATION (INSULIN INJECTIONS).

ONCE A DAY

THREE TIMES A DAY

TWICE A DAY

MORE THAN THREE TIMES DAY

	V44
--	-----

14.2) AT WHAT TIME OF THE DAY DO YOU INJECT YOURSELF.

BEFORE BREAKFAST	1	AFTER BREAKFAST	2
BEFORE LUNCH	3	AFTER LUNCH	4
BEFORE SUPPER	5	AFTER SUPPER	6
OTHER: SPECIFY	7		

	V45A

14.3) WHAT SITES ON YOUR BODY DO YOU USE TO INJECT YOURSELF.

	V46A
--	------

THIGH
BUTTOCKS 3

ABDOMINAL AREA
OTHER 4

V46B
 V46C
 V46D

15.1) HOW OFTEN WOULD YOU CHARACTERISE YOUR SUGAR LEVEL AS BEING HIGH?

OCCASIONALLY 1

FREQUENTLY 2

V47

15.2) DO YOU FEEL PARTICIPATION IN SPORT/EXERCISE:

A) DECREASES YOUR BLOOD GLUCOSE LEVELS 1
B) INCREASES YOUR BLOOD GLUCOSE LEVELS 2
C) HAS NO EFFECT ON BLOOD GLUCOSE LEVEL 3

V48

16.1) DO YOU FEEL EXERCISE CAN HELP CONTROL YOUR DIABETES?

YES 1

NO 2

V49

16.2) IF YES, HOW?

V50

16.3) IF NO, WHY DO YOU FEEL EXERCISE IS FUTILE?

V51

17.1) **DO YOU THINK THAT GOOD DIET CONTROL IS AN IMPORTANT FACTOR TO A DIABETIC PERSON?**

YES

NO

V 52

17.2) **IF YES WHY?**

V53

17.2) **PEOPLE WITH DIABETES SHOULD:**

- a) **HAVE THEIR FOOD COOKED SEPERATELY FROM THAT OF THE FAMILY**
- b) **EAT THE SAME FOODS AT THE SAME TIME EACH DAY**
- c) **VARY THEIR DIET BY SUBSTITUTING DIFFERENT FOODS CORRECTLY FROM THE DIET EXCHANGE LIST**
- d) **EAT THE SAME FOOD COOKED FOR THE FAMILY**
- e) **I DON'T KNOW / NOT SURE**

V 54

17.3) **WHAT TYPES OF FOOD DO YOU MOST OFTEN HAVE IN YOUR MEALS:**

- a) **CARBOHYDRATE (EG RICE, PASTA, POTATOES, MAIZE ETC.)**
- b) **PROTEIN (EG NUTS, MEAT, POULTRY, LEGUMES, SOYA ETC.)**
- c) **FATS (EG BUTTER, MARGARINE, OIL, CHEESE CREAM ETC.)**
- d) **OTHER**

V 55

17.4) **RICE IS MAINLY:**

- a) **PROTEIN**

- b) CARBOHYDRATE

2

- c) FAT

3

- d) MINERAL AND VITAMIN

4

- e) I DON'T KNOW

5

V 56

17.5) WHICH OF THE FOLLOWING IS RICH IN CARBOHYDRATE:

- a) MEAT

1

- b) EGGS

2

- c) BUTTER

3

- d) MAIZE

4

- e) I DONT KNOW

5

V 57

18.1) DO YOU FEEL THE AIM OF GOOD DIETRY MANAGEMENT IN DIABETES IS TO:

- a) ASSIST IN ACHIEVING NORMOGLYCAEMIC (NORMAL BLOOD GLUCOSE LEVELS) IN CONJUNCTION WITH INSULIN THERAPY.

