

**Appendix:**

**English version of DIAL test**

1 A) Does your job require you to make important decisions?

never  rarely  sometimes  often

1 B) Does diabetes make you insecure at work?

never  rarely  sometimes  often

2 A) Does your income depend on your performance at work?

not at all  little  enough  a lot

2 B) Does diabetes affect your performance at work?

not at all  little  enough  much

3 A) How important is it for you to make a career?

not at all  little  enough  a lot

3 B) How much do you think diabetes hinders your chances of making a career?

not at all  little  enough  a lot

**4 A) Are you satisfied with the work you do?**

not at all  little  enough  a lot

**4 B) Has diabetes affected your choice of work?**

not at all  little  enough  much

5 A) Does your job require you to attend lunch's/dinners/breaks/breakfasts?

never  rarely  sometimes  often

5 B) Does diabetes make it difficult for you to attend lunch's/dinners/breaks/work refreshments?

not at all  little  enough  a lot

6 A) Do you interact with colleagues in your work?

never  rarely  sometimes  often

6 B) Does diabetes cause you problems in your relationship with colleagues?

not at all  little  enough  a lot

7 A) How important is the opinion of your colleagues to you?

not at all  little  enough  a lot

7 B) Does diabetes make you feel discriminated against by your colleagues?

not at all  little  enough  a lot

**8 A) Do you think you have enough free time?**

not at all  little  enough  much

**8 B) How much of your free time is taken up with diabetes treatment (medical examinations, tests, etc.)?**

not at all  little  enough  a lot

**9 A) Are you satisfied with your leisure time activities?**

not at all  little  enough  a lot

**9 B) Does diabetes affect your choice of leisure activities?**

not at all  little  enough  a lot

10 A) Do you feel alone?

never  rarely  sometimes  often

10 B) Do you feel excluded because of diabetes?

not at all  little  enough  much

**11 A) Are you satisfied with your social life?**

not at all  little  enough  a lot

**11 B) Does diabetes limit your social activities (e.g., meeting friends or visiting close relatives)?**

not at all  little  enough  much

12 A) How important is it for you to make new friends?

not at all  little  enough  a lot

12 B) Does diabetes prevent you from making new friends?

not at all  little  enough  much

13 A) In general, do you feel inferior to others?

never  rarely  sometimes  often

13 B) Does diabetes make you feel inferior to others?

never  rarely  sometimes  often

14 A) How important is it for you to have a satisfactory couple life?

not at all  little  enough  a lot

14 B) Does diabetes negatively affect the relationship with your partner?

not at all  little  enough  much

15 A) In general, do you feel "different" from others?

never  rarely  sometimes  often

15 B) Do you think that being diabetic is a reason for diversity?

not at all  little  enough  much

16 A) Do you feel the need to make long-term plans?

never  rarely  sometimes  often

16 B) Does diabetes affect your long-term plans?

not at all  little  enough  much

17 A) Do you plan for the future?

never  rarely  sometimes  often

17 B) Does diabetes affect your expectations for the future?

not at all  little  enough  a lot

18 A) Are you worried about your health?

not at all  little  enough  a lot

18 B) Are you concerned about the complications of diabetes?

not at all  little  enough  a lot

19 A) Do you happen to be afraid of having to depend on others?

never  rarely  sometimes  often

19 B) Are you worried that diabetes might make you not self-sufficient?

not at all  little  enough  much

20 A) Do you happen to be worried?

never  rarely  sometimes  often

20 B) Is diabetes worrying you?

not at all  little  enough  a lot

21 A) Do you happen to be sad?

never  rarely  sometimes  often

21 B) Does thinking you have diabetes make you sad?

not at all  little  enough  a lot

22 A) Are you sleeping well?

never  rarely  sometimes  often

22 B) Does diabetes make you sleep badly?

never  rarely  sometimes  often

23 A) How important is your sex life to you?

not at all  little  enough  a lot

23 B) Does diabetes interfere with your sex life?

not at all  little  enough  a lot

24 A) Do you like to travel?

not at all  little  enough  a lot

24 B) Does diabetes limit you when travelling?

not at all  little  enough  much

**25 A) Are you satisfied with your life?**

**not at all**  **little**  **enough**  **a lot**

**25 B) Does diabetes affect your quality of life?**

**not at all**  **little**  **enough**  **a lot**

**26 A) Are you satisfied with what you eat?**

**not at all**  **little**  **enough**  **a lot**

**26 B) Does diabetes affect your choice of food?**

**never**  **rarely**  **sometimes**  **often**

**27 A) Are you satisfied with how much you eat?**

**not at all**  **little**  **enough**  **a lot**

**27 B) Does diabetes limit what you eat?**

**not at all**  **little**  **enough**  **a lot**

28 A) Is food a pleasure for you?

not at all  little  enough  much

28 B) Does diabetes reduce the pleasure of eating?

not at all  little  enough  much

Scoring system

	A				B			
Item 1	0	1	2	3	0	1	2	3
Item 2	0	1	2	3	0	1	2	3
Item 3	0	1	2	3	0	1	2	3
<b>Item 4</b>	3	2	1	0	0	1	2	3

Item 5	0	1	2	3	0	1	2	3
Item 6	0	1	2	3	0	1	2	3
Item 7	0	1	2	3	0	1	2	3
<b>Item 8</b>	3	2	1	0	0	1	2	3
<b>Item 9</b>	3	2	1	0	0	1	2	3
Item 10	0	1	2	3	0	1	2	3
<b>Item 11</b>	3	2	1	0	0	1	2	3
Item 12	0	1	2	3	0	1	2	3
Item 13	0	1	2	3	0	1	2	3
Item 14	0	1	2	3	0	1	2	3
Item 15	0	1	2	3	0	1	2	3
Item 16	0	1	2	3	0	1	2	3
Item 17	0	1	2	3	0	1	2	3
Item 18	0	1	2	3	0	1	2	3
Item 19	0	1	2	3	0	1	2	3
Item 20	0	1	2	3	0	1	2	3
Item 21	0	1	2	3	0	1	2	3
Item 22	3	2	1	0	0	1	2	3
Item 23	0	1	2	3	0	1	2	3
Item 24	0	1	2	3	0	1	2	3
<b>Item 25</b>	3	2	1	0	0	1	2	3
<b>Item 26</b>	3	2	1	0	0	1	2	3
<b>Item 27</b>	3	2	1	0	0	1	2	3
Item 28	0	1	2	3	0	1	2	3