

Confidence to Control Snacking Questionnaire (CCS) – Days

Thinking about cutting down or stopping sugary snacks and drinks, please select a number on each row to answer these questions.

Over the next week, how confident are you that you could avoid having any sugary snacks or drinks that are not needed for your diabetes management...

Scoring: 0 (Not at all confident) to 100 (Extremely confident)

... for 1 day?	0	10	20	30	40	50	60	70	80	90	100
... for 2 days	0	10	20	30	40	50	60	70	80	90	100
... for 3 days?	0	10	20	30	40	50	60	70	80	90	100
... for 4 days?	0	10	20	30	40	50	60	70	80	90	100
... for 5 days?	0	10	20	30	40	50	60	70	80	90	100
... for 6 days?	0	10	20	30	40	50	60	70	80	90	100
... the whole week?	0	10	20	30	40	50	60	70	80	90	100
... for 2 weeks?	0	10	20	30	40	50	60	70	80	90	100
... for 3 weeks?	0	10	20	30	40	50	60	70	80	90	100
... for 4 weeks?	0	10	20	30	40	50	60	70	80	90	100

Confidence to Control Snacking Questionnaire (CCS) - Type

Thinking about cutting down or stopping sugary snacks and drinks, please select a number on each row to answer these questions.

Over the next week, how confident are you that you could avoid having any sugary snacks or drinks that are not needed for your diabetes management...

Scoring: 0 (Not at all confident) to 100 (Extremely confident)

...If you were angry	0	10	20	30	40	50	60	70	80	90	100
...If you were sad	0	10	20	30	40	50	60	70	80	90	100
...If you were tired	0	10	20	30	40	50	60	70	80	90	100
...If you were bored	0	10	20	30	40	50	60	70	80	90	100
... if you were stressed	0	10	20	30	40	50	60	70	80	90	100
...if you were worried	0	10	20	30	40	50	60	70	80	90	100
...If someone offered you one	0	10	20	30	40	50	60	70	80	90	100
... if your friends were having one	0	10	20	30	40	50	60	70	80	90	100
... if you had a strong craving for one	0	10	20	30	40	50	60	70	80	90	100
...if you felt you really deserved one	0	10	20	30	40	50	60	70	80	90	100