

# Diabetes Self Management and Smartphone Apps

Thank you for taking part in this Questionnaire (approx. 10-15 minutes).

At the end you will have the opportunity to view your answers and to choose whether you would like to receive the overall results once they become available.

What type of Diabetes do you have?

- Type 1 Diabetes
  - Type 2 Diabetes
  - Other
  - Unsure
- (Select one response)

What is the highest degree or level of school you have completed? If currently enrolled, chose highest level completed.

- No schooling completed
  - Primary/Intermediate School
  - Some High School
  - High School graduate
  - Polytechnic/diploma
  - Apprenticeship
  - Bachelor's degree
  - Postgraduate degree
- (Select one response)

Which ethnic group(s) do you belong to?

- Māori
  - NZ European/Pakeha
  - Samoan
  - Cook Island Maori
  - Tongan
  - Niuean
  - Chinese
  - Indian
  - Other
- (Select as many that apply)

Other, specify

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(Please specify your ethnic group)

If you have concerns regarding your diabetes management where do you go first for assistance?

- Practice Nurse
  - General Practitioner
  - Support group/friends/family
  - Internet
  - Smartphone Application
  - Diabetes specialist team
  - Other
- (Select one response)

Other, specify

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(Please specify your first assistance)

Do you regularly have any of the following problems with your Diabetes management?

- Feeling symptomatic from low blood sugar
  - Feeling symptomatic from high blood sugar
  - Forgetting to measure blood sugar levels
  - Forgetting to take medication or insulin
  - Not known how to identify high or low blood sugars
  - Not knowing whom to contact when in need of assistance
  - Been left without medication/supplies
  - Felt unsure about how to calculate your insulin dose
  - None of the above
- (Select as many that apply)

	Not confident at all	Somewhat confident	Neutral	Confident	Very confident
How confident do you feel in your ability to manage your diabetes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have a mobile phone?

- Yes
- No

Is this a smart phone?

- Yes
- No

What type of smart phone do you have?

- Apple (iPhone)
- Android
- Windows
- Other

Please specify the type of smartphone

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Do you currently have installed or use any Apps for your diabetes management?

- Yes
- No

What is the name of the App(s) you have installed? You may select multiple Apps.

- Glucose Buddy
  - iCookbook Diabetic
  - Diabetes App Lite
  - mySugr Diabetes Diary
  - Easy Diabetes
  - DiabetesConnect
  - Diabetic Friendly Recipes
  - Diabetes App
  - Diabetes FAQ
  - Other
- (Select as many that apply)

Other, specify

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What is the name of the App(s) you have installed? You may select multiple Apps.

- Diabetes:M
  - Diabetes Logbook by mySugr
  - OnTrack Diabetes
  - Diabetes (King Apps)
  - Diabetes Tracker
  - Diabetes Journal
  - Diabeties Diet Chart
  - Diabetes Cookbook
  - Diabetes - Glucose Diary
  - Recipes for Diabetes
  - Other
- (Select as many that apply)

Other, specify

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Have you encountered any of the following problems with your Diabetes App?

- Crashing of software
  - Inconsistency in results
  - Problems with units
  - Difficulty understanding advice given
  - Results that do not align with other medical advise you have been given
  - No problems
  - Other
  - None of the above
- (Select as many that apply)

Other, specify

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Do you use your App to calculate your insulin dose?

- Yes
- No

Have you had any of the following problems with insulin calculation?

- An insulin dose is given even though you know you didn't enter all required values
  - Miscalculation of insulin dose
  - Other
  - None of the above
- (Select as many that apply)

Other, specify

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Which of the following features do you find useful in your App?

- Your contact details and condition information
  - Diary of blood glucose levels
  - Reminders to check blood glucose levels
  - Diary of meals and carbohydrate intake
  - Calculation device to determine insulin dose
  - Guidelines of ideal blood glucose measurements
  - Calender of diabetes related appointments
  - Contact details for your diabetes team, GP
  - Dietary advice
  - Other
  - None of the above
- (Select as many that apply)

Other

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Which other features would you find useful in an app?

- Your contact details and condition information
  - Diary of blood glucose levels
  - Reminders to check blood glucose levels
  - Diary of meals and carbohydrate intake
  - Calculation device to determine insulin dose
  - Guidelines of ideal blood glucose measurements
  - Calender of diabetes related appointments
  - Contact details for your diabetes team or General Practitioner
  - Dietary advice
  - Other
  - None of the above
- (Select as many that apply)

Other, specify

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How often do you use your App?

- Every time you eat or take medications/insulin
  - Daily
  - A few days per week
  - Weekly
  - Monthly
  - Only when needing guidance
  - Never
- (Select one response)

How useful do you find your App?      Not at all useful      Not very useful      Somewhat useful      Very useful      Extremely useful

                      

How well does your App function?

Does not function  
 Some functions work, but slow or has technical problems  
 App works overall, but slow or has technical problems at times  
 Mostly functional with minor problems  
 Perfect with no technical problems  
(Select one response)

How easy is it to learn how to use your App?

There are no/limited instructions, confusing  
 Useable after a lot of time/effort  
 Useable after some time/effort  
 Easy to learn to use with given instructions  
 Able to use immediately, simple  
(Select one response)

How easy is it to navigate through your App?

Different sections within the App are disconnected  
 Easy after a lot of time/effort  
 Easy after some time/effort  
 Easy but missing minor links  
 Perfectly easy  
(Select one response)

How do you find the layout/design of your App?

Very poor, some options are impossible to locate  
 Poor, some options are difficult to locate  
 Satisfactory, few problems with selecting options  
 Good, able to locate all options  
 Excellent, logical and clear layout  
(Select one response)

You have completed all of the questions. Would you like to receive the results of this audit once they become available?

Yes  
 No

What is/are the reason(s) you don't have an App?

Didn't know they existed  
 They do not work on my mobile phone  
 Cost  
 Feel confident without one  
 Have tried one before and didn't like it  
 Other  
(Select as many as apply)

Other, specify \_\_\_\_\_

Would you be interested in using a Smartphone Application to assist with your diabetes management?

Yes  
 No  
 Unsure  
(Select one response)

Which of the following do you find useful in your diabetes management?

Internet  
 General Practitioner or Practice Nurse  
 Diabetes Team  
 Support groups/Friends/Family  
 Blood glucose diary  
 Pamphlets about Diabetes  
 Other  
(Select as many that apply)

Other, specify \_\_\_\_\_

If you had an App, which features would you find useful?

- Your contact details and condition information
- Diary of blood glucose levels
- Reminders to check blood glucose levels
- Diary of meals and carbohydrate intake
- Calculation device to determine insulin dose
- Guidelines of ideal blood glucose measurements
- Calender of diabetes related appointments
- Contact details for your diabetes team, GP
- Dietary advice
- Other

(Select as many as apply)

Other, specify

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You have now completed all of the questions. Would you like to receive the results of this audit once they become available?

- Yes
- No