THE UNIVERSITY OF HONG KONG

PUBLIC OPINION PROGRAMME

Survey on Local Type 2 Diabetes Patients' Knowledge of Blood Glucose

Frequency Report

Jointly compiled by

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I. Research Background

1.1   In April 2012, the Hong Kong Specialist Medical Association (HKSMA) commissioned POP to conduct this "Survey on Local Type 2 Diabetes Patients' Knowledge of Blood Glucose". The survey was specifically designed to build a greater understanding of the level of knowledge among type 2 diabetes patients regarding their condition and the importance of good blood glucose control and the 7% target HbA1c level. The targets of this survey were people living with type 2 diabetes in Hong Kong who aged 18 or above, and mainly used western medical treatment.

1.2   The research instrument used in this study was designed independently by the POP Team after consulting HKSMA, whilst fieldwork operation and data analysis were also designed and handled independently by the POP Team, without interference from any outside party. In other words, POP was given full autonomy to design and conduct the survey, and POP would take full responsibility for all the findings reported herewith.

II. Research Design

2.1   This was a random telephone survey conducted by telephone interviewers under close supervision. All data were collected by our interviewers using a Web-based Computer Assisted Telephone Interview (Web-CATI) system which allowed real-time data capture and consolidation. To ensure data quality, on top of on-site supervision and random checking, voice recording, screen capturing and camera surveillance were used to monitor the interviewers' performance.

2.2   To minimize sampling bias, telephone numbers were first drawn randomly from the residential telephone directories as "seed numbers", from which another set of numbers was generated using the "plus/minus one/two" method, in order to capture the unlisted numbers.   Duplicated numbers were then filtered, and the remaining numbers were mixed in random order to produce the final telephone sample.

2.3   The target population of this survey was **Type II diabetes patients living in Hong Kong, who aged 18 or above, and mainly use western medical treatment**. When telephone contact was successfully established with a target household, one target respondent was selected. If more than one subject had been available, selection was

made using the "next birthday rule" which selected the person who had her birthday next from all those present.

2.5　　　The fieldwork was conducted during the period of **4 to 18 May 2012**. A total of **506** qualified respondents were successfully interviewed. As shown from the calculation in Appendix I, the overall effective response rate of this survey was **57.8%** (Table 1), and the standard sampling error for percentages based on this sample was less than 2.2 percentage points. In other words, the sampling error for percentages was less than plus/minus 4.4 percentage points at 95% confidence level. For detailed breakdowns of the contact information, please refer to Table 1 in Appendix I.

III. Contact information

Table 1   Calculation of effective response rate

Effective response rate

$$= \frac{\text{Successful cases}}{\text{Successful cases} + \text{Incomplete cases* + Refusal cases by eligible respondents}\text{^} + \text{Refusal cases by prorated-eligible respondents}}$$

$$= \frac{506}{506 + 40 + 178 + 1{,}379\,[(506 + 40 + 178)\,/\,(506 + 40 + 178 + 5{,}882)]}$$

= 58.2%

* Including "partial interview" and "interview terminated before the screening question"
^ Including "household-level refusal" and "known respondent refusal"
#Figure obtained by prorata

Table 2   Breakdown of contact information of the survey

	Frequency	Percentage
Respondents' ineligibility confirmed	**40,842**	**56.0**
Fax/ data line	3,557	4.9
Invalid number	27,987	38.3
Call-forwarding/ mobile/ pager number	605	0.8
Non-residential number	2,648	3.6
Special technological difficulties	163	0.2
No eligible respondents	5,882	8.1
Respondents' ineligibility not confirmed	**16,651**	**22.8**
Line busy	2,049	2.8
No answer	11,388	15.6
Answering device	773	1.1
Call-blocking	249	0.3
Language problem	793	1.1
Interview terminated before the screening question	1,379	1.9
Others	20	0.0
Respondents' eligibility confirmed, but failed to complete the interview	**14,993**	**20.5**
Household-level refusal	137	0.2
Known respondent refusal	41	0.1
Appointment date beyond the end of the fieldwork period	14,750	20.2
Partial interview	40	0.1
Miscellaneous	25	0.0
Successful cases	**506**	**0.7**
Total	**72,992**	**100.0**

IV. Main Findings

Table 3   [Q1] How long have you been diagnosed with type 2 diabetes?

	Frequency	Percentage (Base=505)
5 years or less	189	37.4%
6 – 10 years	118	23.4%
11 – 15 years	74	14.7%
16 – 20 years	59	11.7%
21 years or longer	56	11.1%
Don't know / can't remember	9	1.8%
Total	505	100.0%
Missing	*1*	
Mean	9.3 years	
Standard Error	0.30 years	
Median	8.0 years	
Base	496	

Table 4   [Q2] How long did it take between experiencing your first symptom and being diagnosed with type 2 diabetes?