AGREE

1

 DISAGREE

2

V 58

- b) REDUCE THE RISK OF HYPOGLYCEMIA (LO) / HYPERGLYCEMIA (HIGH)

AGREE

1

 DISAGREE

2

V 59

- c) MAINTAIN OR ACHIEVE IDEAL BODY WEIGHT

AGREE

1

 DISAGREE

2

V 60

- d) MINIMIZE THE RISKS OF MICROVASCULAR (EG: EYE, FEET, KIDNEY PROBLEMS / MACROVASCULAR (EG:HEART, STROKE) COMPLICATIONS

AGREE

DISAGREE

V 61

19) **DO YOU THINK THE AMOUNT OF FOOD CONSUMED DIRECTLY AFFECTS BLOOD GLUCOSE LEVELS:**

YES

NO

V 62

20) **WHICH OF THE FOLLOWING FACTORS TOGETHER WITH MEAL PLANNING DO YOU BELIEVE IS NECESSARY TO ACHIEVE MANAGEMENT GOALS:**

a) DIET

b) DIET AND INSULIN

c) INSULIN ONLY

d) DIET, INSULIN, AND EXERCISE

V63

21) **EATING HABITS OVER THE PAST SEVEN (7) DAYS.**

21.1) **HOW OFTEN DID YOU FOLLOW A DAILY BALANCED DIET OVER THE LAST 7 DAYS?**

ALWAYS

USUALLY

SOMETIMES

RARELY

NEVER

V64

21.2) **DURING THE PAST WEEK, WHAT PERCENTAGE OF YOUR MEALS INCLUDED HIGH FIBRE FOOD, SUCH AS FRUITS, FRESH VEGETABLES, WHOLE GRAIN BREAD, DRIED BEANS, PEAS AND BRAN?**

0% (NONE)

25% (1/4)

50% (1/2)

75% (3/4)

100% (ALL)

V65

21.3) **DURING THE PAST WEEK ,WHAT PERCENTAGE OF YOUR MEALS INCLUDED HIGH FAT FOOD SUCH AS BUTTER, ICECREAM, OIL, NUTS AND SEEDS, MAYONNAISE, AVACADO, DEEP FRIED FOOD, SALAD DRESSING, BACON,**

OTHER MEAT WITH FAT OR SKIN?

0% (NONE)	<input type="text" value="1"/>	25% (1/4)	<input type="text" value="2"/>	50% (1/2)	<input type="text" value="3"/>	<input type="checkbox"/> V66
75% (3/4)	<input type="text" value="4"/>	100% (ALL)	<input type="text" value="5"/>			

21.4) **DURING THE WEEK WHAT PERCENTAGE OF YOUR MEALS INCLUDED SWEETS AND DESSERTS SUCH AS PIE, CAKE, JELLY, SOFT DRINKS (REGULAR NOT DIET DRINKS), COOKIES.**

0% (NONE)	<input type="text" value="1"/>	25% (1/4)	<input type="text" value="2"/>	50% (1/2)	<input type="text" value="3"/>	<input type="checkbox"/> V67
75% (3/4)	<input type="text" value="4"/>	100% (ALL)	<input type="text" value="5"/>			

EXERCISE

21.5) **ON HOW MANY TIMES OF THE LAST 7 DAYS DID YOU PARTICIPATE IN AT LEAST 20 MINUTES OF PHYSICAL ACTIVITY?**

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

 V68

21.6) **ON HOW MANY TIMES OF THE LAST 7 DAYS DID YOU PARTICIPATE IN A SPECIFIC EXERCISE SESSION OTHER THAN WHAT YOU DO AROUND THE HOUSE OR AS PART OF YOUR WORK?**

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

 V69

DIABETES MEDICATION

21.7) **HOW MANY OF YOUR RECOMMENDED INSULIN INJECTIONS DID YOU TAKE IN THE LAST 7 DAYS:**

ALL OF THEM	<input type="text" value="1"/>	MOST OF THEM	<input type="text" value="2"/>	SOME OF THEM	<input type="text" value="3"/>	<input type="checkbox"/> V70
NONE OF THEM	<input type="text" value="4"/>	I DON'T TAKE INSULIN	<input type="text" value="5"/>			

GLUCOSE TESTING

21.8) **ON HOW MANY OF THE LAST 7 DAYS (THAT YOU WERE NOT SICK) DID YOU TEST YOUR GLUCOSE (BLOOD SUGAR) LEVELS?**

EVERYDAY 1 MOST DAYS 2 SOME DAYS 3
NONE OF THE DAYS 4

V71

AFTER-EFFECTS

21.9) WHAT EFFECT DID EXERCISING AND MEDICATION COMBINED HAVE ON YOUR GLUCOSE LEVELS:

- a) DECREASE YOUR GLUCOSE LEVELS 1
b) INCREASE YOUR GLUCOSE LEVELS 2
c) HAVE NO EFFECT ON YOUR GLUCOSE LEVELS 3

V72

THANK YOU !!

