**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 ............................. (%).