	Frequency	Percentage (Base=506)
Less than 3 months	132	26.1%
4 – 6 months	30	5.9%
7 – 12 months	14	2.8%
13 – 24 months	16	3.2%
Longer than 24 months	37	7.3%
Didn't experience any symptoms before being diagnosed	202	39.9%
Don't know / can't remember	75	14.8%
Total	506	100.0%
Mean	7.4 months	
Standard Error	0.59 months	
Median	1.5 months	
Base	229	

Table 5   [Q3] Do you know what complications diabetes can lead to? If yes, please provide examples. [Do not read out answers, multiple answers allowed]

	Frequency	Percentage of responses (Base=988)	Percentage of sample (Base=506)
Yes, eye disease (diabetic retinopathy): characterized by damage to the retina of the eye which can lead to vision loss	277	28.0%	54.7%
Yes, nerve disease (diabetic neuropathy): can ultimately lead to ulceration and amputation of the toes, feet and lower limbs	242	24.5%	47.8%
Yes, cardiovascular disease: affects the heart and blood vessels and may cause fatal complications such as coronary heart disease (leading to heart attack) and stroke	209	21.2%	41.3%
Yes, kidney disease (diabetic nephropathy): can result in total kidney failure and the need for dialysis or kidney transplant	139	14.1%	27.5%
Yes, skin disease	5	0.5%	1.0%
Yes, high blood pressure	3	0.3%	0.6%
Yes, others (See below)	10	1.0%	2.0%
No, don't know	103	10.4%	20.4%
Total	988	100.0%	
Other responses that cannot be grouped:			
Numb limbs, frequent urination, dry mouth	1	0.1%	0.2%
High blood concentration	1	0.1%	0.2%
Liver problem	1	0.1%	0.2%
Affect their body functions	1	0.1%	0.2%
Lung problem	1	0.1%	0.2%
Stomach, numb body	1	0.1%	0.2%
Fatigue	1	0.1%	0.2%
Pancreas	1	0.1%	0.2%
High blood sugar, low blood sugar, dry mouth	1	0.1%	0.2%
Dizzy, tremor hands	1	0.1%	0.2%
Sub total	10	1.0%	2.0%

Table 6   [Q4] How well informed do you think you are about type 2 diabetes? [Interviewers to probe intensity]

		Frequency	Percentage (Base=506)
Extremely well informed	)Informed	52)198	10.3%)39.1%
Well informed		146	28.9%
Half-half		112	22.1%
Not well informed	)Not informed	147)177	29.1%)35.0%
Not informed at all		30	5.9%
Don't know / hard to say		19	3.8%
	Total	506	100.0%
	Mean	3.1	
	Standard Error	0.05	
	Median	3.0	
	Base	487	

Table 7   [Q5] Have you ever heard of HbA1c? If yes, do you understand its relation with type 2 diabetes?

	Frequency	Percentage (Base=506)
Yes, I have heard and understand their relationship	38	7.5%
Yes, I have heard but don't understand the relationship	79	15.6%
No, I have not heard of it	370	73.1%
Don't know / hard to say	19	3.8%
Total	506	100.0%

Table 8   [Q6] How frequently will you check your HbA1c level?

	Frequency	Percentage (Base=506)
Once a day	16	3.2%
At least once a week	42	8.3%
At least once a month	15	3.0%
At least once every 2 – 6 months	302	59.7%
Once a year	96	19.0%
Don't know / hard to say	35	6.9%
Total	506	100.0%

Table 9   [Q7] What is your current HbA1c level?

	Frequency	Percentage (Base=503)
3 – 5.9	34	6.8%
6 – 7.9	173	34.4%
8 – 10.9	72	14.3%
11 – 19.9	38	7.6%
Don't know / hard to say / can't remember	186	37.0%
Total	503	100.0%
Missing	*3*	
Mean	7.8	
Standard Error	0.13	
Median	7.0	
Base	317	

Table 10   [Q8] How well do you think your diabetes is controlled currently? [Interviewers to probe intensity]

		Frequency	Percentage (Base=506)
Extremely well Quite well	)Well	32 244)276	6.3% 48.2%)54.5%
Half-half		114	22.5%
Not quite well Not well at all	)Not well	71 13)84	14.0% 2.6%)16.6%
Don't know / hard to say		32	6.3%
	Total	506	
	Mean value	3.5	
	Standard Error	0.04	
	Median	4.0	
	Base	474	

Table 11   [Q9] Do you know what is considered to be an optimal or good HbA1c level for someone with type 2 diabetes?

