

Table as published on the Diabetic Medicine Website.

Table S1 Patient knowledge for each ADKnowl item - %age 'correct', 'incorrect' and 'don't know' responses for all patients; %age correct responses by treatment type and by clinic.

All responses are given as % of correct responses.	CORRECT RESPONSE	ALL RESPONSES			CORRECT RESPONSES						
		n = 789			TREATMENT TYPE				CLINIC [§]		
		Correct	Incorrect	Don't know	Insulin n 451	Tablet n 283	Diet n 55	Chi square sig. for treatment differences	District General Hospital n 436	Teaching Hospital n 352	Chi square sig. for clinic differences
1. Please consider each of the following statements about diabetes:											
a) Diabetes can be controlled with treatment	TRUE	95.5	1.3	0.5	96.5	96.1	94.5		96.6	96.0	
b) A little glucose in the urine is a good thing	FALSE	50.8	12.6	31.4	57.9	41.3	47.3	***B	49.5	53.4	*
c) Diabetes is likely to go away after a while	FALSE	88.9	2.6	4.0	94.0	84.5	80.0	***B	92.0	86.9	
d) Stressful experiences can affect blood glucose levels	TRUE	81.3	1.5	12.8	89.4	71.0	76.4	***B	85.6	77.6	**
e) Exercise can help you improve or maintain blood glucose control	TRUE	80.9	4.0	10.2	86.0	75.6	74.5	***B	82.3	80.7	
f) Achieving your ideal weight helps control diabetes	TRUE	88.4	2.4	4.5	87.8	90.1	94.5		90.1	88.1	
g) Blood glucose levels do not affect your chances of developing complications	FALSE	68.1	6.9	19.0	79.2	53.4	60.0	***B	71.3	65.3	
<i>(This item only for people who take tablets to treat their diabetes) % excludes N/As</i>											
2. Tablets for the treatment of diabetes ...											
a) help lower the amount of glucose in the blood	TRUE	89.4	2.1	4.2	-	89.4	-		95.6	89.5	*
b) need not be taken if a meal has been missed	FALSE	65.0	10.6	18.4	-	65.0	-		72.9	63.7	
c) do not need to be taken every day	FALSE	85.2	4.9	5.3	-	85.2	-		94.3	81.6	**
d) can be stopped if urine tests show no glucose	FALSE	71.0	6.4	17.3	-	71.0	-		82.9	63.4	***
e) can sometimes be the cause of too low a blood glucose level	TRUE	39.9	16.6	38.2	-	39.9	-		46.2	36.8	

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		Correct	Incorrect	Don't know	Insulin	Tablet	Diet	Chi square sig. for treatment differences	District General Hospital	Teaching Hospital	Chi square sig. for clinic differences
				n	n	n		n	n		
					451	283	55		436	352	
<i>(This item only for people who take tablets to treat their diabetes) % excludes N/As</i>											
3. If you are ill and not eating, it is advisable to ...											
a) test glucose levels	TRUE	83.7	1.8	8.8	-	83.7	-		87.9	89.3	
b) continue taking your tablets	TRUE	72.8	6.7	14.8	-	72.8	-		80.4	72.4	
c) stop taking your tablets	FALSE	65.7	6.4	19.4	-	65.7	-		75.2	67.0	*
d) contact a doctor if you cannot keep fluids down	TRUE	87.3	0.7	7.1	-	87.3	-		92.3	90.4	
<i>(This item only for people who use insulin) % excludes N/As</i>											
4. If you are ill and not eating, it is advisable to ...											
a) take less insulin	FALSE	49.4	27.5	9.3	49.4	-	-		57.8	56.7	
b) take the same or more insulin	TRUE	55.9	25.9	7.1	55.9	-	-		65.3	59.8	
c) test for glucose and ketones frequently	TRUE	87.1	0.2	6.0	87.1	-	-		92.2	94.7	
d) contact a doctor if you cannot keep fluids down	TRUE	90.7	0.2	4.0	90.7	-	-		96.2	94.7	
5. Please consider each of the following statements about hypoglycaemia ('hypos'):											
a) There is too little glucose in the blood	TRUE	72.6	6.0	12.7	86.7	54.1	60.0	***B	73.6	72.7	
b) There is too much glucose in the blood	FALSE	56.2	14.3	14.5	71.0	37.5	38.2	***B	57.8	55.4	
c) Hypos can be caused by an increase in physical activity	TRUE	63.3	7.0	20.4	85.6	34.6	34.5	***B	67.0	59.9	*

