The Diabetes Self-Management and Technology Questionnaire (DSMT-Q) - Non Technology Use Specific Version

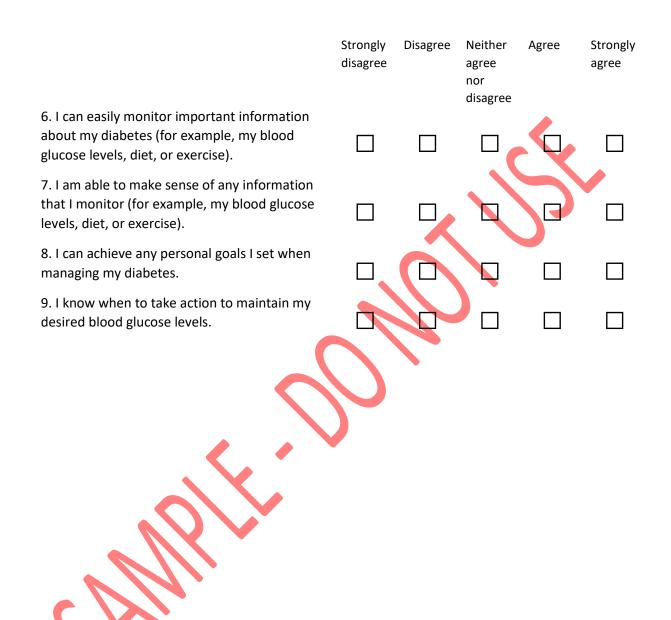
Think about the management of your type 2 diabetes over the <u>past four</u> <u>weeks</u>.

How much do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
 I feel informed when making decisions about the management of my diabetes. 					
2. I am aware of the potential outcomes of any actions I take when managing my diabetes (for example, when taking medications or choosing foods to eat).	P	۵.			
3. I have access to relevant information about my diabetes.					
4. I can usually identify the reasons behind any changes to my blood glucose levels.					
5. I understand how my body reacts to exercise.					

Think about the management of your type 2 diabetes over the <u>past four</u> <u>weeks</u>.

How much do you agree or disagree with the following statements?



Think about the management of your type 2 diabetes over the <u>past four</u> <u>weeks</u>.

How much do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
10. I am motivated to carry out routines to manage my diabetes (for example, take medication, exercise).					
11. I think my diabetes is under control.					
12. I feel motivated to play an active role in my diabetes management.					
13. I feel reassured that I am managing my diabetes well.					