DIABETES - QUESTIONNAIRE

**OFFICE USE
ONLY**

(SEBENZISA ÖEZIMPENDULWENI EZIYIZO)

CODE

1) **IMINYAKA:** 10-20
21-30
NGAPHEZU KUKA-50

1
2
5

31-40	3
41-50	4

V1

2) **UBULILI:** OWESILISA

1

OWESIFAZANE

2

V2

3) **UBUHLANGA:**

ASIAN	1
CAUCASIAN (WHITE)	2
OTHER	5

BLACK	3
COLOURED	4

V3

4.1) **WAWUNEMINYAKA EMINGAKI UQALA UKWELASHELWA ISIFO SIKASHUKELA?**

_____ CHAZA

V4

4.2) **KUSHUKELA ONGATHIBEKIWE (ONGAPHANDLE KWEZINGA ELAMUKELEKILE) USHUKELA OSEGAZINI:**

- a) UBA SEZINGENI ELIKAHLE
- b) UYENYUKA
- c) UYEHLA
- d) UYENYUKA UBUYE WEHLE
- e) ANGAZI

1
2
3
4
5

V5

5.1) NJENGAMANJE YIZIPHI IZINHLOBO ZE-INSULIN (IMIJOVO) OYISEBENZISAYO?

ACTRAPHANE	1(A)	HUMULIN 20/80	11(K)
ACTRAPID	2(B)	HUMULIN 30/70	12(L)
MIXTARD 10/90	3(C)	HUMULIN 40/60	13(M)
MIXTARD 20/80	4(D)	HUMULIN L	14(N)
MIXTARD 40/60	5(E)	HUMULIN N	15(O)
MIXTARD 50/50	6(F)	HUMULIN R	16(P)
MONOTARD	7(G)	HUMULIN U	17(Q)
PROTOPHANE	8(H)	HUMALOG	18(R)
ULTRATARD	9(I)	HUMALOG MIX 25	19 (S)
HUMATROPE	10(J)	OKUNYE	20(T)

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T

6.1) USEBENZISA INANI ELINGAKANANI LE-INSULIN?
 CHAZA: (B- IBHULAKUFESI {ISIDLO SASEKUSENI})
 (L- ILANTSHI {ISIDLO SASEMINI})
 (S- ISAPHA {ISIDLO SANTAMBAMA})

6.1.1) UBUDE BESIKHATHI ESIYIHLAYO:

	ISIKALO
B	
L	
S	

V7A V7B

--	--

6.1.2) UBUFISHANE BESIKHATHI ESIYIOHLALAYO

	ISIKALO
B	
L	
S	

V8A V8B

--	--

6.1.3) OKUNYE
 CHAZA : _____

	ISIKALO
B	
L	
S	

V9A V9B

--	--

6.2) USHUKELA (I-GLUCOSE) OSEGAZINI NGOKUJWAYELEKILE:

- | | |
|----------------|---|
| a) 7-15 mmol/l | 1 |
| b) 4-8 mmol/l | 2 |
| c) 2-10 mmol/l | 3 |
| d) ANGAZI | 4 |

V10

7.1) UKHONA YINI OWOMNDENI ONOMLANDO WESIFO SIKASHUKELA?

- | | |
|------|---|
| YEBO | 1 |
| QHA | 2 |

V 11

7.2) UMA EKHONA, UHLOBENE KANJANI NAYE?

- | | | | |
|-----------------|---|------------|---|
| UMAMA | 1 | UBABA | 4 |
| UBHUTI | 2 | UDADEWETHU | 5 |
| UGOGO / UMKHULU | 3 | OKUNYE | 6 |
- (CHAZA): _____

V 12

8) KUKUPHATHA KANJANI UKUZILOLONGA?

- | | | | | | |
|---------------|---|-------|---|--------|---|
| KAHLE KAKHULU | 1 | KAHLE | 2 | ANGAZI | 3 |
| KABI | 4 | | | | |

V13

9.1) WAKE WANGENA YINI OHLELWENI LOKUZIVOCAVOCA NOMA LOKUZILOLONGA KUMBE KWEZEMIDLALO NGAPHAMBI KOKUBA WELASHELWE ISIFO SIKASHUKELA?