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		Correct	Incorrect	Don't know	Insulin n 451	Tablet n 283	Diet n 55	Chi square sig. for treatment differences	District General Hospital n 436	Teaching Hospital n 352	Chi square sig. for clinic differences
6. Please consider which of the following symptoms are commonly associated with 'hypos':											
a) Slurred speech	TRUE	59.1	5.9	22.6	73.2	41.7	40.00	***B	59.2	60.2	
b) Feeling very thirsty	FALSE	36.0	32.3	18.2	55.2	10.2	14.5	***B	32.6	40.9	
c) Sweating	TRUE	73.2	3.0	14.7	88.5	54.1	54.5	***B	74.8	72.7	
d) Dizziness	TRUE	74.2	2.6	13.6	83.6	63.3	61.8	***B	74.1	75.9	
e) Confused thinking	TRUE	68.9	2.9	17.9	84.9	48.8	49.1	***B	71.1	67.6	
f) Passing more urine than usual	FALSE	38.6	22.8	25.3	58.1	13.4	12.7	***B	37.8	40.3	
7. If you get the symptoms of a hypo, it is advisable to ...											
a) take some insulin or tablets immediately	FALSE	59.5	7.8	18.1	80.7	33.6	25.5	***B	72.0	59.1	
b) eat or drink something which has sugar in it	TRUE	84.2	1.4	7.0	95.1	71.7	67.3	***B	85.8	83.8	
c) rest for 10-15 minutes	TRUE	63.4	5.5	17.2	74.7	50.9	41.8	***B	65.1	62.5	*
d) test blood glucose level straight away	TRUE	66.0	7.0	15.2	77.2	53.7	45.5	***B	65.6	67.9	
e) eat less food for the next meal	FALSE	58.1	4.7	23.9	74.5	36.4	41.8	***B	58.7	58.5	

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					Insulin n 451	Tablet n 283	Diet n 55	Chi square sig. for treatment differences	District General Hospital n 436	Teaching Hospital n 352	Chi square sig. for clinic differences	
8. The usual effect of physical activity is to ...												
a) lower blood glucose levels	TRUE	69.4	4.3	16.9	82.9	51.9	56.4	***B	70.6	69.3		
b) raise blood glucose levels	FALSE	64.7	3.3	18.4	78.3	46.6	52.7	***B	64.4	66.2		
c) increase glucose levels in urine	FALSE	49.8	3.9	31.9	63.0	31.1	43.6	***B	48.4	52.6		
d) leave blood glucose levels unchanged	FALSE	51.1	6.9	26.7	67.8	26.9	43.6	***B	49.5	54.0		
e) improve the control of diabetes	TRUE	67.5	5.8	17.6	72.7	63.3	54.5	***B	66.1	70.7		
<i>(This item only for people who use insulin) % excludes N/As</i>												
9. If you increase your physical activity, it is advisable to take ...												
a) less insulin with the same amount of food	TRUE	40.8	35.5	13.3	40.8	-	-		38.9	53.6	**	
b) the same amount of insulin with more food	TRUE	65.0	18.4	8.4	65.0	-	-		77.7	62.2	***	
c) more insulin with less food	FALSE	75.6	1.6	10.2	75.6	-	-		85.6	87.7		
10. Please consider each of the following statements about diet:												
a) People with diabetes can eat foods containing sugar as part of a high-fibre diet	TRUE	33.5	47.8	10.7	42.6	20.5	29.1	***B	32.8	34.9		
b) Sugary foods will have no effect on blood glucose levels	FALSE	85.7	3.8	1.9	91.4	79.2	81.8	**	87.6	84.9		
c) High-fibre foods help to keep blood glucose levels steady	TRUE	77.5	3.4	9.2	79.6	76.7	72.7		81.4	74.1	**	
d) High-fat foods can increase the risk of complications	TRUE	74.1	8.7	7.3	75.2	72.8	80.0		74.8	74.7		
e) Special diabetic products can be eaten freely without leading to weight gain	FALSE	70.2	10.2	11.3	77.8	59.4	70.9	***B	75.9	64.5	***B	

