

STUDY ID # _____

DATE _____

This survey reflects your own thoughts and feelings - there are no right or wrong answers. People skip blood sugar checks for many reasons. Think of yourself in each situation below. Then rate how frequently you skip a blood sugar check for that reason.

How often do you skip checking your blood sugar level because of...

	Never 1	Seldom 2	Occasionally 3	Often 4	Repeatedly 5
1. Frustration with not getting enough blood on the strip.	1	2	3	4	5
2. Having to “milk” the fingertip for blood.	1	2	3	4	5
3. Not having any alcohol or cotton swabs with me.	1	2	3	4	5
4. My fingers being sore when I do something after I check my blood sugar, such as typing, dialing the phone, or playing the guitar.	1	2	3	4	5
5. Having to prick myself several times to get enough blood.	1	2	3	4	5
6. Feeling like a “pin cushion”.	1	2	3	4	5
7. Fear of pricking myself.	1	2	3	4	5