

HYPOGLYCEMIA FEAR SURVEY FOR PARENTS (HFS-P)

BEHAVIOUR Below is a list of things people with diabetes sometimes DO IN ORDER TO AVOID LOW BLOOD SUGAR. Read each item carefully. Circle one of the numbers that best describes YOUR ACTIVITY.

1=never, 2=rarely, 3=sometimes, 4=often, 5=very often

1. Have your child eat large snacks at bedtime	1 2 3 4 5
2. Avoid having your child being alone when his/her sugar is likely to be low	1 2 3 4 5
3. Allow blood sugar to be a little high to be on the safe side	1 2 3 4 5
4. Keep child's sugar higher when he/she will be alone for awhile	1 2 3 4 5
5. Have child eat something as soon as he/she feels the first sign of low blood sugar	1 2 3 4 5
6. Reduce my child's insulin when I think his/her sugar is too low	1 2 3 4 5
7. Keep my child's blood sugar higher when he/she plans to be away from me for awhile	1 2 3 4 5
8. Have your child carry fast-acting sugar	1 2 3 4 5
9. Have child avoid a lot of exercise when I think his/her sugar is low	1 2 3 4 5
10. Check my child's sugar often when he/she plans to go on an outing	1 2 3 4 5

WORRIES Below is a list of concerns parents of children with diabetes sometimes have. Please read each item carefully. Circle one of the numbers that best describes HOW OFTEN YOU WORRY ABOUT EACH ITEM.

1=never, 2=rarely, 3=sometimes, 4=often, 5=very often

11. Child not recognizing/realizing he/she is having a reaction	1 2 3 4 5
12. Child not having food, fruit, or juice with him/her	1 2 3 4 5
13. Child feeling dizzy or passing out in public	1 2 3 4 5
14. Child having a reaction while asleep	1 2 3 4 5
15. Child embarrassing self or friends/family in a social situation	1 2 3 4 5
16. Child having a reaction while alone	1 2 3 4 5
17. Child appearing "stupid" or clumsy	1 2 3 4 5
18. Child losing control	1 2 3 4 5
19. No one being around to help child during a reaction	1 2 3 4 5
20. Child making a mistake or having an accident at school	1 2 3 4 5
21. Child getting a bad evaluation at school because of something that happens when his/her sugar is low	1 2 3 4 5
22. Child having seizures or convulsions	1 2 3 4 5
23. Child developing long term complications from frequent low blood sugar	1 2 3 4 5
24. Child feeling light-headed or faint	1 2 3 4 5
25. Child having an insulin reaction	1 2 3 4 5