	Frequency	Percentage (Base=503)
3 – 4.9	26	5.2%
5 – 6.9	209	41.6%
7	43	8.5%
7.5 – 8.9	23	4.6%
9 – 10.9	5	1.0%
Don't know	197	39.2%
Total	503	100.0%
Missing	*3*	
Mean	6.0	
Standard Error	0.06	
Median	6.0	
Base	306	

Table 12　[Q10] How important do you think self-monitoring of blood glucose is? [Interviewers to probe intensity]

		Frequency	Percentage (Base=505)
Extremely important Quite important	)Important	175 209)384	34.7% 41.4%)76.0%
Half-half		17	3.4%
Not quite important Not important at all	)Not important	33 5)38	6.5% 1.0%)7.5%
Don't know / hard to say		66	13.1%
	Total	505	100.0%
	Missing	*1*	
	Mean	4.2	
	Standard Error	0.04	
	Median	4.0	
	Base	439	

Table 13　[Q11] How frequently do you self-check your blood glucose level?

	Frequency	Percentage (Base=506)
Once a day	39	7.7%
At least once a week	178	35.2%
At least once a month	37	7.3%
At least once every 2 – 3 months	52	10.3%
At least once every 6 months	6	1.2%
Once in more than 6 months	11	2.2%
Never	170	33.6%
Don't know / hard to say	13	2.6%
Total	506	100.0%

Table 14 [Q12] How frequently do you do exercise, e.g. jogging, swimming, ball games (at least half an hour at a time)?

	Frequency	Percentage (Base=497)
Once a day	268	53.9%
At least once a week	101	20.3%
At least once a month	11	2.2%
At least once every 2 – 3 months	3	0.6%
At least once every 6 months	3	0.6%
Once in more than 6 months	59	11.9%
Don't know / hard to say	52	10.5%
Total	497	100.0%
Missing	*9*	

Table 15 [Q13] What medication are you currently taking for your type 2 diabetes?

	Frequency	Percentage (Base=504)
Oral anti-diabetic treatments / tablets	407	80.8%
Insulin injections	42	8.3%
I am not currently taking any medication	49	9.7%
Don't know / hard to say	6	1.2%
Total	504	100.0%
Missing	*2*	

Table 16 [Q14] Do you know how the medication you're using works in controlling your blood glucose level?

	Frequency	Percentage (Base=497)
Yes	128	25.8%
No	369	74.2%
Total	497	100.0%
Missing	*9*	

Table 17   [Q15] Are you aware of the possible side-effects associated with your medication?

	Frequency	Percentage (Base=499)
Yes	148	29.7%
No	351	70.3%
Total	499	100.0%
Missing	7	

Table 18   [Q16a1] Do you think if the following complications are related to Hyperglycemia? [Interviewers to read out each item]

	Frequency	Percentage of responses (Base=1,791)	Percentage of sample (Base=506)
Loss of vision*	406	22.7%	80.2%
Cardiovascular disease*	384	21.4%	75.9%
Kidney disease*	360	20.1%	71.1%
Loss of consciousness	248	13.8%	49.0%
Nerve disease*	211	11.8%	41.7%
Seizures	77	4.3%	15.2%
None of the above	5	0.3%	1.0%
Others	52	2.9%	10.3%
Don't know / hard to say	48	2.7%	9.5%
Total	1,791	100.0%	

*Complications related to Hyperglycemia

Table 19   [Q16a2] Do you think if the following complications are related to Hypoglycemia? [Interviewers to read out each item]

	Frequency	Percentage of responses (Base=1,207)	Percentage of sample (Base=506)
Loss of consciousness**	263	21.8%	52.0%
Cardiovascular disease	227	18.8%	44.9%
Loss of vision	180	14.9%	35.6%
Kidney disease	178	14.7%	35.2%
Nerve disease	111	9.2%	21.9%
Seizures**	71	5.9%	14.0%
None of the above	17	1.4%	3.4%
Others	36	3.0%	7.1%
Don't know / hard to say	124	10.3%	24.5%
Total	1,207	100.0%	

*Complications related to Hypoglycemia

Table 20   [Q16b_1] [Interviewers then probe] As far as you know, any other complications are related to hyperglycemia?

