**APPENDIX I QUESTIONNAIRE**

**THE INFLUENCE OF FAMILY CHARACTERISTICS ON GLYCAEMIC CONTROL AMONG ADULT PATIENTS WITH TYPE 2 DIABETES MELLITUS ATTENDING THE GENERAL OUTPATIENT CLINIC, NATIONAL HOSPITAL, ABUJA, NIGERIA.**

**Please tick the box that is applicable to you SNO**

1. DEMOGRAPHIC AND SOCIAL CHARACTERISTICS ( Please tick as appropriate)
	1. Marital Status
		1. Single………………………………….
		2. Married………………………………
		3. Divorced…………………………….
		4. Widowed……………………………
		5. Widower……………………………
		6. Separated……………………………

* 1. Household
		1. Number of children …………………..
		2. Number of people living with you
* 0-2 ……….
* 3-5…………
* 6-7…………
* >7………….
	1. Tribe
		1. Hausa ………………………………
		2. Ibo…………………………………….
		3. Yoruba……………………………….
		4. Others (Specify) ……………….
	2. Age (years)
		1. 18-30…………………………………….
		2. 31-40…………………………………….
		3. 41-50……………………………………..
		4. 51-60……………………………………..
		5. 61-70……………………………………..

* 1. Educational status
		1. No formal education………………
		2. Koranic…………………………………..
		3. Primary education………………….
		4. Junior secondary education……
		5. Senior Secondary education…..
		6. Tertiary education below………
		university ( College of educ., Polytechnic

Diploma level educ., School of Nursing, etc)

 Vii. University education……………….

* 1. Religion
		1. Paganism……………………………….
		2. Atheist……………………………………
		3. Christianity………………………………
		4. Moslem………………………………….
		5. Others…………………………………….

* 1. Employment status
		1. Employed………………………………..
		2. Unemployed……………………………

* + 1. Retired…………………………………….
	1. Type of employment
		1. Professionals (Doctors……………
		Lawyers, Engineers, etc.)
		2. Top civil servant……………………….
		3. Middle & Lower cadre

 Civil servant…………………………..

* + 1. Politicians……………………………….
		2. Business owner……………………..
		3. Trader…………………………………….
		4. Technician………………………………
		5. Retired/ Unemployed…………
		6. Others (specify) …………………………

* 1. Type of family ( tick as appropriate )
		1. Monogamous………………………..
		2. Polygamous…………………………..
1. Family APGAR: *.Administration Method* Interviewer-administered



**Total score……………………………………**

1. Multidimensional Scale of Perceived Social Support ( adapted for the family sub-scale) : Interviewer administered

Circle the “1” if he/she very strongly disagrees

Circle the “2” if he/she strongly disagrees

Circle the “3” if he/she mildly disagrees

Circle the “4” if he/she is neutral

Circle the “5” if he/she mildly agrees

Circle the “6” if he/she strongly agrees

Circle the “7” if he/she very strongly agrees

1. My family really tries to help me………………………………………………………………….. 1, 2, 3, 4, 5, 6, 7.
2. I get the emotional help and support I need from my family…………………………..1, 2, 3, 4, 5, 6, 7.
3. I can talk about my problems with my family………………………………………………….1, 2, 3, 4, 5, 6, 7.
4. My family is willing to help me make decisions……………………………………………….1, 2, 3, 4, 5, 6, 7

**APPENDIX II**

**PHYSICAL EXAMINATION AND LABORATORY RECORD FORM**

**THE INFLUENCE OF FAMILY CHARACTERISTICS ON GLYCAEMIC CONTROL AMONG ADULT PATIENTS WITH TYPE 2 DIABETES MELLITUS ATTENDING THE GENERAL OUTPATIENT CLINIC, NATIONAL HOSPITAL, ABUJA, NIGERIA.**

**SN**

1. Physical Examination findings

* 1. Height………………..(m)
	2. Weight…………………….(kg).
	3. Waist circumference…………………….(cm)
	4. Hip circumference………………(cm)
	5. BMI………………………….(Kg/m2)
		1. Underweight
		2. Normal weight
		3. Obesity class I
		4. Obesity class II
		5. Obesity class III
		6. Morbid Obesity
	6. BP ………………………..(mmHg).
		1. Normal……………………………
		2. Pre-HTN………………………….
		3. Stage I…………………………….
		4. Stage II……………………………
		5. Isolated systolic HTN………

 2. Laboratory result

* 1. HbA1C ............................. (%).