

Sociodemographic and Clinical Data Form

This form was specifically developed for the study titled ‘Type D Personality and Diabetes Self-Management in Type 2 Diabetes: A Mediation–Moderation Model on Glycemic Control and Quality of Life’.

The purpose of this form is to collect demographic, socioeconomic, health-related, and lifestyle information from participants.

Please complete the form accurately and completely. All information will be kept confidential.

Participant ID (for research use): _____

Age: _____

Sex:

1. Female
2. Male

Marital Status:

3. Married
4. Single
5. Divorced
6. Widowed
7. Other: _____

Educational Status

Years of Education: _____ years

Economic and Social Status

Occupation _____

Household Monthly Income (TRY)

1. Near minimum wage
2. Minimum wage

3. Twice the minimum wage
4. Three times the minimum wage or above

Employment Status:

1. Employed (Full-time)
2. Employed (Part-time)
3. Unemployed
4. Retired
5. Homemaker

Place of Residence

1. Urban
2. Rural

Health-Related Information

Comorbid Conditions:

1. Hypertension
2. Cardiovascular disease
3. Kidney disease
4. Eye diseases (e.g., retinopathy)
5. Other: _____

Family History of Diabetes:

1. Yes
2. No

Most Recent HbA1c Level: _____ %

Fasting Glucose Level: _____ mg/dL

Postprandial Glucose Level: _____ mg/dL

Lifestyle and Habits

Smoking Status:

1. Currently smoking
2. Quit
3. Never smoked

Alcohol Use:

1. Currently using
2. Quit
3. Never used

Physical Activity Status:

1. Regular physical activity (≥ 3 times per week)
2. Occasional physical activity
3. No physical activity

Dietary Habits:

1. Following a diet recommended by a dietitian
2. Following a self-selected diet
3. Not following a healthy diet

Sleep Duration (average hours/day):

1. Less than 4 hours
2. 4–6 hours
3. 6–8 hours (ideal)
4. 8–10 hours
5. More than 10 hours

Sleep Pattern:

1. Regular
2. Irregular

Psychosocial Status

History of Psychiatric Diagnosis:

1. Yes: _____
2. No

Receiving Psychological Support:

1. Yes
2. No

Significant Stressful Event in the Last 6 Months:

1. Yes: _____
2. No