	Frequency	Percentage of responses (Base=58)	Percentage of sample (Base=52)
Foot problem	24	41.4%	46.2%
Skin problem	8	13.8%	15.4%
Wounds difficult to heal	7	12.1%	13.5%
Liver problem	5	8.6%	9.6%
Others (See below)	14	24.1%	26.9%
Total	58	100.0%	
Other responses that cannot be grouped:			
Numbness	2	3.4%	3.8%
Dizziness	2	3.4%	3.8%
Tremor hands	1	1.7%	1.9%
Blood circulation	1	1.7%	1.9%
Body numb / pain	1	1.7%	1.9%
Spasm	1	1.7%	1.9%
Bad appetite	1	1.7%	1.9%
Fatigue	1	1.7%	1.9%
Bone pain	1	1.7%	1.9%
Frequent urination	1	1.7%	1.9%
Brain problem	1	1.7%	1.9%
Cholesterol	1	1.7%	1.9%
Sub total	14	24.1%	26.9%

Table 21 [Q16b_2] [Interviewers then probe] As far as you know, any other complications are related to hyperglycemia?

	Frequency	Percentage of responses (Base=39)	Percentage of sample (Base=36)
Dizziness	16	41.0%	44.4%
Foot problem	9	23.1%	25.0%
Sweating	3	7.7%	8.3%
Others (See below)	11	28.2%	30.6%
Total	39	100.0%	
Other responses that cannot be grouped:			
Weak limbs	2	5.1%	5.6%
Wounds difficult to heal	2	5.1%	5.6%
Tremor hands	1	2.6%	2.8%
Skin disease, fatigue	1	2.6%	2.8%
Blood circulation	1	2.6%	2.8%
Liver problem	1	2.6%	2.8%
Bad appetite	1	2.6%	2.8%
Dizziness	1	2.6%	2.8%
Sub total	10	25.6%	27.8%

Table 22 [Q17] Through what channel(s) do you usually get information on type 2 diabetes treatment or related health information? (Do not read out answers, multiple answers allowed)

	Frequency	Percentage of responses (Base=1,012)	Percentage of sample (Base=505)
Family doctors / GOPS doctors / medical professionals	292	28.9%	57.8%
Newspapers	119	11.8%	23.6%
Pamphlets / leaflets / posters	115	11.4%	22.8%
Other doctors / medical professionals	100	9.9%	19.8%
TV	93	9.2%	18.4%
Family members / friends / relatives / colleagues	68	6.7%	13.5%
Magazines	63	6.2%	12.5%
Radio	52	5.1%	10.3%
Internet	28	2.8%	5.5%
Talk	17	1.7%	3.4%
Lessons / books	8	0.8%	1.6%
No information obtained	4	0.4%	0.8%
Others (See below)	7	0.7%	1.4%
Don't know / hard to say	46	4.5%	9.1%
Total	1,012	100.0%	
Missing	*1*		
Other responses that cannot be grouped:			
Elderly home	1	0.1%	0.2%
Every channels with information related to this	1	0.1%	0.2%
Community centre	1	0.1%	0.2%
Health centre	1	0.1%	0.2%
Rehabilitation association	1	0.1%	0.2%
Discussion with other patients	1	0.1%	0.2%
Diabetic patient association	1	0.1%	0.2%
Sub total	7	0.7%	1.4%

Table 23　[Q18] Finally, do you receive healthcare service mostly from public or private doctors?

	Frequency	Percentage (Base=506)
Public doctors	462	91.3%
Private doctors	431	8.5%
Don't know / hard to say	1	0.2%
Total	506	100.0%

Table 24　[Q19] So is the doctor who is currently following up with / treating your Diabetes a general practitioner (GP) or a specialist (for example an endocrinologist)?

	Frequency	Percentage (Base=506)
General practitioner (GP)	261	51.6%
Specialist	198	39.1%
Don't know / hard to say	47	9.3%
Total	506	100.0%

V. Demographic information of respondents

Table 25   Gender

	Frequency	Percentage (Base=506)
Male	232	45.8%
Female	274	54.2%
Total	506	100.0%

Table 26   Age

	Frequency	Percentage (Base=504)
21 - 29	2	0.4%
30 - 39	3	0.6%
40 - 49	12	2.4%
50 - 59	103	20.4%
60 or above	384	76.2%
Total	504	100.0%
Missing	*2*	

Table 27   Education attainment

	Frequency	Percentage (Base=500)
Primary or below	254	50.8%
Secondary	219	43.8%
Tertiary or above	27	5.4%
Total	500	100.0%
Missing	*6*	

Table 28   Occupation

	Frequency	Percentage (Base=503)
Working class	74	14.7%
Retired	322	64.0%
Seeking job, unemployed and other non working class	15	3.0%
Housewife	92	18.3%
Total	503	100.0%
Missing	*3*	

Table 29   Living district

	Frequency	Percentage (Base=502)
Hong Kong Island	91	18.1%
Kowloon	163	32.5%
New Territories	248	49.4%
Total	502	100.0%
Missing	*4*	

