### Demographic Information

1. Gender:  
   - Female  
   - Male

2. Age (year): ...

3. Place of residence:  
   - Urban  
   - Rural

4. Level of education:  
   - High school  
   - Diploma  
   - Associate degree  
   - Undergraduate degree  
   - Postgraduate and higher

5. Employment status:  
   - Retired  
   - Working Full-Time  
   - Working Part Time  
   - Housewife  
   - Unemployed  
   - Others

### Diabetes Management

6. Height (cm): ...

7. Weight (kg): ...

8. How long have you been diagnosed with diabetes?  
   - Less than 6 months  
   - 6 months to 1 year  
   - 1 year to 3 years  
   - 3 to 5 years  
   - Over 5 years  
   - Don't know/Not Applicable

9. Do you have any other chronic health condition?  
   - Yes (name of disease:....)  
   - No  
   - Don't know

10. What area in your diabetes care do you find most difficult to manage or frustrating? (you can choose from several options)  
   - Making healthy diet choices  
   - Getting enough physical activity  
   - Communicating with my physician  
   - Communicating with other Health care Provider, such as dieticians, nurses, etc.  
   - Communicating with friends and family  
   - Taking and keeping track of my blood glucose levels  
   - Not having clear and concrete goals for your diabetes  
   - others...........

### Use of smartphone/cell phone and internet

11. Do you own a cell phone?  
   - Yes  
   - No

12. Do you own a smartphone? (such as Android)  
   - Yes  
   - No

13. Do you have daily access to the internet at home?  
   - Yes  
   - No

14. On average, how many hours a day do you spent on the internet?  
   - Less than one hour  
   - Between 1 to 2 hours  
   - Between 2-3 hours  
   - Over 3 hours  
   - Don't know

15. On average, how many hours a day do you spent on your smartphone or cell phone?  
   - Less than one hour  
   - Between 1 to 2 hours  
   - Between 2-3 hours  
   - Over 3 hours  
   - Don't know

16. What activities do you typically use your smartphone (tablet) for? (you can choose from several options)  
   - E-mailing  
   - Communicating with friends, family, others...........  
   - Social media such as telegram  
   - Reading the news or books  
   - Researching Information  
   - Watching movie  
   - Internet shopping  
   - Others...........

### Your attitude to Diabetes self-management with using internet and smartphone application

17. If you were to use an internet or smartphone application to help manage your diabetes, select what management services you would be interested in:  

<table>
<thead>
<tr>
<th>Service</th>
<th>Don't know</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary planning</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Physical activity planning</td>
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<tr>
<td>Text Messaging Monitoring and/or Reminders</td>
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<tr>
<td>Glucose Reading and Tracking options</td>
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<tr>
<td>Communication with other people with Type2 Diabetes</td>
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<td></td>
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<tr>
<td>Communication with diabetes clinicians</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Communicating with other Health care Provider, such as dieticians, nurses, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

18. For me, using a specially developed smart phone application to assist with self-management would be:  
   - Very bad idea  
   - Bad idea  
   - Neither a bad or good idea  
   - Good idea  
   - Very good idea

19. For me, using a specially developed smart phone application to assist with self-management would be:  
   - Extremely unenjoyable  
   - Unenjoyable  
   - Neither unenjoyable or enjoyable  
   - Enjoyable  
   - Very Enjoyable

20. For me, using a specially developed smart phone application to assist with self-management would be:  
   - Very frightening  
   - Frightening  
   - Neither frightening or comforting  
   - Comforting  
   - Very comforting

21. For me, using a specially developed smart phone application to assist with self-management would be:  
   - Very boring  
   - Boring  
   - Neither Boring or Exciting  
   - Exciting  
   - Very Exciting

22. For me, using a specially developed smart phone application to assist with self-management would be:  
   - Very dull  
   - Dull  
   - Neither Dull or Interesting  
   - Interesting  
   - Very Interesting

23. For me, using a specially developed smart phone application to assist with self-management would be:  
   - Very unhelpful  
   - Unhelpful  
   - Neither Unhelpful or helpful  
   - Helpful  
   - Very helpful

24. For me, using a specially developed smart phone application to assist with self-management would be:  
   - Very time consuming  
   - Time consuming  
   - Neither time consuming or time saving  
   - Time saving  
   - Very time saving

25. I feel ....% confident that I could use a smart phone application to help me with my diabetes.  
   - 0% – 20%  
   - 21% – 40%  
   - 41% – 60%  
   - 61% – 80%  
   - 81% – 100%

26. If you were unable to use a smart phone would you want a spouse/friend/family member to help you manage your diabetes with a smart phone?  
   - Yes  
   - No

27. I intend to use a smartphone application for helping me with my diabetes management in the future.  
   - Not at all  
   - Very Little  
   - Somewhat  
   - A little  
   - Very Much

### General comments and additional contact Request

28. If you have any additional comments about using smart phone application manage diabetes, please state so here:  

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29. Would you be willing to be contacted to further discuss your smart phone use in future?  
   - Yes  
   - No (Please provide your name, phone number........)

30. Would you be willing to be contacted to participate in any other study to management diabetes with use of smart phone?  
   - Yes  
   - No (please provide your name, phone number......)