

العمر Age (سنة)

Sex الجنس Educational status التعليم Area of residence كان الاقامه Occupation المهنة

Insulin administration الحقن	Type of diabetes نوع السكري	Duration of diabetes (سنة)	Do you think your insulin is	Who instructed you about
1- Type 1 DM	1- Type 1 DM	1- 1 to 10 years	1- Yes	1- Clinician / Physician
2- Type 2 DM	2- Type 2 DM	2- 11 to 20 years	2- Not sure	2- Diabetes educator
3- Gestational DM	3- Gestational DM	3- 21 to 30 years		3- Pharmacist
		4- 31 to 50 years		4- Nurse
				5- Not received any training

Where do you store your insulin? Before the injection do you wash your hands? Before attaching the needle do you check the insulin dose? Do you check the expiry date? Do you bring insulin to room temperature?

1- Refrigerator	1- Yes	1- Yes	1- Yes	1- Yes
2- Room temperature	0- No	0- No	0- No	0- No

If you use cloudy insulin, do you use a new needle for each injection? Do you prime the device before each injection? What is the gap between injections? What site do you use the most?

1- Yes

1- Yes

0- No

1- 0 to 15 minutes

1- Abdomen

0- No

0- No

1- Yes

2- 16 to 30 minutes

2- Thigh

2- I have no idea on priming

3- more than 30 minutes

3- Buttocks

4- Arm

Do you rotate injection site What is the angle of insulin Do you make a skin fold? Are your injection sites inspected Do you have any swelling or redness

1- Yes

1- 45 degree

1- Yes

1- Yes

1- Yes

0- No

2- 60 degree

0- No

0- No

0- No

3- 90 degree

Don't know

How long do you leave the	Does insulin ever leak out	Do you massage the site c	Do you ever inject through	How long do you use an in
1- < 5sec	1- No	1- No	1- No	1- One month
2- 5 to 10 sec	0- Yes	0- Yes	0- Yes	2- Morethan one month
3- > 10 sec				
4- I remove the needle immediately				

In the last six months have If yes, how many times in 1 Do you have your own glu How often do you do finge Do you ever miss or skip a

1- No

1- 1 to 2 times

1- Yes

1- 1 to 2 times a day

1- Never

0- Yes

2- 2-5 times

0- No

2- 3 to 4 times a day

2- Rarely

3- Morethan 5 times

3- Morethan 4 times a day 3- Sometimes

4- several times a week 4- Always

5- I rarely or never check

Reason for missing a dose Do you have any challenges / difficulties in using insulin?(more than one answer are allowed)

سمح بأكثر من إجابة)

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|-----------------------------|--|
| 1- Too busy | 1- Preparing insulin pen and injection site |
| 2- Forgetfulness | 2- Taking injection on time |
| 3- Skipped meal | 3- Taking injection during busy hours |
| 4- Embarrassed to inject in | 4- Pain associated with injection |
| 5- Traveling or changing n | 5- Taking injection away from home, during vacation, or during business trip |
| 6- Others (Sugar level is n | 6- Number of daily injections |
| | 7- Regimen is too complicated |
| | 8- Adjusting insulin dose |
| | 9- Measuring blood glucose routinely |
| | 10- Fear of weight gain |
| | 11- Fear of low sugar |

هل لديك أي تحديات / صعوبات في استخدام الأنسولين؟ (يُ