Appendix 1

Bilingual Questionnaire

二型糖尿病患者對血糖的認知
意見調查

Survey on Local Type 2 Diabetes Patients'

Knowledge of Blood Glucose

調查問卷 (定稿)
Survey Questionnaire (Final Version)

2012 年 5 月 3 日

May 3, 2012

第 一 部 分　　　　自 我 介 紹
Part I　　Self Introduction

喂，先生／小姐／太太你好，我姓 X，我係香港大學民意研究計劃既訪問員，我地受香港專科醫生學會委託進行有關二型糖尿病患者對糖尿病既認知調查，想問你一 D 關於血糖認知、檢測及控制方法既意見，我地只會阻你幾分鐘時間。請你放心，你既電話號碼係經由我地既電腦隨機抽樣抽中既，而你提供既資料係會絕對保密既。如果你對今次既訪問有任何疑問，你可以打去熱線電 xxxx-xxxx 同我地既督導員 X 先生聯絡，又或者喺辦公時間致電 xxxx-xxxx 向香港大學操守委員會【即香港大學非臨床研究操守委員會】查詢今次既調查。

Good evening! My name is X. I'm an interviewer from the Public Opinion Programme of the University of Hong Kong. We are commissioned by the Hong Kong Specialist Medical Association to conduct a survey on Type II Diabetes patients' knowledge of Blood Glucose and would like to ask for your views on the blood glucose level, checking and control measures which would only take you a few minutes, and you can choose to terminate the interview any time. Please be rest assured that your phone number is randomly selected by our computer and your information provided will be kept strictly confidential. If you have any questions about the research, you can call xxxx xxxx to talk to our supervisor Mr X. If you want to know more about the rights as a participant, please contact the Human Research Ethics Committee for Non-Clinical Faculties of the University of Hong Kong at xxxx-xxxx during office hours.

Q1　請問你既電話號碼係唔係 xxxx-xxxx?

Is your telephone number xxxx-xxxx?

係

唔係 → 訪問告終，多謝合作，拜拜

Yes

No → Interview ends, thank you for our co-operation, bye-bye

第 二 部 分　　選 出 被 訪 者
Part II　　Selection of Participants

[S1]　呢份問卷既訪問對象係 18 歲或以上患有二型糖尿病既香港居民，請問你屋企宜家有幾多位屬於呢個組別既呢?

The target respondents of this survey are type II diabetes patients living in Hong Kong, who aged 18 or above, and mainly use western medical treatment. How many family members at your home now belong to this group?

有一位　→　跳至 S2 [如合資格家庭成員不是接聽電話者，請邀請合資格家庭成員聽電話並重覆自我介紹]

有多過一位，____位 【入實數】　→　跳至 S3

冇　→　訪問告終，多謝合作，拜拜

訪者拒絕回答　→　訪問告終，多謝合作，拜拜

One → S2 [If the eligible member is not the one who picked up the phone, please invite the eligible member to participate and interviewer to repeat self-introduction]

More than one, number of eligible people: _____ [Input exact figure] → S3

No → Interview ends

Refused to answer → Interview ends

[S2]　為左保障數據既真確性, 訪問可能會被錄音, 但只會用作內部參考, 請問可唔可以訪問呢?

For quality control purpose, our conversation may be recorded but will be destroyed shortly after our quality control process is completed. Is it okay for us to start this survey?

可以→ S3

唔可以→ 訪問告終，多謝合作，拜拜

Yes → S3

No → Interview ends, thank you for our co-operation, bye-bye

[S3]　因為多過一位, 我地希望所有合資格既家庭成員都有同等機會接受訪問, 所以想請即將生日果位黎聽電話。(訪問員可舉例說明:『即係有冇 5 月或未來三個月內生日既人係度？』)【開始訪問前，訪問員必須讀出:為左保障數據既真確性,訪問可能會被錄音,但只會用作內部參考。】

請問可唔可以呢?

Because there are more than one, we hope every eligible family member has equal chance to be interviewed, may I speak to the family member who will have his / her birthday next? (Interviewer can give out an example: "that is, is there is anyone who will have his / her birthday in May or in the future 3 months?" [Before the interview starts, the interviewer must read out: for quality control purpose, our conversation may be recorded but will be destroyed shortly after our quality control process is complete.]

Is it okay for us to start this survey?

