University Research Diabetes App

**Please note that this questionnaire will be used for a university research and all individual responses will remain confidential.**

Interview Questions

**USER type** - What type of diabetes do you have? Type 1.

1. What is the biggest challenge when confronting with this disease? Remembering to inject your insulin and knowing how much to take.
2. What is working well and what is not working? My sugar levels are sometimes good but other days a little high
3. When was the last time you visited a diabetes specialist?

6 months ago, due to be seen soon.

1. How reliable is the information from the internet compared with seeing a diabetes specialist?

OK.

1. Do you think you’re doing a good job managing your diabetes? Why do or don’t you feel that way? Yes
2. Do you own a smartphone? How often do you use your phone? Every day for work and personal use

**Eating habits**

a.How well is your meal plan working for you?

Not good

b. How can a diabetes app help you reach your goals? Tells you how many carbs you are eating

**Medicine Control Feature**

a. Do you sometimes miss taking your medications? Yes

b. Can you easily convert carbohydrates into a definitive insulin dose? Yes

(if no) What problems hinder you from carrying out this action?

Question only for type 1 diabetics.

(if yes) Would you still use an app which gives you in real time insulin calculation? Yes

**Monitoring Feature**

a. What kind of equipment and supplies do you have to self-check your blood sugar? Sugar level tester

b. What helps you remember to check it and what gets you off track? If I feel rough or before and after eating

c. Do you keep a blood sugar log book? No

d. Do you bring your log book to your doctor visits? No

e. How well do you think you are controlling your blood sugar? Reasonably well

f. Would it help to see trends and history level on your phone?? Yes

a. Have you ever used a diabetes app? Yes

b. iI yes, what do you like or do not like about it?

**Good to see your results and the trends**

**Sometimes forget to input the data**

**Wrap-up q**

a. How do you think a diabetes mobile app could improve your life? A large amount

b. What would motivate you to keep engaged with using the app?

Seeing my levels good

Thank you!