**Draft version of the Hypo-RESOLVE PROM items tested in Stage 3**

This questionnaire is asking about how hypoglycaemia (low blood sugar) has affected you and your life during the **past 4 weeks**.

We want you to consider the overall impact of hypoglycaemia during the **past 4 weeks**. This includes both during and after a hypo, and it also includes how hypoglycaemia may have affected you and your life, even if you did not experience a hypo.

Please read each sentence below and think about how often that sentence applied to you during the **past 4 weeks**. Please select the answer that best applies to you.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Thinking about hypoglycaemia, in the past 4 weeks…** | None of the time | Rarely | Sometimes | Often | Most *or* all of the time |
| Psychological aspects | | | | | |
| I felt confident doing physical tasks (e.g. housework, gardening, walking, sports) | □ | □ | □ | □ | □ |
| I blamed myself | □ | □ | □ | □ | □ |
| I felt anxious | □ | □ | □ | □ | □ |
| I felt sad | □ | □ | □ | □ | □ |
| I felt depressed | □ | □ | □ | □ | □ |
| I felt embarrassed | □ | □ | □ | □ | □ |
| I felt frustrated | □ | □ | □ | □ | □ |
| I felt irritable | □ | □ | □ | □ | □ |
| I felt stressed | □ | □ | □ | □ | □ |
| I felt concerned about my safety | □ | □ | □ | □ | □ |
| I felt scared | □ | □ | □ | □ | □ |
| I felt panicked | □ | □ | □ | □ | □ |
| I felt ashamed | □ | □ | □ | □ | □ |
| I felt isolated | □ | □ | □ | □ | □ |
| I felt I was independent | □ | □ | □ | □ | □ |
| I felt I was in control of my life | □ | □ | □ | □ | □ |
| I found it difficult to concentrate | □ | □ | □ | □ | □ |
| I found it hard to stop thinking about my glucose levels | □ | □ | □ | □ | □ |
| I had to plan more than I would like | □ | □ | □ | □ | □ |
| I felt I could manage by myself | □ | □ | □ | □ | □ |
| Social aspects | | | | | |
| My social life was negatively affected | □ | □ | □ | □ | □ |
| I experienced interruptions during social activities | □ | □ | □ | □ | □ |
| I upset those around me | □ | □ | □ | □ | □ |
| I was treated differently by others | □ | □ | □ | □ | □ |
| I was an inconvenience to others | □ | □ | □ | □ | □ |
| I was given the emotional support I needed | □ | □ | □ | □ | □ |
| Physical aspects | | | | | |
| I could do what I needed to do in my life | □ | □ | □ | □ | □ |
| I could do what I wanted to do in my life | □ | □ | □ | □ | □ |
| I had to change my plans | □ | □ | □ | □ | □ |
| I found some tasks took longer than they should | □ | □ | □ | □ | □ |
| I had to eat or drink at times I didn't want to | □ | □ | □ | □ | □ |
| I had to eat or drink things I didn't want to | □ | □ | □ | □ | □ |
| I could be as physically active as I wanted to be | □ | □ | □ | □ | □ |
| I felt exhausted | □ | □ | □ | □ | □ |
| I found it difficult to travel to the places I needed to (e.g. driving, walking, cycling, public transport) | □ | □ | □ | □ | □ |
| I had to carry a lot around with me (i.e. items to monitor and manage blood glucose) | □ | □ | □ | □ | □ |
| I slept well | □ | □ | □ | □ | □ |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | None of the time | Rarely | Sometimes | Often | Most *or* all of the time | N/A |
| I had to take time out during work activities (e.g. paid work, housework, voluntary work or study) | □ | □ | □ | □ | □ | □ |
| I could manage to do as much work as I wanted to (e.g. paid work, housework, voluntary work or study) | □ | □ | □ | □ | □ | □ |
| My sex life was negatively affected | □ | □ | □ | □ | □ | □ |