

Section 1. General knowledge of diabetes mellitus (adapted from Fitzgerald et al).<sup>(5)</sup>

Question	Correct (%)	Wrong or unsure (%)
1. The diet for patients with diabetes mellitus is: (a) the way most Singaporeans eat (b) a healthy diet for most people (c) too high in carbohydrate for most people (d) too high in protein for most people	63.7	36.3
2. Which of the following is highest in carbohydrates? (a) Baked chicken (b) Cheese (c) Baked potato (d) Peanut butter	61.4	38.6
3. Which of the following is highest in fat content? (a) Low-fat milk (b) Orange juice (c) Corn (d) Honey	31.8	68.2
4. Haemoglobin A1c is a test that measures your average blood sugar level for the past: (a) 1 day (b) 1 week (c) 2 to 3 months (d) 6 months	56.8	43.2
5. Which is the best method for testing blood sugar? (a) Urine testing (b) Blood testing (c) Both are equally good	67.0	33.0
6. What effect does unsweetened fruit juice have on blood sugar level? (a) Lowers it (b) Raises it (c) Has no effect	21.6	78.4
7. Which of the following should not be used to treat low blood sugar? (a) 3 hard candies (b) ½ cup of orange juice (c) 1 cup of diet Coke (d) 1 cup of skimmed milk	37.5	62.5
8. For a person with good diabetes mellitus control, what effect does exercise have on blood sugar level? (a) Lowers it (b) Raises it (c) Has no effect	77.3	22.7
9. Infection is likely to cause: (a) Increase in blood sugar (b) Decrease in blood sugar (c) No change in blood sugar	73.9	26.1
10. The best way to take care of your feet is to: (a) Look at and wash them every day (b) Massage them with alcohol every day (c) Soak them for one hour every day (d) Buy shoes a size larger than usual	79.5	20.5
11. Eating food lower in fat content decreases your risk for: (a) Nerve disease (b) Kidney disease (c) Heart disease (d) Eye disease	69.3	30.7
12. Numbness and tingling may be symptoms of: (a) Kidney disease (b) Nerve disease (c) Eye disease (d) Liver disease	58.0	42.0

(Contd...)

Question	Correct (%)	Wrong or unsure (%)
13. Which of the following is usually not associated with diabetes mellitus? (a) Vision problems (b) Kidney problems (c) Nerve problems (d) Lung problems	73.9	26.1
14. If you are sick with flu, which of the following changes should you make? (a) Take less insulin (b) Drink less fluids (c) Eat more protein (d) Test for sugar more often	44.3	55.7
15. Low blood sugar may be caused by: (a) Too much insulin (b) Too little insulin (c) Too much food (d) Too little exercise	56.8	43.2
16. High blood sugar may be caused by: (a) Not enough insulin (b) Skipping meals (c) Delaying your snack (d) Large amount of ketones in your urine	56.8	43.2

**Section 2. Knowledge of risk factors for diabetes mellitus during Ramadan.**

Question	Correct (%)	Wrong or unsure (%)
1. Blood sugar remains low throughout the day.	33.0	67.0
2. Dietary control is not necessary to keep blood sugar level normal.	61.4	38.6
3. Activity level increases during Ramadan.	63.6	36.4
4. Medications for diabetes mellitus and insulin should be omitted.	71.6	28.4
5. Checking of blood sugar is not necessary during Ramadan.	85.2	14.8