- | | | | |
|------|---|-----|---|
| YEBO | 1 | QHA | 2 |
|------|---|-----|---|

V 14

9.2) UMA KUNGU "YEBO" LOKHU KUZIQEQESHA KWAKUNGOKOKU:

- | | | |
|---------------------------|---|----|
| ZIQEQESHELA IMIQHUDELWANO | 1 | OR |
| OKOKUZIJABULISA | 2 | |

V15

9.3) UMA KUNGU "YEBO" YIZIPHI IZINHLOBO ZEMIDLALO OWAWUZENZA?
(OKUNGENANI 3 WEMIDLALO)

RACKET SPORT (EG TENNIS, SQUASH)	1	DANCE (BALLET, JAZZ)	6
WATER SPORT (EG SWIMMING)	2	GYM (WEIGHT, GYMNASTICS)	7
ATHLETICS (EG RUNNING)	3	BALL SPORT (EG SOCCER)	8
LEISURE SPORT (EG BUNGY JUMP, SKIPPING)	4	UKUNYE (CHAZA)	9
BAT SPORT (CRICKET, HOCKEY)	5		

10.1) NJENGAMANJE USAZILOLONGA YINI NOMA UKHONA YINI UMDLALO OWENZAYO?

YEBO 1

QHA 2

 V19

10.2) UMA KUNGU "YEBO"

IMIQUDELWANO 1 OR

OKOKUZIJABULISA 2

 V20

10.3) UMA KUNGA "YEBO" NHLOBO ZINI ZEMIDLALO? (BHALA OKUNGENANI IZINHLOBO EZINTATHU).

a) _____

b) _____

c) _____

 V21

 V22

 V23

10.4) UMA KUNGU "QUA" CHAZA KUNGANI?

 V24

11.1) UMA UNGENZI LUTHO OKWAMANJE, UNGATHANDA YINI UKUNGENELA
IMIDLALO NOMA UKUZIVOCAVOCA

YEBO

QHA

V25

11.2) UMA UTHI "QHA" CHAZA KUNGANI?

V26

11.3) UMA UZIVOCAVOCA, ILINGANISELWA KUBANI IMIZUZU OYISEBENZISAYO
ENGXENYENI NGAYINYE YOKUZILOLONGA?

NGAPHANSI KWEMIZUZU ENGU 20

1

NGAPHEZULU KWEMIZUZU ENGU 45

2

PHAKATHI KUKU 20-45 IMIZUZU

3

V27

11.4) UZILOLONGA KANGAKI NGEVIKI?

KANYE

1

KABILI NOMA KATHATHU

2

KANE NOMA NGAPHEZULU

3

V28

11.5) UMA UZILOLONGA NGOKWEQILE UYE UZWE IZIKHATHI ZOKUZILOLONGA:

ZILULA NGOKWEQILE

1

ZILULA KAKHULU

2

ZILULA NGOKUSEZINGENI

3

ZINZIMA KANCANE

4

ZINZIMA

5

ZINZIMA KAKHULU

6

ZINZIMA NGOKWEQILE

7

V29

12.1) UYE UZIZWE UNJANI NGEMUVA KOKUZIVOCAVOCA?

NGIKHULULEKILE

1

NGIYE NGIKWAZI UKUNAKA

2

ANGIKHULULEKI

3

NGIKHATHALA KAKHULU

4

V30

12.2) NGAPHAMBI KOKUBA UZIVOCAVOCE NGOMFUTHO, UYE U:
(KHETHA OKUKODWA)

- a) **UJOVA NGE-INSULIN ENINGI NGAPHAMBI KOKUZILOLONGA**
- b) **UDLA UKUDLA OKUNESITASHI ESININGI UNGAKAYI KOKUZILOLONGA**
- c) **UDLA UKUDLA OKUNCANE NJE CISHE NGAPHAMBI KOKUZILOLONGA**
- d) **AKUKHO KULOKHU OKUNGENHLA**

1
2
3
4

V31

12.3) UTHOLA UKUZIVOCAVOCA NOMA IMIDLALO INENZUZO KUWENA?