可以 - 接聽電話的人士是被訪者 → 跳至 S4

可以 - 其他家人是被訪者【訪問員請重覆自我介紹】→ 跳至 S4

被選中的家庭成員不在家／沒空【訪問員請另約時間再致電】

唔可以 - 家人拒絕回答 → 訪問告終，多謝合作，拜拜

唔可以 - 訪者拒絕回答 → 訪問告終，多謝合作，拜拜

Yes, the person received the call is the eligible respondent → S4

Yes, another family member is the eligible respondent → Interviewer repeats self-introduction → S4

Yes, the eligible family member is not present / available→ Interviewer makes an appointment

No, the eligible family member refused to answer → Interview ends

No, the person received the call refused to answer → Interview ends

[S4] 咁請問你係唔係患有二型糖尿病，同埋以西醫作為主要治療同跟進？

Then, may I know if you are diagnosed with Type II Diabetes, and mainly use western medical treatment?

係 → 開始訪問

唔係 → 訪問告終，多謝合作，拜拜

唔清楚 → 訪員略為解釋二型糖尿病的病者情況，如被訪者始終未能否定是二型患者，訪問告終，多謝合作，拜拜

拒答 → 訪問告終，多謝合作，拜拜

Yes → Interview starts

No→ Interview ends, thanks for your cooperation, bye-bye

Not sure → Interviewers to give a brief explanation of what is Type II Diabetes, and if the respondent still cannot confirm if s/he is a Type II patient, interview ends, thanks for your cooperation, bye-bye

Refuse to answer → Interview ends, thanks for your cooperation, bye-bye

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│                                                         │
│         第 三 部 分        問 卷 主 體 部 分              │
│         Part III      Survey Questions                 │
│                                                         │
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<u>關於二型糖尿</u>

<u>About Type II Diabetes</u>

[Q1]請問你患左二型糖尿病幾耐？
How long have you been diagnosed with type 2 diabetes?

5 年或以下
6 – 10 年
11 – 15 年
16 – 20 年
21 年或以上
唔知道／唔記得
拒答

5 years or less
6 – 10 years
11 – 15 years
16 – 20 years
21 years or longer
Don't know / can't remember
Refuse to answer

[Q2]咁你第一次出現糖尿病症狀，到你確診患上二型糖尿病相隔左幾耐？
How long did it take between experiencing your first symptom and being diagnosed with type 2 diabetes?

少於 3 個月
4 – 6 個月
7 – 12 個月
13 – 24 個月
多於 24 個月
確診前未有發現症狀
唔知道／唔記得
拒答

Less than 3 months
4 – 6 months
7 – 12 months
13 – 24 months
Longer than 24 months
Didn't experience any symptoms before being diagnosed
Don't know / can't remember
Refuse to answer

[Q3]你知唔知道糖尿病有機會導致乜野併發症？如知道，請你試講出一 d 例子。[不讀答案，可選多項]
Do you know what complications diabetes can lead to? If yes, please provide examples. [Do not read out answers, multiple answers allowed]

知道
- 心臟病/心血管疾病：影響心臟及血管，並可能導致致命的並發症，如冠心病（導致心臟病發作）和中風
- 腎臟疾病（糖尿病腎病）：可導致腎功能完全衰竭及和需要腎透析或腎移植
- 神經疾病（糖尿病腎病變）：最終可導致腳趾、腳和下肢潰瘍和截肢的情況
- 眼疾（糖尿病視網膜病變）：視網膜損壞，可導致視力減退
- 其他，請註明：＿＿＿＿＿＿＿＿＿＿＿＿＿＿
唔知道
拒答

Yes
  - Cardiovascular disease: affects the heart and blood vessels and may cause fatal complications such as coronary heart disease (leading to heart attack) and stroke
  - Kidney disease (diabetic nephropathy): can result in total kidney failure and the need for dialysis or kidney transplant
  - Nerve disease (diabetic neuropathy): can ultimately lead to ulceration and amputation of the toes, feet and lower limbs
  - Eye disease (diabetic retinopathy): characterised by damage to the retina of the eye which can lead to vision loss
  - Others, please specify: _____
No
Refuse to answer

[Q4]你認為自己有幾了解二型糖尿病？[訪員追問程度]
How well informed do you think you are about type 2 diabetes? [Interviewers to probe intensity]

非常了解	Extremely well informed
幾了解	Well informed
一半半	Half-half
唔係好了解	Not well informed
完全唔了解	Not informed at all
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

血糖控制方面
Control of Blood Glucose

[Q5]你有冇聽過 HbA1c，即"糖化血色素"？如果有，咁你清唔清楚了解佢同二型糖尿病既關係?
Have you ever heard of HbA1c? If yes, do you understand its relation with type 2 diabetes?

