

Revised Michigan Diabetes Knowledge Scale – true/false version.

Here are 20 statements about diabetes, some are true statements and some are false. Please read each statement and then indicate whether you think it is true or false by putting a circle round either TRUE or FALSE. If you do not know the answer please put a circle around DON'T KNOW.

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| 1. The diabetes diet is a healthy diet for most people * | TRUE/FALSE/DON'T KNOW |
| 2. Glycosylated haemoglobin (HbA1c) is a test that measures your average blood glucose level in the past week. | TRUE/FALSE/DON'T KNOW |
| 3. A pound of chicken has more carbohydrate in it than a pound of potatoes. | TRUE/FALSE/DON'T KNOW |
| 4. Orange juice has more fat in it than low fat milk. | TRUE/FALSE/DON'TKNOW |
| 5. Urine testing and blood testing are both equally as good for testing the level of blood glucose. | TRUE/FALSE/DON'T KNOW |
| 6. Unsweetened fruit juice raises blood glucose levels. * | TRUE/FALSE/DON'T KNOW |
| 7. A can of diet soft drink can be used for treating low blood glucose levels. | TRUE/FALSE/DON'T KNOW |
| 8. Using olive oil in cooking can help prevent raised cholesterol in the blood. * | TRUE/FALSE/DON'T KNOW |
| 9. Exercising regularly can help reduce high blood pressure. * | TRUE/FALSE/DON'T KNOW |
| 10. For a person in good control exercising has no effect on blood sugar levels. | TRUE/FALSE/DON'T KNOW |
| 11. Infection is likely to cause an increase in blood sugar levels. * | TRUE/FALSE/DON'T KNOW |
| 12. Wearing shoes a size bigger than usual helps prevent foot ulcers. | TRUE/FALSE/DON'T KNOW |
| 13. Eating foods lower in fat decreases your risk for heart disease. * | TRUE/FALSE/DON'T KNOW |
| 14. Numbness and tingling may be symptoms of nerve disease. * | TRUE/FALSE/DON'T KNOW |
| 15. Lung problems are usually associated with having diabetes. | TRUE/FALSE/DON'T KNOW |

16. When you are sick with the flu you should test for glucose more often. *

TRUE/FALSE//DON'T KNOW

SKIP TO QUESTION 19 IF YOU DON'T TAKE INSULIN

17. High blood glucose levels may be caused by too much insulin.

TRUE/FALSE/DON'T KNOW

18. If you take your morning insulin but skip breakfast your blood glucose level will usually decrease. *

TRUE/FALSE/DON'T KNOW

19. Having regular check-ups with your doctor can help spot the early signs of diabetes complications. *

TRUE/FALSE/DON'T KNOW

20. Attending your diabetes appointments stops you getting diabetes complications.

TRUE/FALSE/DON'T KNOW

THANK YOU FOR YOUR HELP!

“True” response indicated by *, otherwise the correct response is “False”