Dear Participant

Our research group in the School of Pharmacy at De Montfort University are working to produce a medical device that might help people with diabetes maintain the right level of glucose in their blood.

One of the ways we can investigate this is to examine the response to ordinary exercise in the diabetes person.

We would therefore like to invite you to take part in this survey because you have either Type 1 or Type 2 diabetes and use an insulin pump. It is an opportunity for you to discuss your experience with various aspects of your diabetes and your attitudes with exercise. The information we get from this survey will be combined with a practical study we will also be conducting which may lead to recommendations to improve the lifestyle of people with diabetes in the future. The information could also help research toward a suitable exercise regime for people with diabetes.

All information collected about you during the course of the survey will be strictly confidential and we will not ask for any personal details.

If you have any questions then please contact us.

Thank you very much for your time.

Yours sincerely

MJ Taylor Professor of Pharmaceutics 0116 2506317 mit@dmu.ac.uk

Mohamd Alblihed PhD student p06004947@myemail.dmu.ac.uk

THIS SURVEY CAN BE FILLED IN ELECTRONICALLY BUT IF YOU PREFER, YOU CAN PRINT THE SURVEY, FILL IT IN MANUALLY AND THE ADDRESS LABEL ON THE BACK PAGE CAN BE USED

'" <ck c`x'ufy'mci3<="" th=""><th></th><th></th><th></th><th></th></ck>				
jn 1- Between 1-10 years	j∩ 4- Between 31-4	0 years	j n	7- Between 61-80 years
jn 2- Between 11-20 years	jn 5- Between 41-5	i0 years	j n	8- Over 80 years
jn 3- Between 21-30 years	j⊓ 6- Between 51-6	60 years		
("'< Ck 'C`X'k YfY'mci 'k \Yb'mc In 1- Between 1-10 years	if`X]UVYhYg`k	UgʻZ]fghʻX]U[bcgY	Х3	
) "'D`YUgY'ghUhY'mcifkY][\h'Ub	X '\ Y][\ h'			
1- Height õ õ õ õ (cm or feet and inches)				
2- Weight $\tilde{o}~\tilde{o}~$ (kg or stones and pounds)				
* "'K \Uh']g'mci f'\][\Ygh'`Yj Y`'c	ZYXi WUh]cb3			
+"'K\Uh']g'mcif'Yh\b]W[fcid3				
, "'K \]W\`Wcibhfm'Xc'mci ``]j Y`]	b3 ⁻	7		

 $\$ "'K \Uh_]bX'cZ']bgi `]b'di a d'Xc'mci 'i gY3

&%" < ck a UbmmYUfg \ Uj Y mci \ VYYb i g]b[\ U di a d3

&&"'K \Uh $^{-}$]bX'cZ']bgi $^{-}$]b'Xc'mci $^{-}$]bZ gY']bhc'mci f'di a d3

'-"D`YUgY'h]W_fl Ł'Uddfcdf]UhY'VcI

	Yes	No
1- Is your pump switched on during exercise?	j n	j α

2-

(\$"'=Z'mci XcbÑhgk]hW\mcifdiadcbXif]b[YlYfW]gYžXcUbmcZ'h\YZc``ck]b[Udd`m3

(%"'<ck 'a i W\ YI YfW]gY X]X 'mci 'dUfh]W]dUhY ']b 'VYZcfY 'mci 'ghUfhYX 'mci f'di a d'h\ YfUdm3'

(&" < Ug h\]g W\Ub[YX g]bWY mci \Uj Y VYYb cb mci f di a d3

(' "K \ Uh k ci `X 'mci 'gUm'h\ Y ``Yj Y ``cZ']bhY bg]hm]g k \ Yb 'mci 'Yl YfW]gY 3

