

Appendix 1

This survey is being conducted to establish your knowledge of diabetes, its complications/management, as well as your awareness of the availability of optometrists in the monitoring of ocular complications in diabetes mellitus patients. Please tick the corresponding box that best describes your response and write down your answers where applicable.

A. Demographic:

1. Gender: M F
2. Age (years):

<20	<input type="checkbox"/>
20–39	<input type="checkbox"/>
40–59	<input type="checkbox"/>
60–79	<input type="checkbox"/>
>79	<input type="checkbox"/>
3. Race:

African	<input type="checkbox"/>
Indian	<input type="checkbox"/>
White	<input type="checkbox"/>
Coloured	<input type="checkbox"/>
Other (please specify)	_____.
4. Home language:

English	<input type="checkbox"/>
IsiZulu	<input type="checkbox"/>
Afrikaans	<input type="checkbox"/>
Other (please specify)	_____.
5. Level of education:

Have never been to school	<input type="checkbox"/>
Primary school	<input type="checkbox"/>
High school	<input type="checkbox"/>
Tertiary institution	<input type="checkbox"/>
Other (please specify)	_____.
6. What is your current employment status?

Employed	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>
Pensioner	<input type="checkbox"/>
Student	<input type="checkbox"/>
Other (please specify)	_____.
7. How many years ago were you first diagnosed with diabetes mellitus?

<5	<input type="checkbox"/>
6–10	<input type="checkbox"/>
11–15	<input type="checkbox"/>
15–20	<input type="checkbox"/>
>20	<input type="checkbox"/>
8. Have you ever attended a diabetic educational program or seminar?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

B. Knowledge of Diabetes Mellitus:

1. How many types of diabetes mellitus do you know?

2. Please name the types that you know

3. Which of the above do you have?

4. Do you know whether diabetes mellitus is hereditary or not? (Inherited from parents).
Yes
No
Do not know
5. Does the duration of your diabetes mellitus increase the risk of developing ocular complications?
Yes
No
Do not know
6. What are the ways of managing diabetes?

7. Which of these ways do you use?

8. Do you think that diet and lifestyle modifications are important factors in reducing problems associated with diabetes mellitus?
Yes
No
Do not know
9. Do you think the control of your blood glucose levels is an important factor in reducing complications of diabetes mellitus?
Yes
No
Do not know
10. How often should you check your blood-glucose levels?

C. Ocular complications of Diabetes Mellitus:

1. Are you aware that diabetes mellitus can lead to visual problems and blindness?
Yes
No
Not sure
2. Do you know that diabetes mellitus can cause changes to the health of the back of your eye?
Yes
No
Not sure
3. Are you aware that diabetes mellitus can cause clouding of vision due to a condition called cataracts?
Yes
No
Not sure
4. Do you know that your diabetes mellitus can cause increase in the pressure of your eyes?
Yes
No
Not sure
5. Do you know that diabetes can lead to daily changes in your vision?
Yes
No
Not sure
6. How often should you see your eye care practitioner?
At least once a year
Every 2 years
Every 3 years
Every 4 years
Every 5 years

D. Co-management of Diabetes Mellitus:

1. Who are the health care professional who can help you monitor the changes due to diabetes in your eyes?

2. Which of the above have you been seeing?

3. When you go to your health care professional what do they do?

4. In the list above which are most specific for monitoring of your condition?

5. What examinations do you know of that the optometrist can do to monitor your condition?

6. Are you aware that they can educate you on diabetes?

Yes

No

Thank you for completing this questionnaire, your input is much appreciated

Note: This is the Online Appendix of Van Staden D, Deutshmann LP, Ganas S, et al. Knowledge of diabetes mellitus and its ocular complications amongst diabetic patients attending private and public hospitals in eThekwin Municipality, KwaZulu-Natal province, South Africa. *Afr Vision Eye Health*. 2015;74(1), Art. #36, 6 pages. <http://dx.doi.org/10.4102/aveh.v74i1.36>