Default Question Block

This questionnaire should take about 8 minutes to complete.

For each **completed questionnaire,** a £2 donation will be made to Diabetes UK.

Please confirm you have read the **Patient Information Sheet**

⃝ Yes, I have read the information sheet

I understand that my participation in the study is voluntary and that I am free to withdraw at any time without giving a reason and without detriment to myself. I understand that it will not be possible to remove my data from the project once it has been anonymised and forms part of the data set.

⃝ Yes, I understand

I agree that any data collected may be included in anonymous form in publications/conference presentations.

○ Yes, I Agree

○ No, I do not agree

I consent to the personal information collected as part of this study being transferred and processed in the UK. This processing will be subject to UK data protection law.

○ Yes, I consent to participate in the study

○ No, I do not consent to participate in the study

The following activities are optional, you may participate in the research without agreeing to the following (multiple selection available):

☐ I agree that any personal data collected, may be made available to other researchers while maintaining anonymity

☐ To agree that the researchers may contact me in future about other research projects. Please provide an email address.

[   ]

☐ To agree that the researchers may retain my contact details in order to provide me with a summary of the findings for this study. Please provide an email address if not already provided

[   ]

Have you been diagnosed with Type 1 Diabetes?

○ Yes, I have a clinical diagnosis of Type 1 Diabetes

○ No, but I support a family member with a clinical diagnosis of Type 1 Diabetes

○ No, neither myself nor a family member has a clinical diagnosis of Type 1 Diabetes

How do you currently work out the amount of carbohydrates you are eating in meal? (select all that apply)
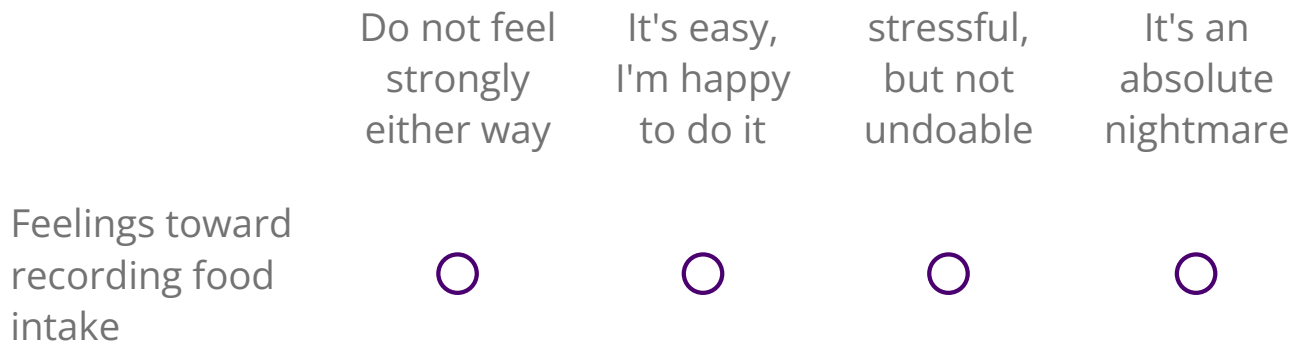
☐ Carbs and Cal (book or app)

☐ Nutrition reporting app i.e. MyFitnessPal (please indicate the app
    [   ] used)

☐ Reading off the nutrition label on food packaging

☐ Rough estimation based on previous experience

☐ I do not use carbohydrate content in my daily blood glucose management

When thinking about calculating the carbohydrates present in a meal, how do you measure your food? (select all that apply)

☐ Household measures (i.e. tablespoons, cups etc)

☐ Either weigh on a scale or weight taken direct from packaging

☐ Visual Estimations

☐ [   ] Other, please specify:

If you record your food intake, how do you feel about it?

                                                        I find it

	Do not feel strongly either way	It's easy, I'm happy to do it	stressful, but not undoable	It's an absolute nightmare
Feelings toward recording food intake	◯	◯	◯	◯

Do you track/report any other nutrition information (i.e. total energy or vitamins and minerals)?

