

### Statements to Assess Diabetes Knowledge (SADK)

SADK is a tool to assess the knowledge of diabetes in people with type 2 diabetes, available in five South Asian languages as well as in English, and available on audio-format for those people that have literacy problems.

Please read or listen to the statements and answer all with either Correct, Incorrect or Don't know.

Please underline accordingly: Pre-course/Post-course/6months post-course

Patient Name: \_\_\_\_\_ DOB \_\_\_\_\_

Patients spoken or preferred language? \_\_\_\_\_

Interpreter required? Yes or No. If Yes, which language? \_\_\_\_\_

Statement no.	Statements	Correct	Incorrect	Don't know
1	Eating too much sugar and other sweet foods is a cause of diabetes.			
2	The usual cause of diabetes is lack of insulin in the body.			
3	Sugar in the urine is better than having sugar in the blood.			
4	Kidneys produce insulin.			
5	In untreated diabetes, the amount of sugar in the blood goes higher.			
6	If I am diabetic, my children have a bigger chance of becoming diabetics.			
7	We cannot get rid of diabetes, but we can control it.			
8	A fasting blood sugar level of 12mmols/l is too high.			
9	The best way to check my diabetes is by testing my urine.			
10	Regular exercise will increase the need for insulin or other diabetic medicine.			
11	There are two main types of diabetes: type 1 and type 2.			
12	Eating too much food can make your blood sugars very high.			
13	Medication is more important than diet and Exercise to control my diabetes.			
14	Diabetes can cause poor circulation.			
15	Cuts and injuries take time to get better in people with diabetes.			
16	People with diabetes should take extra care when cutting their toenails.			
17	A person with diabetes should clean a cut with alcohol swabs.			
18	The way I prepare my food is as important as the food I eat.			
19	Diabetes can damage my kidneys.			
20	Diabetes can cause loss of feeling in my hands, fingers, and feet.			
21	Shaking and sweating are signs of high blood sugars.			
22	Passing too much urine and feeling thirsty are signs of low blood sugars.			

- 23            Tight elastic socks and shoes are bad for people with diabetes.
- 24            Diabetic diets mostly consist of special foods.

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Thank you for completing this form, as the feedback received will be useful in improving future courses