

Living with Diabetes Study: Survey Overview

SECTION/DOMAIN	INSTRUMENT/REFERENCE	DESCRIPTION OF QUESTIONS	TIME
Section One: General Health and Diabetes			
General health and diabetes-specific health data	Purpose designed instrument including questions adapted from the National Health Survey (NHS), AusDiab Study, & Women's Health Survey.	Rating of general health (SF-1); diabetes type; age at diagnosis; treatment recommendations and prescriptions medications; HbA1c testing and recent results; symptoms and complications, and other health conditions.	10
Section Two: Health and Lifestyle			
Nutrition	Instrument adapted from the National Health Survey and Promoting Healthy Communities Survey.	How often fruit, vegetables, fish and salt are consumed and what type of milk is usually used.	3
Physical activity	Active Australia Survey.	Number of sessions/time doing four types of activities (walking, gardening, moderate activities, vigorous activities) in week prior to survey.	4
Body mass/obesity	Height & Weight.	Height & Weight, allowing for calculation of a Body Mass Index.	2
Smoking	Instrument adapted from the Women's Health Survey, National Health Survey, and National Drug Strategy Household Survey.	Current smoking and smoking history.	2
Alcohol use	Purpose designed instrument based on the Quantity Frequency Adjusted assessment method. Polich, J., M., & Armor, D., A. (1982) <i>Measurement of alcohol consumption</i> . In: E. Pattison (Ed). <i>Encyclopedic Handbook of Alcoholism</i> , New York, NY: Gardner Press.	Frequency of drinking and quantity of drinking, with supplementary questions assessing frequency of high consumption sessions.	2
Section Three: Quality of Life			
Health-related quality of life	Euroqol EQ-5D. Brooks, R., Rabin, R. & de Charro, F. (2003). <i>The Measurement and Valuation of Health Status Using EQ-5D: A European Perspective</i> . Dordrecht: Kluwer Academic Publishers.	EQ-5D is an instrument for use as a measure of health outcome. Comprises 5 dimensions of health (mobility, self-care, usual activities, pain/discomfort, anxiety/depression). Each dimension comprises three levels (no problems, some/moderate problems/extreme problems).	3
	Audit of Diabetes Dependent QoL (ADDQoL 19). Bradley, C et al. (1999). The development of an individualised questionnaire measure of perceived impact of diabetes on quality of life: the ADDQoL. <i>Quality of Life Research</i> , 8, 79-91.	Measures individuals' perceptions of the impact of diabetes and its treatment on their quality of life.	5

Living with Diabetes Study: Survey Overview

SECTION/DOMAIN	INSTRUMENT/REFERENCE	DESCRIPTION OF QUESTIONS	TIME
Satisfaction with life	Satisfaction with Life Scale (SWLS). Diener, E., Emmons, R., Larsen, J., & Griffin, S. (1985). The satisfaction with Life Scale. <i>Journal of Personality Assessment, 49</i> , 71-75.	5 questions that assess global judgements about one's life.	2
Section four: Managing Your Health			
Patient activation	Patient Activation Measure (PAM). Hibbard, J. H., Mahoney, E. R., Stockard, J., & Martin Tusler. (2005). Development and testing of a short form of the Patient Activation Measure. <i>Health Services Research, 40</i> , 1918-1930.	Assesses patient's self-reported knowledge, skills, and confidence required to manage their health or chronic condition.	5
Diabetes-specific self management	Summary of Diabetes Self Care Activities (SDSCA). Toobert, D. J., Hampson, S. E., & Glasgow, R. E. (2000). The Summary of Diabetes Self-Care Activities Measure: Results from 7 studies and a revised scale. <i>Diabetes Care, 23</i> , 943-950.	Assesses frequency with which patient engages in a series of diabetes-specific self care activities (e.g. exercise, blood monitoring, foot care, dietary recommendations).	4
SECTION FIVE: HEALTH CARE SERVICES			
Service use	Purpose designed instrument.	Series of items designed to assess use of health services including dialysis services, treatment at emergency departments, and hospitalisations.	5
SECTION SIX: SATISFACTION AND QUALITY OF CARE			
Perceived quality of care	Patient Assessment of Chronic Illness Care (PACIC). Hibbard, J., Stockard, J., Mahoney, E. R., & Tusler, M. Development of the Patient Activation Measure (PAM): Conceptualizing and Measuring Activation in Patients and Consumers. <i>Health Services Research, 39</i> , 1005-1026.	Assesses the extent to which patients with chronic illness receive care according to the chronic care model CCM. Measures care that is patient-centred, proactive, planned and includes collaborative goal setting, problem-solving, and follow-up support.	4
Quality indicators	Purpose designed Instrument.	Series of questions designed to assess specific aspects of quality care (e.g. presence of a treatment plan, accessibility, and reviews recommended in the Diabetes Management in General Practice Guidelines.	4

Living with Diabetes Study: Survey Overview

SECTION/DOMAIN	INSTRUMENT/REFERENCE	DESCRIPTION OF QUESTIONS	TIME
SECTION SEVEN: EMOTIONAL WELLBEING AND LIFE STRESS			
Depression	Centre for Epidemiologic Studies Depression Scale (CES-D). Andresen, E. M., Malmgren, J. A., Carter, W. B., & Patrick, D. L. (1994). Screening for depression in well older adults: Evaluation of a short form of the CES-D. <i>American Journal of Preventive Medicine, 10</i> , 77-84.	A 20-question screening instrument for measuring the severity of depression.	4
Life stress	Purpose designed instrument.	Series of questions that ask about level of recent stress across multiple domains (e.g. health, work, finances, etc.).	2
SECTION EIGHT: DEMOGRAPHICS			
Demographics	Purpose designed instrument including questions adapted from the National Health Survey (NHS) and Women's Health Survey.	Sex, date of birth, country of birth, main language, geographical location, education, employment, income, health insurance and concessions.	5