

THE HYPOGLYCEMIC ATTITUDES AND BEHAVIOR SCALE

DIRECTIONS: For each item below, check the box that best indicates how much you agree or disagree with each statement as it pertains to your current feelings about hypoglycemia (low blood sugar).

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. To avoid serious problems with low blood sugar, I tend to keep my blood sugars higher than I probably should.	1	2	3	4	5
2. I am terrified that I might pass out in public due to a low blood sugar episode.	1	2	3	4	5
3. Without even bothering to test, I take quick action to raise my blood sugars at the first hint of any “funny” feelings.	1	2	3	4	5
4. I am confident that I can stay safe from serious problems with low blood sugar while driving.	1	2	3	4	5
5. If I don’t have plenty of emergency supplies to raise my glucose with me, I won’t leave my house.	1	2	3	4	5
6. I am confident that I can avoid serious problems due to low blood sugar when I’m alone.	1	2	3	4	5
7. I spend so much time worrying about the possibility of a low blood sugar episode that it makes it hard for me ever feel happy.	1	2	3	4	5
8. I am confident that I can catch and respond to low blood sugar before my blood sugars get too low.	1	2	3	4	5
9. I am terrified that I might injure myself or someone else because of a low blood sugar episode.	1	2	3	4	5
10. To avoid serious problems due to low blood sugar, I eat or drink a lot more often than I really need to.	1	2	3	4	5
11. I am confident that I can stay safe from serious problems with low blood sugar while exercising.	1	2	3	4	5

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
12. To avoid serious problems due to low blood sugar, I stay close to home more than I would really like to.	1	2	3	4	5
13. If I think my blood sugar is too low, I'll start eating and eating and I won't stop until I feel better.	1	2	3	4	5
14. I am confident that I can stay safe from serious problems with low blood sugar while out in public.	1	2	3	4	5

- A. Avoidance:
- a. Sum of 4 items (1, 3, 10, 13) _____
- b. Divide by: _____ 4 _____
- c. Mean item score: _____
- B. Confidence:
- a. Sum of 5 items (4, 6, 8, 11, 14) _____
- b. Divide by: _____ 5 _____
- c. Mean item score: _____
- C. Anxiety:
- a. Sum of 5 items (2, 5, 7, 9, 12) _____
- b. Divide by: _____ 5 _____
- c. Mean item score: _____
- Total HABQ Score:
- a. Reverse score items 4, 6, 8, 11, 14
- b. Sum of 14 item scores. _____
- c. Divide by: _____ 14 _____
- d. Mean item score: _____