



APPENDICES

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่

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APPENDIX A

Diabetes Information Form

No.....

Glycemic control behaviors among adults with Type 2 diabetes Mellitus: Sociocultural context in Sri Lanka

Please put X in the relevant box

Section A–Identification of Patient

1. Clinic Identification

1.1 Date:

1.2 Setting:

CSTH

FPC

1.3 Clinic Number :

2. Participant Information

2.1 Address:

2.2 Contact telephone number:

2.3 Gender:

Male

Female

2.4 Age:

20- 29 years	
30 -39 years	
40 -49 years	
50 -59 years	
60 -69 years	
70 and above	

Section B. Demographic and Socioeconomic status

2.5 Ethnicity

Sinhalese	
Tamil	
Muslim	
Others	

2.6 Religion

Buddhist	
Hindu	
Catholic	
Islam	
Others	

2.7 Marital status

Married	
Unmarried	

2.8 Educational level

Below grade 5	
Grade 5-9	
Up to GCE/OL	
Up to A/L	
Diploma/Training	
Degree	
Not attend school	

2.9 Occupation

Professional	
Technical & Clerical	
Venders & Sellers	
Skilled manual workers	
Unskilled manual workers	
House wife	
Unemployed	
Retired	

2.10 Average Monthly household income /Rs

Less than 5000	
5000-10,000	
10,001- 15,000	
15, 001-20,000	
More than 20,000	

Section C. Diabetes related Information

3.1 Date of diabetes diagnosis OR duration of having diagnosis

.....

.....

3.2 Are there any diabetes patients in your family?

Yes	
No	
Don't know	

3.3 Currently what type of medicine that you are taking for diabetes?

Pills only	
Insulin only	
Pills & Insulin	
Not use oral hypoglycemic agents or insulin	

3.4 Details of drugs to be taken

No	Name of the drug	Dosage			Route	
		Morn	Noon	Eve	Oral	Injection / by whom
1.						
2.						
3						

3.5 Are you take your diabetic medicine regularly

Yes	No
-----	----

3.6 If no please specify the reasons

3.7 Are you doing diet control diet?

Well controlled	
Controlled	
Uncontrolled	

3.8 If un controlled please specify the reasons

3.9 If controlled/ well controlled please give information (in general/per day)

Food Item	Breakfast/ Quantity	Pre lunch/ Quantity	Lunch / Quantity	Pre diner / Quantity	Diner / Quantity
Rice (white rice/red rice)					
Coconut sambol					
Dhal Curry					
Fish curry					
Meat Curry					
Egg					
Dry Fish					
vegetable curry					
String hoppers					
Coconut sambol					
Dhal Curry					
Fish curry					
Chicken Curry					
Egg					
Dry Fish Curry					
Vegetable curry					
Bread					
Coconut sambol					
Dhal Curry					
Fish curry					
Meat Curry					
Rotti with salad					
Hoppers with sambol					
Noodles with curry					
Grains with sambol					
Pittu with sambol					
Fruits					
Banana					
Papaya					
Other fruits					
Use of other herbs					
Tea					
Milk tea					
Biscuit/Brand Crackers					
Kanjee/other drinks					

3.10 Are you doing exercise?

Regularly	
Occasionally	
No	

3.11 If regularly or occasionally do please specify the following

Type of the exercise	Frequency		Duration	Distance/Km
	per day	per week		
Walk				
Jogging				
Cycling				
Treadmill				
Others /please specify			

3.12 If no please specify the reason

Reason	
No time with busy life	
Doing household work is enough as exercise	
Have other disorders	
Not interested	
Unaware of need for exercise	
Other	

3.13 Diabetes Clinic Assessment data

Height	
Body Weight	
B.M.I	
F.B.S.	
P.P.B.S.	
HbA1c	

APPENDIX B

Guideline for Focus Group Discussion with Nurses

No.....

Glycemic control behaviors among adults with Type 2 diabetes Mellitus: Sociocultural context in Sri Lanka

Date /Time of Focus group discussion:

Section 1 – Identification of Participant

1.1 Name of the participant:

1.2 Work at:

CSTH/WD/ No

CSTH/ DM Clinic

1.3 Age:

1.4 Gender:

1.5 Ethnicity:

1.6 Religion:

1.7 How long have you been caring for adults with type 2 diabetes? .

.....
.....

1.8 Do you have any special training to provide care for adults with T2DM?

.....
.....
.....
.....

Section 2 Focus group guideline

1. Briefly introduce yourself. Tell us little about your experience on glycemic control among adults with T2DM
2. In your perspectives why some adults with T2DM control their glycemic levels? And how they do it? Please explain.
3. In your perspectives what are the difficulties or constraints for some adults with T2DM to control their glycemic levels?
4. Please explain about the care that you provide for adults with T2DM?
5. What type of barriers you have in order to provide care to adults with T2DM?
6. Is there any other recommendation to improve glycemic levels among adults with T2DM?

Thank you for your participation

APPENDIX C

Guldeline for In-Depth Interview with Doctors

No

Glycemic control behaviors among adults with Type 2 diabetes Mellitus: Sociocultural context in Sri Lanka

Section 1 – Identification of Participant

1.1 Date /time of Interview:

CSTH/WD/NO:

CSTH/Clinic

FPC

1.2 Setting

1.3 Address:/contact number:

.....
.....
.....
.....

1.4 Age:

1.5 Gender:

1.6 Ethnicity:

1.7 Religion:

1.8 How long have you been caring for adults with type 2 diabetes?

.....

1.9 Do you have any special training to provide care for adults with T2DM?

.....
.....

