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| **Appendix.** **The Norwegian DHP-14.** | | | | | |
|  | Questions | Always | Usually | Sometimes | Never |
| 1 | Does food control your life? | 3 | 2 | 1 | 0 |
| 2 | Does having diabetes mean it is difficult staying out late? | 3 | 2 | 1 | 0 |
| 3 | Does having diabetes mean your days are tied to meal times? | 3 | 2 | 1 | 0 |
| 4 | Do you have problems keeping to your diet because you eat to cheer yourself up? | 3 | 2 | 1 | 0 |
| 5 | Do you lose your temper if people keep on at you about sugar testing or diet? | 3 | 2 | 1 | 0 |
| 6 | Do you have problems keeping to your diet because you find it hard to say no to food you like? | 3 | 2 | 1 | 0 |
|  |  | Very  much  more | A lot  more | A few more | Not  at all |
| 7 | Are there more arguments or upsets at home than there would be if you did not have diabetes? | 3 | 2 | 1 | 0 |
|  | | Very  likely | Quite  likely | Not very  likely | Not  at all likely |
| 8 | How likely are you to eat something extra when you feel bored or fed up? | 3 | 2 | 1 | 0 |
|  | | Very  much | A lot | A little | Not at all |
| 9 | Because of your diabetes, do you worry about getting colds or flu? | 3 | 2 | 1 | 0 |
| 10 | Do you wish there were not so many nice things to eat? | 3 | 2 | 1 | 0 |
|  | | Very  often | Often | Sometimes | Never |
| 11 | Because of your diabetes, do you get depressed? | 3 | 2 | 1 | 0 |
| 12 | Does your diabetes cause you to lose your temper or shout? | 3 | 2 | 1 | 0 |
| 13 | Do you get touchy or moody about  diabetes? | 3 | 2 | 1 | 0 |
| 14 | Do you find yourself losing your temper over small things? | 3 | 2 | 1 | 0 |
| Table legends: Questions are scored using a 4-point Likert-type scale ranging from 0 to 3, with “0” representing no dysfunction. Questions 5, 7, 11, 12, 13 and 14 belong to the Psychological distress dimension; questions 1, 2, 3 and 9 belong to the Barriers to activity dimension; and questions 4, 6, 8 and 10 belong to the Disinhibited eating dimension. | | | | | |