

## *Appendix C: Questions to Assess Psychosocial Concerns Related to Insulin Therapy*

Identifying supports and barriers:

- What does taking insulin mean/signify to you?
  
- What is it that concerns or worries you most about starting insulin?
  
- What will make taking insulin difficult for you? What might make it easier?
  
- What benefits (positive effects) do you think there might be to taking insulin?
  
- How do you think the people closest to you will respond/react to this?
  
- Can you think of ways for family/friends to make it easier for you to manage your diabetes? If so, what specific change would you like them to make so that you would feel more supported? How could you tell them this?

Assessing potential depression:

- **Over the past 2 weeks, have you felt down, depressed, or hopeless?**
- **Over the past 2 weeks, have you felt little interest or pleasure in doing things you usually enjoy?**

Adapted and reprinted with permission from American Association of Diabetes Educators, *The Diabetes Educator*, 2001.

Aljasem, L. I., Peyrot, M., Wissow, L., & Rubin, R. (2001). The impact of barriers and self-efficacy on self-care behaviours in type 2 diabetes. *The Diabetes Educator*, 27(3), 393-404.