

HYPOGLYCEMIC CONFIDENCE SCALE

<i>How confident are you that you can stay safe from serious problems with hypoglycemia:</i>	Not Confident At All	A Little Confident	Moderately Confident	Very Confident
1. When you are exercising?				
2. When you are sleeping?				
3. When you are driving?				
4. When you are in social situations?				
5. When you are alone?				

<i>In general, how confident are you that you can:</i>	Not Confident At All	A Little Confident	Moderately Confident	Very Confident
6. Avoid serious problems due to hypoglycemia?				
7. Catch and respond to hypoglycemia before your blood sugars get too low?				
8. Continue to do the things you really want to do in your life, despite the risks of hypoglycemia?				

9. <u>If you have a spouse or partner</u> : What is your best guess about how confident your spouse or partner feels about your ability to avoid serious problems due to hypoglycemia?				
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