YEBO

1

QHA

2

V32

12.4) UMA KUNGA "YEBO" YIYIPHI INZUZO?
(BHALA OKUNGENANI KUBE KUTHATHU)

- a) _____
- b) _____
- c) _____

V33
 V34
 V35

12.5) UMA KUNGU "QHA" KUNGANI UKUZIVOCAVOCA KUNGENANZUZO
KUWENA?
(BHALA OKUNGENANI KUBE KUTHATHU).

- a) _____
- b) _____
- c) _____

V36
 V37
 V38

13.1) YIMIPHI EMINYE IMISETSHENZANA OYENZAYO ENYAKAZISA UMZIMBA
(ISIBONELO : UKUSEBENZA ENGADINI) NGAPHANDLE

KOKUZIVOCAVOCA / EZEMIDLALO, OYENZA NJALO? (BHALA OKUTHATHU KUPHELA)

- a) _____
b) _____
c) _____

<input type="checkbox"/>	V39
<input type="checkbox"/>	V40
<input type="checkbox"/>	V41

13.2) UMA KUKHONO OKUNYE OKUNYAKAZISA UMZIMBA, KUTHATHA ISIKHATHI ESINGAKANANI IMVAMISA?

NGAPHANSI KWEMIZUZU ENGU 20

1

IMIZUZU EPHAKATHI KUKU 20-45

2

NGAPHEZULU KWEMIZUZU ENGU-45

3

<input type="checkbox"/>	V42
--------------------------	-----

13.3) UYENZA KANGAKI LEMISETSHENZANA NGEVIKI?

KANYE (ONCE)

1

 KABILI NOMA KATHATHU (2-3)

2

KANA NANGAPHEZULU (4->)

3

<input type="checkbox"/>	V43
--------------------------	-----

14.1) UVAMISE UKUYITHATHA KANGAKI IMITHI (IMIJOVO YE-INSULIN)?

KANYE NGELANGA / NGOSUKU

1

KABILI NGELANGA / NGOSUKU

2

KATHATHU NGELANGA / NGOSUKU

3

NGAPHEZULU KOKUTHATHU NGELANGA / NGOSUKU

4

<input type="checkbox"/>	V44
--------------------------	-----

14.2) YISIPHI ISIKHATHI SOSUKU OZUJOVA NGASO?

NGAPHAMBI KOKUDLA KWASEKUSENI	1
NGEMUVA KOKUDLA KWASEKUSENI	2
NGAPHAMBI KWESIDLO SASEMINI	3
NGEMUVA KWESIDLO SASEMINI	4
NGAPHAMBI KWESIDLO SANTAMBAMA	5
NGEMUVA KWESIDLO SANTAMBAMA	6
OKUNYE: CHAZA	7

<input type="checkbox"/>	V45
--------------------------	-----

14.3) UZUJOVA KUPHI NENDAWO EMZIMBENI?

ETHANGENI

IZINDAWO EZIZUNGEZE ISISU

EZINQENI

ENYE INDAWO

1
2
3
4

	V46A
	V46B
	V46C
	V46D

15.1) UVAME UKUBONA KANGAKI UKUTHI IZINGA LIKASHUKELA LIPHEZULU?

AKUVAMISILE

KUJWAYELEKILE / KWENZEKA NJALO

1
2

	V47
--	-----

15.2) UKUZIMBANDAKANYA KWEZEMIDLALO/UKUZIVOCAVOCA:

A) KUNCIPHISA AMAZINGA KASHUKELA EGAZINI

B) KWANDISA AMAZINGA KASHUKELA EGAZINI

C) AKWENZI MEHLUKO EMAZINGENI KASHUKELA EGAZINI

1
2
3

	V48
--	-----

16.1) UBONA UKUTHI UKUZIVOCAVOCA/UKUZILOLONGA KUNGASIZA EKUGCINENI IZINGA LIKASHUKELA LISENDIMENI

YEBO

1

QHA

2

	V49
--	-----

16.2) UMA KUNGU "YEBO" KANJANI?

	V50
--	-----

16.3) UMAKUNGU "QHA" KUNGANI UBONE UKUZIVOCAVOCA/UKUZILOLONGA KUNGENAMSEBENZI / KUNGASIZI LUTHO?

	V51
--	-----

17.1) UKUDLA NGENDELA EYTYONA UCABANGA KUBALULEKILE YINI KUMUNTU ONESIFOSIKSHUKELA?

