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## Unit 5: Interviews, Survey Methods, and Questionnaire Design

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### Wiki Activity Questionnaires

#### Task:

Find a questionnaire and critique the design, both the format and the questions used. Consider areas such as 'why is this question included?', 'is the form of the question appropriate?' etc. How can you improve the questionnaire? Put your analysis in the module wiki and comment on others' analyses.

## Critique of the Diabetes Patient Questionnaire

### Format Critique

#### 1. Length & Organization

- The questionnaire is **four pages long**, which may feel overwhelming for some patients.
- It covers a **wide range of topics** (medical history, lifestyle, emotional impact, dietary habits), making it **comprehensive but dense**.
- Some sections, such as those on **stress, emotions, and diet**, might be more effective if they were condensed or reformatted for clarity.

#### 2. Readability & Layout

- The **use of checkboxes** is generally good for quick responses, but some sections ask open-ended questions without enough space to write answers.
- There is **inconsistent spacing** in places, making the document appear cluttered.
- The **font size and formatting** could be improved for better readability, particularly for older patients or those with vision problems.

#### 3. Clarity & Simplicity

- Some medical terms (e.g., **neuropathy, retinopathy**) might not be familiar to all patients, so brief explanations could be included.

- The instructions on **how to complete the form** (e.g., whether to skip sections if not applicable) could be clearer.

## Questionnaire Content Critique

### 1. Medical & Lifestyle Questions

- **"Do you test your blood sugar levels at home?"**
  - Good question but should clarify **why** this is important (e.g., for medication adjustment).
  - Could add an option for **continuous glucose monitoring (CGM)** users.
- **"How do you treat high/low blood sugars?"**
  - Open-ended but might be **better with multiple-choice options** (e.g., "drink juice," "take glucose tablets").
- **Exercise-related questions**
  - Good inclusion but lacks an option for people **unable to exercise due to medical conditions**.

### 2. Emotional & Psychological Aspects

- **"Having diabetes makes me..."**
  - This question is useful but **could be more structured** (e.g., scale from 1-5 instead of checkboxes).
  - Including a follow-up like **"Would you like help managing these feelings?"** might be beneficial.
- **"Do you ever get depressed?"**
  - Might be too **direct**; consider using a validated depression screening question, such as **"Over the past two weeks, have you felt down, depressed, or hopeless?"** (Yes/No)
  - A follow-up question about **seeking mental health support** could be included.

### 3. Diet & Nutrition

- **"Do you follow any dietary restrictions or special meals?"**
  - The current list is good, but it might be helpful to ask **"Who helps with your meal planning?"** (Self / Family / Dietitian / No one).
- **Meal plan adherence question**
  - The percentages (e.g., **0%-25%, 25%-50%**) might be **difficult to estimate** for patients.
  - A simpler **scale (Never, Sometimes, Often, Always)** might work better.

### 4. General Questions

- **"Do you smoke?" and "Do you drink alcohol?"**

- Should include **a frequency measure** rather than just Yes/No (e.g., "Daily," "Weekly," "Occasionally").
- **"What do you hope to accomplish from this program?"**
  - Good question but could be **more structured** (e.g., ranking goals from most to least important).

## Suggested Improvements

### 1. Shorten & Simplify

- Combine similar questions (e.g., stress and depression) and use **scales** instead of checkboxes where appropriate.
- Reduce the number of **open-ended questions** and replace them with multiple-choice when possible.

### 2. Improve Readability

- Use **larger font size** and better spacing for clarity.
- Provide **brief explanations** for medical terms.

### 3. Make it More Patient-Friendly

- Use **simpler language** where possible.
- Add **clearer instructions** at the beginning about **how to complete the questionnaire**.
- Allow **digital form-filling** to make it easier for patients.

### 4. Improve Question Design

- Include **follow-ups** for key questions (e.g., "Would you like support for stress/depression?").
- Use **validated screening tools** where appropriate (e.g., for depression, dietary adherence).
- Add **options for new diabetes management technologies** (e.g., **CGM, insulin pumps**).