有聽過，並清楚了解 HbA1c(糖化血色素) 同二型糖尿病既關係
有聽過，但唔清楚 HbA1c(糖化血色素) 同二型糖尿病既關係
冇聽過
唔知／難講
拒答
Yes, I have heard and understand their relationship
Yes, I have heard but don't understand the relationship
No, I have not heard of it
Don't know / hard to say
Refuse to answer

(備註：不論受訪者回答知道或不知道，請向所有人解釋何謂血糖)
(Note: No matter respondents answer "Yes" or "No", please explain what blood glucose is to everyone)

[訪問員讀出：你既醫生會透過抽取血液樣本黎測試你既 **HbA1c**（糖化血色素）指數—即係身體內紅血球所攜帶既葡萄糖份量，以檢測你既血糖水平。二型糖尿病既治療目標，就係要將 **HbA1c**（糖化血色素）指數控制係某個水平。]
[Interviewers to read out: Your doctors will measure your HbA1c index through extracting blood sample – meaning the amount of glucose carried by red blood cells in your body, in order to examine your blood glucose level. The aim of medical treatment for type 2 diabetes is to control HbA1c index at a certain level.]

[Q6]你平均幾耐會檢驗一次你既 HbA1c（糖化血色素）指數?
How frequently will you check your HbA1c level?

每日一次	Once a day
一星期最少一次	At least once a week
一個月最少一次	At least once a month
每 2-6 個月一次	At least once every 2 – 6 months
一年一次	Once a year
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

咁請問你現時既 HbA1c（糖化血色素）指數係幾多?
What is your current HbA1c level?

_____% [入實數]	_____% [Input exact figure]
唔知／難講／唔記得	Don't know / hard to say / can't remember
拒答	Refuse to answer

[Q7]你覺得你既糖尿病現時控制得好唔好? [訪員追問程度]
How well do you think your diabetes is controlled currently? [Interviewers to probe intensity]

非常好	Extremely well
幾好	Quite well
一半半	Half-half
唔係幾好	Not quite well
完全唔好	Not well at all
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

[Q8]咁你知唔知道糖尿病人應該將 HbA1c（糖化血色素）指數控制係乜野水平先算係最好?
Do you know what is considered to be an optimal or good HbA1c level for someone with type 2 diabetes?

知道，_____%	Yes, _____%
唔知道	No
拒答	Refuse to answer

[Q9]你覺得定時自我檢測血糖有幾重要？[訪員追問程度]
How important do you think self-monitoring of blood glucose is? [Interviewers to probe intensity]

非常重要	Extremely important
幾重要	Quite important
一半半	Half-half
幾唔重要	Not quite important
完全唔重要	Not important at all
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

[Q10]　　請問你有幾經常自我檢測血糖?
How frequently do you self-check your blood glucose level?

每日都會	Once a day
最少一星期一次	At least once a week
最少一個月一次	At least once a month
最少兩至三個月一次	At least once every 2 – 3 months
最少六個月一次	At least once every 6 months
六個月以上一次	Once in more than 6 months
從不	Never
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

病患者管理方面

Diabetes Management by Patients

[Q11]　　你平均幾耐會做一次運動，如跑步、游水、球類活動等(每次半小時或以上才算 1 次)？
How frequently do you do exercise, e.g. jogging, swimming, ball games (at least half an hour at a time)?

每日一次	Once a day
最少一星期一次	At least once a week
最少一個月一次	At least once a month
最少兩至三個月一次	At least once every 2 – 3 months
最少六個月一次	At least once every 6 months
六個月以上	Once in more than 6 months
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

[Q12]　請問你現時係口服糖尿病藥定係注射胰島素?

What medication are you currently taking for your type 2 diabetes?

口服糖尿病藥	Oral anti-diabetic treatments / tablets
注射胰島素	Insulin injections
現時冇服用或使用任何藥物	I am not currently taking any medication
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

[Q13]　你清唔清楚了解你現時服用緊既藥物係點樣控制血糖？

Do you know how the medication you're using works in controlling your blood glucose level?

清楚	Yes
唔清楚	No
拒答	Refuse to answer

[Q14]　你知唔知道你所服食／注射既藥物有乜野副作用？

Are you aware of the possible side-effects associated with your medication?

知道	Yes
唔知道	No
拒答	Refuse to answer

[Q15]　你認為以下既併發症分別同高血糖同埋低血糖有無關係？[訪員讀出每項，然後追問：咁據你所知，仲有無其他併發症同高血糖／低血糖有關？]

Do you think if the following complications are related to Hyperglycemia and Hypoglycemia respectively? [Interviewers to read out each item, and then probe by asking: according to your own knowledge, any other complications are related to Hyperglycemia / Hypoglycemia?]