YEBO

1

QHA

2

V 52

17.2) UMA KUNGU "YEBO" KUNGANI?

V53

17.3) ABANTU ABANESIFO SIKASHUKELA KUFANELE:

a) **BAPHEKELWE UKUDLA KWABO EKUSECELENI KWALOKHO OKOMNDENI**

1

b) **BADLE UKUDLA OKUFANAYO NGESIKHATHI ESIFANAYO USUKU NGOSUKU**

2

c) **BADLE UKUDLA OKUNHLOBONHLOBO NGOKUSHINTSHA IZINHLOBO NGENDLELA EYTYONA OHLWINI LOKUSHINTSHA UKUDLA**

3

d) **BADLE UKUDLA OKUFANAYO NALOKHO OKUPHEKELWE UMNDENI**

4

e) **ANGAZI / ANGINASO ISIQINISEKO**

5

V54

17.4) YIKUPHI UKUDLA OVAMISE UKUKUDLA EZIDLWENI ZAKHO:

a) **OKUNESITASHI-CARBOHYDRATES (ISIB: IRAYISI, UJEQE, AMAZAMBANE, UMMBILA NOKUNYE)**

1

b) **AMA-PROTEIN (ISIB: AMANTONGOMANE, INYAMA EBOMVA, INYAMA YEZINKUKHU, OKUSANHLAMVU NOKUNYE).**

2

c) **OKUNAMAFUTHA (ISIB: IBHOTELA, AMAFUTHA, USHIZI NOKUNYE)**

3

d) **OKUNYE**

4

V55

17.5) I-RAYISI LIYI-

- a) **PROTHEYINI (PROTEIN)**
- b) **CARBOHYDRATE**
- c) **AMAFUTHA (FAT)**
- d) **USAWOTANA (MINEAL) NOIMAVITAMIN**
- e) **ANGAZI**

1
2
3
4
5

V56

17.6) YIKUPHI KULOKHU OKULANDELAYO OKUNESITASHI ESININGI?

- a) **INYAMA**
- b) **AMAQANDA**
- c) **IBHOTELA**
- d) **UMMBILA**
- e) **ANGAZI**

1
2
3
4
5

V 57

18.1) UCABANGA UKUTHI INHLOSO YOKUDLA NGENDLELA EYTYONA (GOOD DIET) KUMUNTU ONESIFO SIKASHUKELA:

- a) **UKUSIZA EKWENZENI AMAZINGA KASHUKELA UKUBA AHLALE ESEZINGENI UMA ESETSHENZISWA KANYE NOKWELASHWA NGE-INSULIN.**

NGIYAVUMA

1

ANGIVUMI

2

V 58

- b) **INCIPHISA UBUNGOZI BE-HYPOGLYCEMIA (LO) / HYPERGLYCEMIA (HIGH)**

NGIYAVUMA

1

ANGIVUMI

2

V 59

- c) **UKUGCINA NOMA UKUBA NESISINDO SOMEIMBA ESAMUKELEKILE**

NGIYAVUMA

1

ANGIVUMI

2

V 60

- d) **INCIPHISA UBUNGOZI NEZINKINGA ZE-MICROVASCULAR (ISIB: AMEHLO, IZINYAWO, INKINGA YEZINSO) / ZE-MACROVASCULAR (ISIB: INHLIZIYO, UKUFA KOHLANGOTHI)**

NGIYAVUMA

1

ANGIVUMI

2

V 61

- 19) UCABANGA UKUTHI INANI LOKUDLA OKUDLIWE KUNOOMPHUMELA YINI EZINGENI LIKASHUKELA OSEGAZINI?

YEBO

1

QHA

2

V 62

- 20) YIKUPHI KULOKHU OKULANDELAYO OKUNGATHI UMA KUHLANGANISWE NOHLELO LOKUDLA OKHOLWA UKUTHI KUBALULEKILE EKUPHUMUMELELISENI IZINHLOSO ZOKUGADA IZINGA LIKASHUKELA:

- a) UKUDLA NGENDLELA EYIYONA
- b) UKUDLA NGENDLELA EYIYO KANYE NE-INSULIN
- c) I-INSULIN YODWA
- d) UKUDLA NGENDLELA EYIYONA, I-INSULIN KANYE NOKUZIVOCAVOCA

1

2

3

4

V63

- 21) IMIKHUBA YOKUDLA EZINSUKWINI EZIYISIKHOMBISA EZEDLULE

- 21.1) ULULANDELE KANGAKANANI UHLELO LOKUDLA OKUSESIMWENI KULEZINSUKU EZIYISIKHOMBISA EZEDLULE?