De N	Montfort University Ins	sulin	Pump U	Js	ers' Diet and Exercise Survey
(("	·Hmd]WU``mžk\Uh'hmdY'cZYI	YfW]gY	'Xcimci Xo	3	
j n	1- Aerobic exercise (e.g. walking, cycling	jogging	and swimming)		
j n	2- Anaerobic exercise (e.g. resistance tra	ining and	weight lifting)		
j n	3- A mixture of aerobic and anaerobic				
j 'n	4- Other please state				
()"		mci du	Jfh]W]dUhY [·]]	b f	d`YUgY`gY`YWh'U```h\Uh'Udd`mŁ
ê	1- Walking	ê 3- V	Weight training (resis	stance exercise)
é	2- Cycling	ê 4-8	Swimming		€ 6- Running
é	7- Other please state				
(* "	·5fY`h\YfY`UbmVUff]Yfg`dfY	Ybh]b	o[ˈmciˈZfca	ı 'h	U_]b['dUfh']b a cfY 'gdcfh3'
é	1- Health reasons			ê	6- It does not interest me
é	2- Lack of motivation			é	7- It is too expensive
é	3- Embarrassment about how I look eg ov	erweight (or fitness	ê	8- Lack of transport
lack	A Manufachtitus III landta socialita accesso			ê	9- Fear of injury
ė	4- You doubt it will lead to weight control			é	10- Don't know
ė	5- Lack of time				
é	11- Other (please specify)				
(+"	'Hmd]WU``mž`\ck 'a Ubm'XUmg	`]b	'k YY_'Xc'	mc	i bXYfhU_Yid\mg]WU`iUWh]j]hm3
j m	Every day			j m	3-5 days
j m	1-2 days			j n	6 days
	ʻ⊨bʻUʻhmd]WU``YIYfW]gYʻgYgg ′fW]gY3ʻ	cb \c	k ``cb['Xc	mc	i 'gdYbX'dUfh]W]dUh]b[']b 'gdcfh'cf'
j n	1- Less than 30 minutes.	jn 3-1	From 1 to 2 hour	s.	jn 5- From 3 to 4 hours.
j m	2- From 30 to 1 hour.	jn 4- I	From 2 to 3 hour	s.	j∩ 6- More than 4 hours.
(- "	<pre><ck a="" mci="" pre="" ubmh]a="" xc="" y<="" yg=""></ck></pre>	l YfWlc	gY 'dYf'XUm	ß	
m	Once	15		m	Three times.
j m	Twice			j m	More than 3 times.
,					

) \$" < CK Y ZZY Whjj Y \ Ug YI Y FWJGY V Y Y D CD Y U W	Effective	K JD [3 No change	Detrimental	Comment
1- Better general health				
NOW NOW YOUR STANKING WAY NOW NOW				
) %"'K \YfY'Xc'mci 'hmd]WU``m'Yl YfW]gY3'				
) &" '5fY mci 'U'a Ya VYfcZ'Ubmgdcfh'WYbhfY cfc	d\mg]WU``UV	Vh]j]hm[fci	d3	
) ' "'K \]W\ 'cZ'h\ Y 'Zc``ck]b['ZUWhcfg']bZi YbWYX' D`YUgY'h]W_ 'U```h\ Uh'Udd`m'	mcif'XYW]g]cb hc dUfh]	W]dUhY `]b `go	dcfh3
Drogragiv_ o alconoda in				
)("' <ck '<br="" 'czhyb'xc'mci="" 'w]a="" v'h\y'ghu]fg'uh'\ca="">d`YUgY'h]W_'cbY</ck>	Y3'fbj YfU['	Y`cjYf`h\Y``	Ugh" 'a cbh	∖gŁ '
a				
))"Hmd]WU``mik\Yb`Xc'mci 'Xc'mci fYlYfW]gYg3	3 ⁻ H]W_ 'U`` 'h\	Uh'Udd`m		

+\$"'8c'mci 'Xf]b_'U`Wc\c`3

+%"'8c'mci 'ga c_Y'cb'mci f'Yl YfW]gY'XUmg3