

APPENDIX A

Questionnaire in English

Questionnaire

Knowledge and Awareness of Diabetes Mellitus among Thai Office Workers in Bangkok

This questionnaire is aimed to measure the knowledge and awareness of diabetes mellitus among Thai office workers in Bangkok. It is a part of a research paper in partial fulfillment of the requirements for Master of Arts in English for Careers, Language Institute, Thammasat University.

The information will be treated confidentially and used for the research purpose only. Thank you very much for your cooperation.

Part 1: Personal Information

Direction Please mark √ in the ☐ in front of your answers

1. Gender ☐ Male ☐ Female

2. Age (please specify) years

3. Highest Education

☐ Less than High School ☐ High School/ Vocational School

☐ Diploma ☐ Bachelor's degree

☐ Higher than Bachelor's degree

4. Department/ Section

☐ Account/ Finance ☐ Admin/ HR

☐ Sales/ Marketing ☐ Logistic

☐ Others (please specify)

5. Average Income/allowance per month (Baht)

- ☐ 10,000 or lower
 ☐ 10,001 – 20,000
☐ 20,001 – 30,000
 ☐ 30,001 – 40,000
☐ 40,001 – 50,000
 ☐ more than 50,000

6. Have you ever had your blood sugar level tested? If so, what is the result?

- ☐ No
☐ Yes, my blood sugar level is
☐ Normal
☐ High

Part 2: General Knowledge of Diabetes Mellitus

Direction Please mark ✓ in the box that is your answer.

Statement	Right	Wrong	Do not know
Causes and Risk factors of Diabetes			
7. Diabetes is a condition characterized by high blood sugar level.			
8. The usual cause of diabetes is eating too much sugar and other sweet foods.			
9. One of the causes of diabetes is genetic abnormality.			
10. Stress causes blood sugar level to increase.			
11. Obesity is a risk factor for developing diabetes.			
12. Diabetes can be completely cured.			
Diagnosis and Symptoms of Diabetes			
13. A sign of high blood glucose level is excessive thirst, frequent urination and extreme hunger.			
14. Eating before having a blood test has no effect on the blood sugar level.			

Statement	Right	Wrong	Do not know
Chronic Complications of Diabetes			
15. One of the complications of diabetes is blurred vision.			
16. Diabetes can damage the kidneys and make them lose their ability.			
17. Diabetic patients are at high risk to have chronic wounds on their feet which may lead to foot amputation.			
18. Diabetes can cause loss of feeling in hands, fingers and feet.			
19. Diabetes puts you at risk for cardiovascular disease.			
Health Care Behavior of Diabetes			
20. You don't have to limit the eating of sweet fruits such as watermelon and ripe papaya.			
21. Drinking alcohol such as liquor, wine and beer affects blood sugar level.			
22. Smoking causes blood sugar level to increase.			
23. You should avoid eating high fat food such as fried food and coconut cream.			
24. You should avoid eating carbohydrates and sweet food.			

Part 3: Awareness of Diabetes

Direction Please mark ✓ in the box that represents your opinion best.

Statement	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
25. You are at risk of developing diabetes.					
26. Diabetes affects your quality of life.					

Statement	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
27. Diabetes complications can cause death.					
28. Blood sugar control helps prevent or slow down diabetes complications.					
29. Regular exercise helps prevent the onset of diabetes.					
30. It is hard to control blood sugar level to be at a normal range.					
31. You feel that you know enough about diabetes.					

Part 4: Comments/ Suggestions about diabetic education program

Direction Please mark √ in the box that is your answer.

32. Do you think nowadays educating people with diabetes is sufficient enough? If not, which sources of information do you think is the most suitable for educating people with diabetes?

☐ Sufficient enough

☐ Not sufficient enough and should give more information through

(Choose 3 choices only and rank the number 1, 2 and 3 in front of your answers according to the order of need)

☐ TV

☐ Radio

☐ Magazine/ Journal/ Newspaper

☐ Leaflet from hospital

☐ Training/ Seminar

☐ Medical/ Health professional

☐ Others (please specify)

33. To educate people with diabetes, what topics should be covered most?

(Choose 3 choices only and rank the number 1, 2 and 3 in front of your answers according to the order of interest)

☐ Causes and Risk factors ☐ Sign and Symptoms

☐ Complications ☐ Treatment

☐ Prevention and Practice ☐ Others (please specify)

34. Comments/ Suggestions

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Thank you for your cooperation