**DHP-18 – Concept Elaboration – Final – 01-12-17**

| **Ref** | **DHP-18 Wording** | **Concept Elaboration** |
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| 1 | **Your Diabetes and You** | This is the informal title of the questionnaire – which emphasizes that the questions are going to be about the person’s diabetes and their experience of it. This should be translated in an idiomatic way for each language – for instance “Your experience of diabetes” |
| 2 | **The following questions ask about your feelings and the effect that diabetes may have on your life.** | Feelings = emotions |
| 3 | **Please answer each question by ticking the box that best describes you and your diabetes.** | If translating “you and your diabetes” isn’t possible you could say “your experience of having diabetes” If ticking isn’t a common method of marking a questionnaire please change it to the most appropriate method e.g. X in your culture. |
| 4 | **Please make sure that you tick only one box for each question.** | If ticking isn’t a common method of marking a questionnaire please change it to the most appropriate method e.g. X in your culture.Ensure that you emphasize that they should tick/mark only one box |
| 5 | **Thank you.** | No elaboration required |
| 6R1-7 | AlwaysUsuallySometimesNever | Usually = most of the timeSometimes = occasionally  |
| 7Q1 | Does food control your life? | This question is asking about whether the person feels their life is structured and organized around food, such as the timing of meals, making sure they eat at regular times, factoring in how much they eat to account for exercise etc. The emphasis here is on the control being a negative influence on the person’s life. |
| 8Q2 | Does having diabetes mean it is difficult staying out late? | Staying out late means staying away from home late into the evening/night |
| 9Q3 | Does having diabetes mean your days are tied to meal times? | This means the person has to structure their day around meal times so that they have meals at certain points to help regulate their blood sugar. Tied in this context means it is difficult to eat freely whenever the person feels like it. |
| 10Q4 | Do you avoid going out if your sugars are on the low side? | Sugars on the low side means the persons blood sugar levels are lower than normal.Going out covers all forms of going out for example visiting family or going out for an evening out. |
| 11Q5 | Do you have problems keeping to your diet because you eat to cheer yourself up? | Keeping to your diet means maintaining your diet. Diet does not mean weight loss diet here but just the regular food the person eats.Cheers yourself up – is like comfort eating or eating to make yourself feel happy |
| 12Q6 | Do you lose your temper if people keep on at you about sugar testing or diet? | Lose your temper = letting your anger out on other people/displaying your anger Keep on at you = nag, harass, hassle |
| 13Q7 | Do you have problems keeping to your diet because you find it hard to say no to food you like? | Keeping to your diet means maintaining your diet. Diet does not mean weight loss diet but just the regular food the person eats.“say no” is not just the literal “no” if someone offers you food it is also saying no to your inner cravings for food. |
| 14R8 | Very much moreA lot moreA few moreNot at all | Very much more – a great deal more |
| 15Q8 | Are there more arguments or upsets at home than there would be if you did not have diabetes? | Upsets means emotional moments/displays such as crying/feeling upset |
| 16R9 | Very easyQuite easyNot very easyNot at all easy | Not very easy = not easyNot at all easy = always not easy |
| 17Q9 | When you start eating how easy do you find it to stop? | The implication here is that the person is enjoying their food and has to exert a degree of will power to stop eating |
| 18R10 | Very likelyQuite likelyNot very likelyNot likely at all | Not very likely – not likelyNot likely at all – always not likely |
| 19Q10 | How likely are you to eat something extra when you feel bored or fed up? | Something extra means something you eat beyond your normal food which is eaten out of boredom rather than as a result of hunger.Fed up can be translated as unhappy if it is not colloquial for a given language/culture. |
| 20R11-14 | Very muchA lot A littleNot at all | Very much = To the highest degree |
| 21Q11 | Because of your diabetes do you worry about getting colds or flu? | This means the person is worried about the impact of a cold or flu on their health because they have diabetes. It does not mean that they are worried that having diabetes is going to make them more susceptible to colds or the flu. |
| 22Q12 | Do you wish there were not so many nice things to eat? | Nice things here implies things that taste good which aren’t necessarily part of the person’s healthy diabetic diet |
| 23Q13 | Do you find it frightening or worrying going into busy or crowded shops? | Frightening = scary/alarming |
| 24Q14 | Do you get edgy when out and there is nowhere to eat? | Edgy – agitated/anxious“When out” means when away from the home and out in public somewhere |
| 25R15-18 | Very oftenOftenSometimesNever | Sometimes = occasionally |
| 26Q15 | Because of your diabetes do you get depressed? | “Depressed” here refers to feeling sad and having a low mood, it isn’t the feeling of total despair or clinical depression. |
| 27Q16 | Does your diabetes cause you to lose your temper or shout? | Lose your temper = letting your anger out on other people/displaying your anger |
| 28Q17 | Do you get touchy or moody about diabetes? | Touchy means the persons gets sensitive about the subject of diabetes and may react badly to discussing it. Moody means the person gets into a bad mood |
| 29Q18 | Do you find yourself losing your temper over small things? | Losing your temper = letting your anger out on other people/displaying your anger Small things in this context means things which shouldn’t normally cause the person to lose their temper |