**Draft items mapped onto underlying Stage 1 themes**

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| **Theme** | **Item** | |
|  | In relation to hypoglycaemia… (none of the time // most or all of the time) | In relation to hypoglycaemia, how much of a problem was… (not a problem // a very serious problem) |
| **Physical aspects** | | |
| General activities | I could do what I needed to do | Doing what I needed to do |
| I could do what I wanted to do | Doing what I wanted to do |
| I could carry out my plans | Carrying out my plans |
| I had to change my plans | Having to change my plans |
| I found some tasks took longer than they should | Finding some tasks took longer than they should |
| Eating/drinking | I had to eat or drink at times that I didn't want to | Having to eat or drink at times that I didn't want to |
| I had to eat or drink things I didn't want to | Having to eat or drink things I didn't want to |
| Leisure and exercise | I could take part in the leisure activities I wanted to | Taking part in the leisure activities I wanted to |
| I could take part in leisure activities when I wanted to | Taking part in leisure activities when I wanted to |
| I could exercise as much as I wanted to | Exercising as much as I wanted to |
| I could exercise when I wanted to | Exercising when I wanted to |
| Paid and unpaid work | I had to change my work commitments | Having to change my work commitments |
| I had to take time out of activities (such as paid work, housework, voluntary work or study) | Having to take time out of activities (such as paid work, housework, voluntary work or study) |
| I could get as much as I wanted done | Getting as much as I wanted done |
| I was able to perform to the best of my ability | Performing to the best of my ability |
| Energy, fatigue, and tiredness | I felt exhausted | Feeling exhausted |
| I felt tired | Feeling tired |
| I had enough energy to do what I needed to do | Having enough energy to do what I needed to do |
| I felt worn out | Feeling worn out |
| Getting around | I was able to get to the places I wanted to go | Getting to the places I wanted to go |
| I was able to travel to the places I needed to | Being able to travel to the places I needed to |
| I was able to travel to places on time | Being able to travel to places on time |
| Physical burden | I had to carry a lot around with me | Having to carry a lot around with me |
| Sleep | I slept well | Sleeping well |
| I had problems with my sleep | Having problems with my sleep |
| I had interrupted sleep | Having interrupted sleep |
| **Psychological aspects** | | |
| Autonomy & independence | I felt I was independent | Feeling independent |
| Cognition | I found it difficult to concentrate | Finding it difficult to concentrate |
| I found it difficult to think clearly | Finding it difficult to think clearly |
| Cognitive burden, planning and obsessive behaviour | I found it hard to stop thinking about my glucose levels | Finding it hard to stop thinking about my glucose levels |
| I could be as spontaneous as I would like | Being as spontaneous as I would like |
| I was mentally drained | Being mentally drained |
| I was mentally exhausted | Being mentally exhausted |
| I had to plan more than I would like | Having to plan more than I would like |
| Self-management, control and coping | I felt I could manage | Feeling I could manage |
| I felt I could manage by myself | Feeling I could manage by myself |
| I felt I could cope | Feeling I could cope |
| Confidence | I felt confident | Feeling confident |
| I felt confident to take part in activities | Feeling confident to take part in activities |
| I felt confident doing things | Feeling confident doing things |
| Self-criticism and self-blame | I blamed myself for my hypos | Blaming myself for my hypos |
| I felt like a failure | Feeling like a failure |
| I felt like I had failed | Feeling like I had failed |
| I felt bad about myself | Feeling bad about myself |
| Worry and anxiety | I felt worried | Feeling worried |
| I felt anxious | Feeling anxious |
| Sadness and depression | I felt sad | Feeling sad |
| I felt depressed | Feeling depressed |
| Embarrassment | I felt embarrassed | Feeling embarrassed |
| Frustration and annoyance | I felt frustrated | Feeling frustrated |
| I felt annoyed | Feeling annoyed |
| Guilt | I felt guilty | Feeling guilty |
| Irritability | I felt irritable | Feeling irritable |
| I felt angry | Feeling angry |
| I was short-tempered | Feeling short-tempered |
| Stress and distress | I felt stressed | Feeling stressed |
| I felt distressed | Feeling distressed |
| Vulnerability or safety | I felt unsafe | Feeling unsafe |
| I felt concerned about my safety | Feeling concerned about my safety |
| Fear, scared | I felt scared | Feeling scared |
| I felt frightened | Feeling frightened |
| I felt panicked | Feeling panicked |
| **Social aspects** | | |
| Social activities | I missed out on events because I did not want to ruin people's plans | Missing out on events because I did not want to ruin people's plans |
| I had to change social plans | Changing social plans |
| I had to change my social schedule | Changing my social schedule |
| I missed out on things socially | Missing out on things socially |
| Relationships | I was concerned about upsetting those around me | Being concerned about upsetting those around me |
| I was concerned about upsetting my friends/family | Being concerned about upsetting my friends/family |
| I was concerned about causing distress to others | Being concerned about causing distress to others |
| I was concerned about scaring others | Being concerned about scaring others |
| Stigma and discrimination | I felt treated differently by others | Feeling I was treated differently by others |
| I felt I was treated negatively by others | Feeling I was treated negatively by others |
| Impact on others | I felt like a burden to others | Feeling like a burden to others |
| I felt like an inconvenience to others | Feeling like an inconvenience to others |
| I made other people change their plans | Feeling I made other people change their plans |
| I felt like I let other people down | Feeling like I let other people down |