**Number** …..………

**Interviewer name** ……………….…................................... **Date** ……………………

**Questionnaire**

**For study of sleep and health behaviors among diabetic patients and non-diabetics in Phitsanulok, Thailand**

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| Part 1. Demographic data |

**Please put a check mark (✓) in the circle of your choice and fill in all required fields.**

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| --- |
| 1. Are you diabetic patient?  * Yes * No |
| 1. Sex  * Male * Female |
| 1. Age .................. years old (in year) |
| 1. Height ............................ cm |
| 1. Weight .............................. kg |
| 1. What is your occupation?  * Farmer * Business owner * Government official * Private sector employee * Others (Please specify)…………………… |
| 1. In your lifetime, have you smoked more than 100 cigarretes?  * Yes * No |
| 1. Do you drink alcohol?  * Yes * No (Skip to no. 10) |
| 1. If you drank alcohol in the past 12 months, how often did you drink?  * Less than once a month * 1-3 times per month * Once a week * 2-4 times per week * Almost everyday * Everyday |

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| Part 2. Risk behaviors |

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| **Lifestyle and sleep behavior** |
| 1. What is your lifestyle?  * Evening people (those who go to bed late and wakes up late, being alert and prefer to work at night) * Morning people (those who go to bed early and wakes up early, being alert and likes to work during the day) |
| 1. Normally, how many hours do you sleep per day?  * Specify sleep hours   ............ hours   * You usually go to bed at ...................... AM/PM * and wake up at   ....................... AM/PM |

## Physical activity

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How often do you do the following activity? | | | | | |
| **Activity** | **Frequency** | | | | |
| 1. During leisure time, how often do you exercise or have a vigorous activity, comparing with people in the same age? | 1  Far less | 2  Less than | 3  About the same | 4  More than | 5  Far more |
| 1. During leisure time, how often do you sweat? | 1  Never | 2  Rarely | 3  Sometimes | 4  Often | 5  Almost always |
| 1. During leisure time, how often do you play sports or do exercise? | 1  Never | 2  Rarely | 3  Sometimes | 4  Often | 5  Almost always |
| 1. During leisure time, how often do you walk? | 1  Never | 2  Rarely | 3  Sometimes | 4  Often | 5  Almost always |
| 1. During leisure time, how often do you ride a bicycle? | 1  Never | 2  Rarely | 3  Sometimes | 4  Often | 5  Almost always |
| 1. During leisure time, how often do you watch television? | 1  Never | 2  Rarely | 3  Sometimes | 4  Often | 5  Almost always |

## Eating behavior

How often do you eat different types of meat?

|  |  |  |  |
| --- | --- | --- | --- |
| **Meat type** | **Eating frequency** | | **Eating amount per time** |
| 1. Checken/duck/bird | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 100 grams * About 100 grams * More than 100 grams |
| 1. Pork/Beef/Lamb | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 100 grams * About 100 grams * More than 100 grams |
| 1. Sausage/ball/hotdog | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 100 grams * About 100 grams * More than 100 grams |
| 1. Vegetable | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 1 cup * About 1 cup * More than 1 cup |
| 1. Fruits | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 1 cup * About 1 cup * More than 1 cup |
| 1. Dessert | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 1 cup * About 1 cup * More than 1 cup |
| 1. Rice | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 1 cup * About 1 cup * More than 1 cup |
| 1. Eating rice more than a cup per meal | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more |  |
| 1. Drink sugary drinks | * Never or less than once a month * Once a month * 2-3 times per month * Once a week * Twice a week | * 3-4 times per week * 5-6 times per week * Once a day * Twice a day or more | * Less than 1 glass * About 1 glass * More than 1 glass |