Supplementary Material

Questionnaire
„Type 1 Diabetes and Exercise“

Sex: □ male □ female

Height [cm]: ________________

Weight [kg]: ________________

1. Which type of sport do you compete in?

2. How old have you been when you started to participate in competitive sports?

How old are you now?

3. How old have you been when you were diagnosed with Type 1 diabetes mellitus?

4. Which insulin application technique do you use?

□ Insulin pump □ Pen

5. Which type of insulin do you use?

□ Human insulin □ Short-acting insulin analogues (□ Humalog □ Novo Rapid □ Apidra)
□ NPH-Insulin □ Long-acting insulin analogues (□ Lantus □ Levemir)

6. How much time did you require for the adjustment of your diabetes treatment to exercise?

□ < ½ year □ ½ - 1 year □ 1 - 3 years □ > 3 years

7. How often do you measure your blood glucose level on average on training days ________________ competition days ________________?

8. How satisfied are you with your current blood glucose control during daily routine and exercise?

□ Very satisfied □ Satisfied □ Less satisfied □ Unsatisfied

9. Adjustment of insulin therapy

a. How many insulin units do you inject on exercise-free days?

___________ I.U.

b. How many insulin units do you inject on intensive training days ___________ I.U.

competition days ___________ I.U.?

c. How much do you reduce your insulin dose (in percentage of regular injection dose) prior to exercise ___________% after exercise ___________%?

10. What is your mean blood glucose target value prior to competitions?

___________ mg/dl

11. How does your blood glucose level usually behave after exercise?

□ Stays stable □ Decreases □ Increases

Other: ________________
12. Do you experience activity-induced hyperglycemia during or after exercise?
   - Yes  - No  - Sometimes
   a. If yes, how often does this occur?
      - Daily  - Several times a week  - Once a week
      - Once a month  - Less than once a month
   b. How do you react when you have an acute hyperglycemia or how would you react?

13. Do you experience activity-induced hypoglycemia during or after exercise?
   - Yes  - No  - Sometimes
   a. If yes, how often does this occur?
      - Daily  - Several times a week  - Once a week
      - Once a month  - Less than once a month
   b. How do you react when you have an acute hypoglycemia or how would you react?

14. Adjustment of nutrition
   a. How important is nutrition for your exercise?
      - Very important  - Important  - Medium important  - Barely important  - Unimportant
   b. Is your nutritional behaviour affected by exercise or by diabetes?
      - Exercise  - Diabetes  - Both
      - Other: ________________________________
   c. What do you normally eat prior to exercise?

   ________________________________

   d. What do you normally eat after exercise?

   ________________________________
15. Do you feel disadvantaged in exercise due to diabetes?
☐ A lot        ☐ A little        ☐ Barely        ☐ Not at all
Other: ____________________________________________

16. Do you share your experiences with other persons with diabetes?
(If yes, please comment on this shortly.)
_____________________________________________________
_____________________________________________________

Thank you very much for your support!