	高血糖 Hyperglycemia				低血糖 Hypoglycemia			
	有關係 Yes	冇關係 No	唔知/難講 Don't know / hard to say	拒答 Refuse to answer	有關係 Yes	冇關係 No	唔知/難講 Don't know / hard to say	拒答 Refuse to answer
a. 心臟病/心血管疾病* Cardiovascular disease*								
b. 腎臟疾病* Kidney disease*								

c. 神經疾病* **Nerve disease***								
d. 視力減退* **Loss of vision***								
e. 癲癇發作** **Seizures****								
f. 神志不清** **Loss of consciousness****								
g. 其他，請註 明：_____ **Others, please specify: _____**								

*為**高血糖併發症**正確答案

為低血糖併發症**正確答案

*means a correct answer for **Hyperglycemia complication**

** means a correct answer for **Hypoglycemia complication**

糖尿病資訊方面

Information on Type II Diabetes

[Q16] 你通常會透過乜野途徑獲得二型糖尿病既相關資訊？[不讀答案，可選多項]
Through what channel(s) do you usually get information on type 2 diabetes treatment or related health information? [Do not read out answers, multiple answers allowed]

互聯網
家庭醫生／普通門診醫生／醫護人員
其他醫生／醫護人員
家人／朋友／親友／同事
小冊子／單張／海報
電視
電台
報紙
雜誌
其他，請註明：_____
唔知／難講
拒答
Internet

Family doctors / GOPS doctors / medical professionals
Other doctors / medical professionals
Family members / friends / relatives / colleagues
Pamphlets / leaflets / posters
TV
Radio
Newspapers
Magazines
Other, please specify: _____
Don't know / hard to say
Refuse to answer

[Q17] 最後，請問你較常用公立醫院既服務定係私家醫生？
Finally, do you receive healthcare service mostly from public or private doctors?

公立醫生
私家醫生
唔知／難講
拒答

Public doctors
Private doctors
Don't know / hard to say
Refuse to answer

[Q18] 咁最主要跟進你糖尿病病情既醫生係普通註診醫生定係專科醫生？(例如內分泌專科)
So is the doctor who is currently following up with / treating your Diabetes a general practitioner (GP) or a specialist (for example an endocrinologist)?

普通註診醫生	General practitioner (GP)
專科醫生	Specialist
唔知／難講	Don't know / hard to say
拒答	Refuse to answer

第 四 部 分　　個 人 資 料
Part IV　　Respondents Demographic Information

而家我想問你些少個人資料，方便分析，請你放心，你既資料係會絕對保密既。
I'd like to ask you some of your personal particulars in order to facilitate our analysis. Please be rest assured that all personal information will be kept strictly confidential.

[DM1]　性別
Gender

| 男 | Male |
| 女 | Female |

[DM2a]　年齡
Age

| ＿＿＿＿＿（入實數） | ＿＿＿＿＿ (Input exact figure) |
| 拒答 | Refuse to answer |

[DM2b]【只問不肯透露準確年齡被訪者】年齡 (範圍)[訪問員可讀出範圍]
[Only for those who refused to disclose exact age] Age (range) [Interviewers to read out the age ranges]

18-20 歲	18-20
21-29 歲	21-29
30-39 歲	30-39
40-49 歲	40-49
50-59 歲	50-59
60 歲或以上	60 or above
拒答	Refuse to answer

[DM3]　教育程度
Education attainment

小學或以下	Primary or below
中一至中三(初中)	Secondary 1 to 3
中四至中五(高中)	Secondary 4 to 5
中六至中七(預科)	Secondary 6 to 7
專上非學位	Tertiary, non-degree course
專上學位	Tertiary, degree course
研究院或以上	Postgraduate or above
拒答	Refuse to answer

[DM4]　　就業狀況
Occupation

在職人士	Working class
退休人士	Retired
待業、失業及其他非在職者	Seeking job, unemployed and other non-working class
學生	Student
家庭主婦	Housewife
拒答	Refuse to answer

[DM5]　　請問你居住在香港那一區？
Which Hong Kong district do you live in?

香港島	Hong Kong Island
九龍	Kowloon
新界	New Territories
拒答	Refuse to answer

多謝你接受訪問。如果你對呢個訪問有任何疑問，可以打熱線電話 *xxxx-xxxx* 同我地既督導員 *x* 先生聯絡，或者喺辦公時間致電 *xxxx-xxxx* 向香港大學操守委員會查詢今次訪問既真確性同埋核對我既身份。拜拜！

Thank you for your time. If you have any questions regarding this interview, you can call the hotline xxxx-xxxx to talk to our supervisor Mr. x, or the Human Research Ethics Committee for Non-Clinical Faculties of the University of Hong Kong at xxxx-xxxx during office hours to verify this interview's authenticity and confirm my identity. Good-bye!

<div align="center">

問卷完
End of Questionnaire

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