◯ Yes, I track everything

◯ No, these do not impact blood glucose levels

◯ Sometimes, when trying something new or trying to change body shape

◯ This is not something I have considered doing

If you think about engaging with technology around your nutritional intake, what would be the most practical way for you to do this?

☐ Type / Scroll and select from the food items in a smartphone app

☐ Take pictures of the meals and upload to a smartphone app

☐ Speak into a device (i.e. Siri or Alexa)

☐ [   ] Other

Following on from the above scenario to what level of detail would you record your nutritional intake if you were to report it by

typing/scrolling or using a voice activated interface (let us use a Hawaiian pizza as an example)? You can choose from the below options below:

○ Record it as "Pizza"

○ Record it as "Hawaiian pizza"

○ Record it as "3 slices of large (individual/ 12") pizza"

○ Record it with the brand or restaurant included i.e. "3 slices of large (individual / 12") pizza from Pizza Hut"

○ 100g of "Pizza"

○ 100g of "Hawaiian Pizza"

○ [   ] Other, please specify:

Following on the the above.

If providing more detail of the food you eat would allow an application offer improved blood glucose control. Ensuring an **HbA1C of 7%** and **at least 75% time in blood glucose target range.**

 To what level of detail would you be willing to record your nutritional intake.

○ Record it as "Pizza"

○ Record it as "Hawaiian pizza"

○ Record it as "3 slices of large (individual/ 12") pizza"

○ Record it with the brand or restaurant included i.e. "3 slices of large (individual / 12") pizza from Pizza Hut"

○   100g of "Pizza"

○   100g of "Hawaiian Pizza"

○   [   ] Other, please specify:

Following on the the above.

If providing more detail of the food you eat would allow an application offer improved blood glucose control. Ensuring an **HbA1C of below 6.5%** and **at least 80% time in blood glucose target range**.

 To what level of detail would you be willing to record your nutritional intake.

○   Record it as "Pizza"

○   Record it as "Hawaiian pizza"

○   Record it as "3 slices of large (individual/ 12") pizza"

○   Record it with the brand or restaurant included i.e. "3 slices of large (individual/ 12") pizza from Pizza Hut"

○   100g of "Pizza"

○   100g of "Hawaiian Pizza"

○   [   ] Other, please specify:

If you were to make use of an application to report your nutritional intake, what would be the most effective way to report the information?

○ Input the information BEFORE a meal or snack

○ Input the information AFTER a meal or snack

○ Input all the information for the day at a later stage (i.e. at the end of the day or the next morning)

If you currently use/have used technology to track nutritional intake. What was your experience?

○ Use it to track more than 80% of meals and snacks

○ Used it for a few weeks, then lost interest and stopped

○ Used it often for a while, now use it from time to time to get a better understanding of what is eaten in a day or if patterns change and re-evaluation is needed

○ I have never used technology to track my nutritional intake

Thinking about the foods you eat most often (no need to fill in all the spaces). List them below in the amount of detail you would naturally use. For example this can be as straight forward as a sandwich or as detailed as ham and cheese sandwich on wholewheat with margarine and mayo or anything in between.

Food Item   [   ]

Food Item   [   ]

Food Item   [   ]

Food Item   [   ]

Food Item   [   ]

Food Item   [   ]

Food Item

Food Item

Food Item

Food Item

Are you willing to share your HbA1c results with us and your current treatment plan? If yes, please answer the below

☐ [_____] Latest HbA1c result

☐ [_____] Carb-to-Insulin Ratio

☐ [_____] Total Units of Insulin Daily

☐ [_____] Insulin used

☐ No, I do not wish to share this information

How old are you, or the person you support with Type 1 Diabetes?

○ 0 - 10 years old

○ 10 - 17 years old

○ 18 - 24 years old

○ 25 - 34 years old

○ 35 - 44 years old

○ 45 - 54 years old

○ 55 - 64 years old

○ 65 + years old

How old were you, or your family member, when diagnosed with Type 1 Diabetes ?

○ 0 - 4 years of age

○ 5 - 10 years of age

○ 11 - 15 years of age

○ 16 - 20 years of age

○ 20 + years of age

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