NJALO

NGAKUJWAYELEKILE

KOKUNYE / KWEZINYE IZIKHATHI

BENGINAVAMISILE

BENGINAKAZE

1

2

3

4

5

V64

- 21.2) NGESONTO ELEDLULE, AMAPHESENTI AMANGAKI OKUDLA KWAKHO AYEFAKE UKUDLA OKUMAHHADLAHADLA (HIGH FIBRE FOODS) NJENGEZITHELO, IMIFINO ESEMISHA, ISINKWA SIKAKOLWENI, UBHONTSHISI OWOMISIWE, UPHIZI KANYE NAMABELE?

0% (AWEKHO)

1

25% (1/4)

2

50% (1/2)

3

75% (3/4)

4

100% (KONKE)

5

V65

NGESONTO ELEDLULE, MANGAKI AMAPHESENTI OKUDLA KWAKHO OKWAKUNAMAFUTHA AMANINGI NJENGE BHOTELA U-ICE CREAM, AMAFUTHA, AMANTONGOMANE NOKUSANHLAMVU, I-MAYONNAISE, UKWATAPEYA, UKUDLA OKUBILISWE EMAFUTHENI, I-SALAD DRESSING, UBHEKENI NENYE INYAMA ENAMAFUTHA NESIKHUMBA?

0% (AKUKHO)

1
4

25% (1/4)

2
5

50% (1/2)

3

75% (3/4)

100% (KONKE)

V66

21.3) NGESONTO ELEDLULE, MANGAKI AMAPHESENTI OKUDLA KWAKHO OKWAKU-NAMASWIDI NAMA-DESSERTS ANJENGO-PHAYA, IKHEKHE, UJELI, NEZIPHUZO EZIBANDAYO (EZIJWAYELEKILE HHAYI-EZIYI-DIET) AMABHISIKIDI.

0% (AKUKHO)

1
4

25% (1/4)

2
5

50% (1/2)

3

75% (3/4)

100% (KONKE)

V67

UMSEBENZI

21.4) ZINGAKI IZIKHATHI EZINSUKWINI EZIYISIKHOMBISA EZEDLULE OWANYA-KAZISA NGAZO UMZIMBA OKUNGENANI IMIZUZU ENGAMASHUMI AMABILI?

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

V68

21.5) ZINGAKI IZIKHATHI EZINSUKWINI EZINGU 7 EZEDLULE OWAZIMBHANDAKANYA NGAZO OHLELWENI NGQO LOKUZIVONCAVOCA NGAPHANDLE KWEZINTO EZITHIZE OZENZA ENDLINI NOMA NJENGO KUNYE KOMSEBEZI WAKHO?

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

V69

IMITHI YOKWELAPHA ISIFO SIKASHUKELA

- 21.6) MINGAK IMIJOVO YE-INSULIN OKUVUMELEKE UKUBA UYITHATHE OYITHATHILE / OYISEBENZISILE EZINSUKWINI EZIWU-7 EZEDLULE?

YONKE	1
EMININGI YAYO	2
EMINYE YAYO	3
ANGIYITHATHANGA	4
ANGIYISEBENZISI I-INSULIN	5

V70

UKUHLOLA USHUKELA

- 21.7) IZIKHATHI EZINGAKI EZINSUKWINI EZIWU 7 EZEDLULE (LAPHO UNGAZANGE UGULE) OWAKE WAHLOLA AMAZINGA KASHUKELA EGAZINI LAKHO.

NSUKUZONKE	1
KANINGI	2
NGEZINYE IZINSUKU	3
ANGIKAZE	4

V71

OKWENZEKA KAMUVA

- 21.8) KUNAMPHUMELA MUNI UKUZIVOCAVOCA KANYE NOKUSEBENZISA IMITHI EMAZINGENI KASHUKELA WAKLO?

a) KWEHLISA IZINGA LIKASHUKELA EGAZINI	1
b) KWENYUSA IZINGA LIKASHUKELA EGAZINI	2
c) AKWENI LUTHO EZINGENI LIKASHUKELA OSEGAZINI	3

V72

SIYABONGA !!