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					Insulin n 451	Tablet n 283	Diet n 55	Chi square sig. for treatment differences	District General Hospital n 436	Teaching Hospital n 352	Chi square sig. for clinic differences
11. Please consider each of the following statements about food:											
a) The same sized portion of fish and white meat such as chicken contain less fat than red meat such as beef or pork	TRUE	81.5	5.8	5.8	81.6	81.3	90.9		84.6	79.3	*
b) It is not possible to eat too much protein	FALSE	48.9	13.2	26.7	53.4	43.8	43.6	*	52.3	45.7	
c) Fried foods are usually high in fat	TRUE	87.9	3.6	1.4	91.1	83.7	92.7	*	89.2	88.1	
d) Pastry and cakes are high in fat	TRUE	87.7	2.6	2.6	90.0	84.8	92.7		90.4	86.1	
e) Cheese and biscuits are usually less fattening than puddings	FALSE	38.4	41.9	13.5	39.5	36.0	45.5		37.8	39.8	
f) All margarines and spreads have fewer calories than butter	FALSE	37.0	43.0	12.3	40.4	31.4	41.8	**	39.7	34.4	
g) Restricting use of salt can help to reduce high blood pressure	TRUE	84.8	2.8	4.9	85.6	84.8	87.3		85.6	85.5	
h) Fresh fruit can be eaten freely with little effect on blood glucose levels	FALSE	43.5	44.3	4.8	53.7	30.4	32.7	***B	47.2	39.8	
i) Fresh, unsweetened fruit juice can be drunk freely with little effect on blood glucose levels	FALSE	52.2	33.6	6.5	61.4	40.3	43.6	***B	47.7	58.8	**
12. Keeping diabetes well controlled over the years can lower your risk of damage to ...											
a) nerves in your feet	TRUE	89.8	0.9	3.8	92.2	86.9	94.5		91.5	89.5	
b) your kidneys	TRUE	86.7	2.1	5.2	91.4	81.6	83.6	**	86.7	88.4	
c) your eyes	TRUE	92.6	0.6	1.9	95.1	89.4	98.2		93.8	92.9	

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		Correct	Incorrect	Don't know	Insulin	Tablet	Diet	Chi square sig. for treatment differences	District General Hospital n 436	Teaching Hospital n 352	Chi square sig. for clinic differences
13. Regular examinations are recommended to check ...											
a) for nerve damage to your feet	TRUE	89.8	1.1	3.6	93.8	85.5	89.1	**	92.2	88.6	
b) your blood pressure	TRUE	92.6	0.6	1.9	94.7	90.1	98.2		94.3	92.3	
c) your eyes	TRUE	94.6	0.0	0.6	96.7	92.6	98.2	**	96.8	94.3	
d) only things you have been having problems with	FALSE	64.0	16.5	8.6	71.0	54.4	63.6	**	64.9	64.2	
14. Eye examination with an ophthalmoscope (special torch for looking at the back of the eye) ...											
a) does not need doing every year if the back of the eye has been found to be healthy	FALSE	69.4	14.5	9.1	73.6	63.6	72.7	*	69.5	70.7	
b) is needed even if diabetes is well controlled	TRUE	87.2	3.5	2.9	89.4	86.2	83.6		89.7	85.8	
c) is not needed for people with diabetes treated by diet alone	FALSE	62.0	6.5	23.1	60.3	62.9	78.2	**	64.4	60.2	
d) is recommended because early treatment of damage to the back of the eye can prevent blindness	TRUE	90.2	0.5	3.5	92.2	88.3	92.7	**	92.4	89.2	*
15. If someone with diabetes smokes ...											
a) the risk of serious foot problems leading to amputation is increased	TRUE	67.2	2.8	22.4	70.3	63.6	67.3		73.2	61.1	**
b) the risk of heart disease is increased	TRUE	87.8	0.5	4.7	91.6	83.0	90.9		90.6	86.1	*
c) the risk of a stroke is increased	TRUE	81.9	1.1	9.4	83.1	81.3	83.6		83.9	81.0	
d) it is no worse than for a person without diabetes	FALSE	63.5	11.4	15.6	67.4	56.9	72.7		66.1	61.6	
e) it can be a good way of keeping their weight down	FALSE	67.9	11.6	11.6	73.8	59.0	72.7	**	70.0	66.8	

