THE HYPOGLYCEMIC ATTITUDES AND BEHAVIOR SCALE

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

		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

HABS 11.22.20

 ${\ensuremath{\mathbb C}}$ Behavioral Diabetes Institute

	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:c. Mean item score:	4
B. Confidence:	a. Sum of 5 items (4, 6, 8, 11, 14)b. Divide by:c. Mean item score:	5
C. Anxiety:	a. Sum of 5 items (2, 5, 7, 9, 12)b. Divide by:c. Mean item score:	5
Total HABS Score:	a. Reverse score items 4, 6, 8, 11, 14b. Sum of 14 item scores.c. Divide by:d. Mean item score:	14