APPENDIX 2

DIABETES - QUESTIONNAIRE

DEAR INSULIN DEPENDENT DIABETIC PATIENT/RESPONDENT

N.B. THIS QUESTIONNAIRE IS ADMINISTERED TO INSULIN-DEPENDENT DIABETIC PATIENTS ONLY-AIMING TO GATHER THEIR KNOWLEDGE OF, ATTITUDES AND BELIEFS TOWARDS AND PARTICIPATION IN EXERCISE/PHYSICAL ACTIVITY IN THE MANAGEMENT OF DIABETES

- 1. THIS QUESTIONNAIRE IS DESIGNED TO DETERMINE THE EXERCISE PRACTICES OF INSULIN DEPENDENT DIABETIC MELLITUS PATIENTS.**
- 2. THE INFORMATION GATHERED FROM THIS QUESTIONNAIRE WILL BE USED IN FORMULATING EDUCATIONAL MATERIAL REGARDING EXRCISE IN THE MANAGEMENT OF INSULIN DEPENDENT DIABETIC MELLITUS.**
- 3. THE COMPLETION OF THIS QUESTIONNAIRE WILL TAKE YOU APPROXIMATELY \pm 10 MINUTES.**
- 4. ALL INFORMATION WILL BE REGARDED AS STRICTLY CONFIDENTIAL .**
- 5. IF YOU ARE WILLING TO PARTICIPATE IN THIS STUDY PLEASE SIGN IN THE PLACE BELOW INDICATING YOUR INFORMED CONSENT.**

SIGNATURE

DATE

INSULIN EQUIVALENTS

NOVO NORDISK

ACTRAPID

- 5 HRS ONSET OF ACTION
- 2-5,5 HRS PEAK
- 5-8 HRS DURATION
- SOLUBLE, REGULAR INSULIN.
- HUMAN INSULIN, GENETICALLY ENGINEERED.

PROTOPHANE

- 1,5 HRS ONSET OF ACTION
- 4-12 HRS PEAK
- 24 HRS DURATION
- ISOPHANE INSULIN, NHP
- HUMAN GENETICALLY ENGINEERED

ACTRAPHANE

- .5HRS ONSET OF ACTION
- 2-3 HRS PEAK
- 24 HRS DURATION
- BIPHASIC INSULIN
- 30% REGULAR/70% NHP
- HUMAN GENETICALLY ENGINEERED

MONOTARD

- 2,5 HRS ONSET OF ACTION
- 7-15HRS PEAK
- 22 HRS DURATION
- INSULIN ZINC SUSPENSION
- HUMAN GENETICALLY ENGINEERED INSULIN

LILLY

HUMULIN R

- .5 HR ONSET OF ACTION
- 1-3 HRS PEAK
- 5-7 HRS DURATION
- SOLUBLE, REGULAR INSULIN
- HUMAN INSULIN rDNA origin.

HUMULIN N

- 1 HRS ONSET OF ACTION
- 2-3 HRS PEAK
- 18-20 HRS DURATION
- ISOPHANE INSULIN, NHP
- HUMAN INSULIN, rDNA ORIGIN

HUMULIN 30/70

- .5 HRS ONSET OF ACTION
- 1-8 HRS PEAK
- 14-16 HRS DURATION
- 30% HUMAN INSULIN rDNA, 70% INSULIN ISOPHANE SUSPENSION.

HUMULIN L

- 2 HRS ONSET OF ACTION
- 6-8 HRS PEAK
- 22-24HRS DURATION
- LENTE INSULIN, ZINC SUSPENSION
- HUMAN INSULIN, rDNA ORIGIN

NOVORAPID (INSULIN ASPART)

- AMINO ACID, B28-PROLINE, REPLACED WITH ASPARTIC ACID
- 10-20 MIN ONSET OF ACTION
- 1-3 HRS PEAK
- 3-5 DURATION

HUMALOG (INSULIN LISPRO)

- AMINO ACIDS B28, B29 SWAPPED LYSIE @ B28 AND PROLINE @B29
- 0-15 MIN ONSET OF ACTION
- 1HR PEAK
- 3-5HRS DURATION