Sweet Success Stress Check California Diabetes and Pregnancy Program

Welcome to Sweet Success! It is our goal to assist you during your pregnancy to manage your diabetes. Living with diabetes can be difficult. Your feelings and reactions to stressful situations and other worries can affect your blood sugar or what foods you choose to eat.

We want to help you take good care of yourself and your pregnancy. Although diabetes includes testing your blood sugar levels and eating recommended foods, it is also includes learning how stress and problems in your life affect YOU and how you cope with them.

Please complete the following questions. Your answers will help us have a better understanding of how we can be of more assistance. We keep your answers confidential and private. Feel free to talk about your concerns with any of our staff.

Thank you.

Name:__________________________ Today’s Date:__________ Baby’s Due Date:__________

What kind of diabetes do you have?  □ Type 1  □ Type 2  □ Gestational (GDM)  □ I am not sure

<table>
<thead>
<tr>
<th>For the following statements, please circle the number that best describes how you agree or disagree.</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I find it hard to believe I have diabetes.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I find it hard to understand all the information.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I can easily test my blood sugar levels 4 times a day</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I need help handling my feelings about diabetes.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I am comfortable with my diabetes care team.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Coping With Diabetes

Coping For You and Your Needs

I handle my feelings fairly well. 1 2 3 4 5
I know diabetes causes stress in my life. 1 2 3 4 5
I see how stress changes my blood sugar numbers. 1 2 3 4 5
I could use help handling my negative feelings. 1 2 3 4 5
I may want to talk with someone about the stress I have
1. What makes it difficult for you to take care of yourself?

- Finding it hard to believe I have diabetes
- Job stress or lack of work
- Money problems or worries
- Having trouble resting or relaxing
- Family stress (problems with children or partner/spouse)
- Other, please explain

2. What is positive in your life right now and/or what do you feel good about?

- My marriage/relationship
- Faith/religion
- I can make good decisions
- Support from friends
- My ability to be flexible
- Other, please explain
- Family support

3. What do you do when you feel upset or stressed?

- Keep busy & not think about it
- Exercise
- Get angry or yell
- Talk with a family member
- Eat
- Drink alcohol or use drugs
- Keep it to myself
- Cry
- Other, please explain

4. What person, advice, care or support is helpful to you?

- Friends or family
- Spiritual leader (priest, minister, elder, shaman, Iman)
- Mother or mother-in-law
- Herbalist
- Curandera/Healer
- Other:

5. I would like to discuss my family history of diabetes and how it impacts the future of my family

- Yes
- No

6. I would like information about reducing stress

- Yes
- No

7. I would like a referral for food, housing or clothing

- Yes
- No

Thank you for taking the time to complete this questionnaire.
Your answers will assist us in working with you.