

## Diabetes Constraints Scale

		<b>Not a problem</b>	<b>Slight problem</b>	<b>Moderate problem</b>	<b>Somewhat serious problem</b>	<b>Serious problem</b>	<b>Very serious problem</b>
<b>1</b>	I spend more time thinking about my diabetes than I'd like to.	1	2	3	4	5	6
<b>2</b>	To avoid low blood sugar problems, I feel pressure to eat more than I'd like to.	1	2	3	4	5	6
<b>3</b>	I feel restricted about if and/or when I can exercise.	1	2	3	4	5	6
<b>4</b>	I feel limited about what I should and shouldn't eat.	1	2	3	4	5	6
<b>5</b>	I can't be as spontaneous in my life as I'd like to be.	1	2	3	4	5	6
<b>6</b>	I don't feel as free to live my life the way I want.	1	2	3	4	5	6