

This product was adapted from "Diabetes Related Health Beliefs," Brown et al. for the diabetes self management project at Gateway Community Health Center, Inc. in Laredo, TX. Support for Gateway Community Health Center was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

Appendix B: Health Belief Questionnaire

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| <p><u>Key:</u> 5 = Strongly Agree; 4 = Agree; 3 = Not Sure; 2 = Disagree; 1 = Strongly Disagree <u>Clave:</u> 5=Totalmente Deacuerdo; 4=Deacuerdo; 3=No estoy seguro; 2=Desacuerdo; 1=Totalmente en desacuerdo</p> | | |
| 1. | <i>Mi diabetes esta bien controlada</i> | |
| 1. | My diabetes is well controlled | |
| 2. | <i>Tendria que cambiar demasiadas costumbres para seguir mi dieta (comidas de diabeticos)</i> | |
| 2. | I would have to change too many habits to follow my diet (diabetic foods) | |
| 3. | <i>Ha sido dificil seguir la dieta (comidas de diabeticos) que me receto el doctor</i> | |
| 3. | It has been difficult following the diet (diabetic foods) the doctor ordered for me | |
| 4. | <i>Estoy confundido por todo el medicamento que el doctor me ha dado</i> | |
| 4. | I am confused by all the medication the doctor has given me | |
| 5. | <i>Tendria que cambiar muchos habitos para tomar mi medicamento</i> | |
| 5. | I would have to change too many habits to take my medication | |
| 6. | <i>Tomar mi medicamento interfiere con mis actividades diarias normales</i> | |
| 6. | Taking my medication interferes with my normal daily activities | |
| 7. | <i>Tengo otras personas alrededor de mi que me recuerdan de comer los alimentos adecuados</i> | |
| 7. | I have others around me who remind me to eat the right foods | |
| 8. | <i>Puedo contar con mi familia cuando necesito ayuda para seguir mi dieta (comidas de diabeticos)</i> | |
| 8. | I can count on my family when I need help following my diet (diabetic foods) | |
| 9. | <i>Mi esposo/esposa me ayuda a seguir mi dieta (comidas de diabeticos)</i> | |
| 9. | My husband /wife helps me follow my diet (diabetic foods) | |
| 10. | <i>Si cambiara de "trabajo" seria mas facil seguir mi dieta (comidas de diabeticos)</i> | |
| 10. | If I changed "jobs" I would be easier to follow my diet (diabetic foods) | |
| 11. | <i>Me cansa tanto mi trabajo que es dificil seguir mi dieta (comidas de diabeticos)</i> | |
| 11. | My work makes me so tired that it's hard to follow my diet (diabetic foods) | |
| 12. | <i>Podria controlar mi peso si las presiones de mi trabajo no fueran tan grandes</i> | |
| 12. | I could control my weight if the pressures of my job weren't so great | |

Patient Name _____ Date of Birth: _____

Date: _____ MF# _____

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| 13 | <i>Si cambiara de "trabajo," seria mas facil tomar mi medicamento</i> | |
| 13 | If I changed "jobs," it would be easier to take my medication | |
| 14 | <i>Me preocupo tanto por mi trabajo que no puedo tomar mi medicamento</i> | |
| 14 | I worry so much about my job that I can't take my medication | |
| 15 | <i>Creo que mi dieta (comidas de diabeticos) ayudara a prevenir enfermedades (complicaciones) relacionadas a la diabetes</i> | |
| 15 | I believe that my diet (diabetic foods) will help prevent diseases (complications) related to diabetes | |
| 16 | <i>Seguir una dieta (comidas de diabeticos) recetada es algo que una persona tiene que hacer no importa que tan dificil sea</i> | |
| 16 | Following a prescribed diet (diabetic foods) is something a person must do no matter how hard it is | |
| 17 | <i>Creo que mi dieta (comidas de diabeticos) controlara mi diabetes</i> | |
| 17 | I believe that my diet (diabetic foods) will control my diabetes | |
| 18 | <i>Debo seguir mi dieta (comidas de diabeticos) aunque no piense que estoy mejorando</i> | |
| 18 | I must follow my diet (diabetic foods) even if I don't think I am getting better | |
| 19 | <i>En general, creo que mi dieta (comidas de diabeticos) para la diabetes me ayudara a sentirme mejor</i> | |
| 19 | In general , I believe that my diet (diabetic foods) for diabetes will help me to feel better | |
| 20 | <i>Controlar el peso es algo que uno tiene que hacer no importa lo dificil que sea</i> | |
| 20 | Controlling weight is something one must do no matter how hard it is | |
| 21 | <i>Creo que mi medicamento ayudara a prevenir enfermedades (complicaciones) relacionadas con la diabetes</i> | |
| 21 | I believe that my medication will help prevent diseases (complications) related to Diabetes | |
| 22 | <i>Tomar medicamento es algo que uno debe hacer no importa lo dificil que sea</i> | |
| 22 | Taking medication is something one must do no matter how hard it is | |
| 23 | <i>Creo que mi medicamento controlara mi diabetes</i> | |
| 23 | I believe that my medication will control my diabetes | |
| 24 | <i>Debo tomar mi medicamento para la diabetes aunque no piense que estoy mejorando</i> | |
| 24 | I must take my diabetes medication even if I don't think I am getting better | |
| 25 | <i>Creo que mi medicamento para diabetes me ayudara a sentir mejor</i> | |
| 25 | I believe that my medication for diabetes will help me to feel better | |

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