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		Correct	Incorrect	Don't know	Insulin	Tablet	Diet	Chi square sig. for treatment differences	District General Hospital	Teaching Hospital	Chi square sig. for clinic differences
			n	n	n		n	n			
			451	283	55				436	352	
16. Alcoholic drinks generally ...											
a) lower blood glucose levels after a few hours	TRUE	37.2	28.4	25.9	52.1	19.1	12.7	***B	36.7	38.6	
b) raise blood glucose levels initially	TRUE	48.6	14.0	29.7	48.3	49.8	49.1	**	54.1	42.6	*
c) have no calories	FALSE	71.9	5.2	15.0	76.5	65.4	76.4	**	75.5	69.0	
17. Because you have diabetes, your feet need to be checked for discolourations, infections, corns or injuries of any type ...											
a) by you or someone else once a day	TRUE	63.9	17.2	10.2	67.2	60.8	60.0		67.0	61.4	
b) while 'wearing in' new shoes	TRUE	53.0	23.3	13.8	57.9	49.1	38.2	**	56.9	49.1	
c) whenever you are aware of discomfort	TRUE	79.4	6.8	5.3	84.5	73.9	74.5	***B	82.3	77.3	*
d) only if you have had foot problems before	FALSE	70.2	12.8	7.5	76.3	62.9	65.5	***B	73.6	67.3	
18. Please consider each of the following statements about footcare:											
a) It is best to wear shoes which are a size larger than usual	FALSE	61.9	17.4	13.2	70.5	50.2	58.2	***B	64.7	59.7	
b) Soaking your feet is good for them	FALSE	18.2	47.4	27.2	22.8	12.0	14.5	***B	20.2	16.2	*
c) You may injure your feet but not feel it	TRUE	73.6	9.4	9.4	78.7	67.8	69.1	***	76.4	71.6	**
d) Foot injuries can take longer to heal than if you didn't have diabetes	TRUE	75.8	9.3	7.3	78.9	74.6	65.5	*	77.5	75.3	
e) Wounds are likely to become infected if they are not looked after properly	TRUE	93.1	0.5	1.6	94.0	92.9	96.4		93.8	94.0	

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		Correct	Incorrect	Don't know	Insulin	Tablet	Diet	Chi square sig. for treatment differences	District General Hospital	Teaching Hospital	
			n	n	n		n	n			
					451	283	55		436	352	
19. It is advisable to cut or file your toe nails ...											
a) straight across	FALSE	14.6	66.3	11.6	14.9	15.2	10.9		14.4	15.1	
b) to the shape of your toe	TRUE	24.5	54.3	9.4	22.8	28.3	21.8		22.7	27.3	*
20. Foot problems such as blisters, corns, tough nails, can safely be treated by ...											
a) a state-registered chiropodist	TRUE	89.8	1.0	3.4	92.0	88.0	90.9		90.1	91.2	
b) any chiropodist	FALSE	36.1	35.2	16.0	38.4	35.7	23.6		36.0	36.9	
c) yourself	FALSE	57.7	21.9	9.4	57.0	60.4	56.4		58.9	57.4	
d) anyone	FALSE	77.1	2.9	7.0	77.8	76.7	81.8		77.5	78.1	
21. Types of shoes recommended for a person with diabetes include:											
a) lace-up shoes	TRUE	77.6	3.6	13.0	83.1	72.1	69.1	***	80.5	75.6	
b) trainers	TRUE	41.8	21.3	26.2	49.0	32.2	36.4	***	41.5	42.9	
c) high heels	FALSE	63.3	2.5	21.1	64.5	61.8	67.3		66.3	60.8	
d) open-toed shoes	FALSE	50.7	15.2	23.4	53.9	46.3	52.7	*	53.9	47.7	
e) no shoes at all	FALSE	69.9	4.0	14.6	74.9	63.3	70.9	**	70.6	70.5	

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			n	n	n		n	n			
			451	283	55				436	352	
22. People with diabetes tend with age to have dry skin on their feet. It is therefore advisable to ...											
a) rub feet	FALSE	30.4	30.7	27.5	34.1	27.2	20.0		29.8	31.8	
b) rub handcream on feet	TRUE	63.9	10.7	18.2	65.6	64.7	52.7		66.5	61.9	
c) do nothing	FALSE	69.4	2.6	14.3	73.4	65.4	65.5		72.0	67.6	
d) wear socks	TRUE	56.2	11.3	20.1	57.6	55.5	54.5		58.3	54.8	
e) see a state-registered chiropodist	TRUE	76.5	2.6	9.6	78.7	73.9	80.0		78.0	76.1	
(Please consider the following items about HbA_{1c} measures)											
23. The HbA_{1c} level in the blood ...											
a) can show if you are getting hypos	FALSE	22.5	25.2	41.1	33.7	8.5	5.5	***B	20.9	25.0	
b) reflects the average blood glucose over the past 6-8 weeks	TRUE	49.4	6.3	33.5	64.3	31.1	27.3	***B	42.9	58.5	***B
c) reflects the average blood glucose over the past 6-8 days	FALSE	36.0	12.2	38.5	49.7	19.8	10.9	***B	33.3	40.1	**
d) reflects the average blood glucose over the last 24 hours	FALSE	32.8	18.7	35.8	47.0	16.3	5.5	***B	29.6	37.5	*

[§] Valid percentages given (i.e. excluding missing data and n/a responses in cases of treatment specific items);
 * p<0.05; ** p<0.01; *** p<0.001; ***B p<0.00016 (Bonferroni corrected significance level to adjust for familywise Type I error).