

Barriers to Insulin Treatment Questionnaire (BIT)

On the following pages are expectations and concerns that people with diabetes might have about their condition and treatment. By marking your response on a scale from 1 to 10, please let us know how much you agree or disagree with each of the following statements.

1 I am afraid of the pain when injecting insulin.

totally disagree

totally agree

1 2 3 4 5 6 7 8 9 10

2 Besides the pain, I am just afraid of injections.

totally disagree

totally agree

1 2 3 4 5 6 7 8 9 10

3 I am afraid of the pain during regular blood-sugar checks.

totally disagree

totally agree

1 2 3 4 5 6 7 8 9 10

4 Insulin works better than pills.

totally disagree

totally agree

1 2 3 4 5 6 7 8 9 10

5 People who get insulin feel better.

totally disagree

totally agree

1 2 3 4 5 6 7 8 9 10

6 Insulin can reliably prevent long-term complications due to diabetes.

totally disagree

totally agree

1 2 3 4 5 6 7 8 9 10

7 I just don't have enough time for regular doses of insulin.

totally disagree

totally agree

1 2 3 4 5 6 7 8 9 10

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8	I can't pay as close attention to my diet as insulin treatment requires.								
totally disagree							totally agree		
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I can't organize my day as carefully as insulin treatment requires.								
totally disagree							totally agree		
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Injections in public are embarrassing to me. Pills are more discreet.								
totally disagree							totally agree		
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Regular insulin treatment causes feelings of dependence.								
totally disagree							totally agree		
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	When people inject insulin, it makes them feel like drug addicts.								
totally disagree							totally agree		
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	An insulin overdose can lead to extremely low blood-sugar levels ("hypoglycemia"). I am afraid of the unpleasant accompanying symptoms.								
totally disagree							totally agree		
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	An insulin overdose can lead to extremely low blood-sugar levels ("hypoglycemia"). I have concerns about possible permanent damage to my health.								
totally disagree							totally agree		
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>