

# CLARKE HYPOGLYCAEMIA AWARENESS QUESTIONNAIRE

**1. Choose the category that best describes you:** (check one only)

- I always have symptoms when my blood sugar is low (A)
- I sometimes have symptoms when my blood sugar is low (R)
- I no longer have symptoms when my blood sugar is low (R)

**2. Have you lost some of the symptoms that used to occur when your blood sugar was low?**

- Yes (R)
- No (A)

**3. In the past six months how often have you had moderate hypoglycaemia episodes?**

(episodes where you might feel confused, disorientated, or lethargic and were unable to treat yourself)

- |                   |                       |                            |
|-------------------|-----------------------|----------------------------|
| Never (A)         | Every other month (R) | More than once a month (R) |
| Once or twice (R) | Once a month (R)      |                            |

**4. In the past year how often have you had severe hypoglycaemia episodes?**

(episodes where you were unconscious or had a seizure and needed glucagon or intravenous glucose)

- |                  |                   |                      |
|------------------|-------------------|----------------------|
| Never (A)        | 4 to 7 times (R)  | 12 times or more (U) |
| 1 to 3 times (R) | 8 to 11 times (R) |                      |

**5. How often in the last month have you had readings of less than 3.8 mmol/L with symptoms?**

- |              |                  |                  |
|--------------|------------------|------------------|
| Never        | 1 time / week    | 4-5 times / week |
| 1 to 3 times | 2-3 times / week | Almost daily     |

(Score R if the answer to Q5 is less than the answer to Q6; score A if the answer to Q5 is greater than or equal to the answer to Q6)

**6. How often in the last month have you had readings of less than 3.8 mmol/L without any symptoms?**

- |              |                  |                  |
|--------------|------------------|------------------|
| Never        | 1 time / week    | 4-5 times / week |
| 1 to 3 times | 2-3 times / week | Almost daily     |

(Score R if the answer to Q5 is less than the answer to Q6; score A if the answer to Q5 is greater than or equal to the answer to Q6)

**7. How low does your blood sugar need to go before you feel symptoms?**

- |                    |                          |
|--------------------|--------------------------|
| 3.3-3.8 mmol/L (A) | 2.2-2.7 mmol/L (R)       |
| 2.7-3.3 mmol/L (A) | Less than 2.2 mmol/L (R) |

**8. To what extent can you tell by your symptoms that your blood sugar is low?**

- |            |               |            |
|------------|---------------|------------|
| Never (R)  | Often (A)     | Rarely (R) |
| Always (A) | Sometimes (R) |            |

**SCORES:**            **U=**                    **A=**                    **R=**