Section 2– In-depth Interview Guideline

1. Please tell me about your experience with adult T2DM
2. Could you please tell me your ideas and experiences about adults with T2DM who can control their glycemic levels
3. Could you please tell me your ideas and experiences with adults with T2DM who are unable to control their glycemic levels?
4. Please tell me the treatment that you provide for adults with T2DM
5. In your perspectives what are the barriers/constraints that you have in providing care for adults with T2DM.
6. In your opinion what are your suggestions to improve glycemic control among adults with T2DM

Thank you for your time and sharing your experiences with me

APPENDIX D

Guldeline for In-Depth Interview with Adults with T2DM

No.....

Glycemic control behaviors among adults with Type 2 diabetes Mellitus: Sociocultural context in Sri Lanka

Established rapport and obtained consent

Section 1 – Identification of Participant

1.1 Date /time of Interview:

1.2 Setting:

CSTH

FPC

1.3 Clinic Number

1.4 Address:/contact number:

1.5Age:

1.6 Gender:

1.7 Duration of diagnosed with diabetes:

Section 2– Demographic and Socioeconomic data

2.1 Ethnicity:.....

2.2. Religion:

2.3 Marital status:

2.4 Educational level:

2.5 Occupation:

2.6 Average Monthly income:

Section 3– In-depth Interview guideline

1. Please explain what diabetes means to you
2. Please tell me what does glycemc control mean to you
3. How do you know that you have controlled your blood sugar levels? Who told this to you it and how you have been told?
4. What have you been advised to do to control your glycemc levels? Please explain
5. How do you follow this advice? Or not, Please explain
6. In your perspectives what is your idea to improve or maintain your glycemc control and why you think it is important?

Thank you for your time and sharing your experiences with me

APPENDIX E

Participant Observation Guideline

Glycemic Control Behaviors among Adults with Type 2 Diabetes Mellitus:
Sociocultural Context in Sri Lanka

Date/Time:

Place:

1. What does the participant do for diet control and how does he/she do it?
2. What does the participant do as physical activities/ exercise , and does how he/she do it ?
3. Does the participant adhere to medication taking behavior, and how?
4. How is the participant's daily life and living environment?

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APPENDIX F

Guldeline for In-Depth Interview Adult with T2DM

Glycemic control behaviors among adults with Type 2 Diabetes Mellitus: Sociocultural context in Sri Lanka

Section 1 – Identification of Participant

1.1 Date /time of Interview:

1.2. Address:/contact number:

1.3. Age:

1.4. Gender:

1.5 Duration of diagnosis of diabetes:

Section 2– Demographic and Socioeconomic data

2.1 Ethnicity:

2.2. Religion:

2.3 Marital status:

2.4 Educational level:

2.5 Occupation:

2.6 Average Monthly income:

Section 3 In-depth Interview Guideline

1. Please tell me what diabetes means to you?
2. Could you please tell me how you feel after you were diagnosed with diabetes?
3. What do you believe causes your diabetes? Please explain
4. What is your idea about diabetes control? And how do you think it can be controlled?
5. Please explain your idea about diet control
6. What do you do as diet control?
7. What is your idea about doing exercise to control your diabetes?
8. What do you do as exercise?
9. what do you think about taking medicine in controlling your diabetes?
10. Could you please explain me how you take your diabetes medicines?
11. Could you please tell me whether you use any kind of other treatment than hospital treatment?

Thank you very much for your participation

APPENDIX G

In-Depth Interview Guldeline for Family Members

No.....

Glycemic Control Behaviors among Adults with Type 2 Diabetes Mellitus: Sociocultural Context in Sri Lanka

Section 1 – Identification of Participant

1.1 Date /time of Interview:

1.2 Address:/contact number:

1.3 Gender:

1.4 Age:

Section 2– Demographic and Socio economic data

2.1 Ethnicity:

2.2. Religion:

2.3 Marital status:

2.4 Educational level:

2.5 Occupation:

2.6 Average monthly income:

2.7 How long have been caring your relative with T2DM?.

2.8 Do you know the normal blood glucose level?

Section 3 In-depth Interview Guideline

1. Could you please tell me what do you know about diabetes and its control?
2. What are your ideas about diabetes and controlling blood sugar levels, and why do you think it is important?
3. How do you support your family member to perform glycemic control behaviors?
4. What is your perspective about your relative's performance at diet control, exercise and medication taking? What is your idea about these
5. Does your relative take any other treatment in addition to hospital treatment? What are they? Why do you think that he/she need other treatments?

Thank you for your participation

APPENDIX H

In-Depth Interview Guideline for Ayurveda Practitioners/Traditional Healer

No.....

Glycemic Control Behaviors among Adults with Type 2 Diabetes Mellitus: Sociocultural Context in Sri Lanka

Section 1 – Identification of Participant

1.1 Date /time of Interview:

1.2 Address:/contact number:

1.3 Age:

1.4 Gender:

Section 2– Demographic and Socioeconomic data

2.1 Ethnicity:

2.2. Religion:

2.3 Marital status:

2.4 Educational level:

2.5 Occupation:

2.9 How long have you been caring/treating adults with T2DM?

Section 3 In-depth interview guideline

1. Please explain your experience about adults with T2DM Who comes to you for treatment
2. What type of treatment you provide for adults with T2DM?
3. What are your perspectives about adults with T2DM regarding their glycemic control and glycemic control behaviors?
4. What are your suggestions/recommendations to improve glycemic control among adults with T2DM?

Thank you very much for your participation

APPENDIX I

Certificate of Ethical Clearance of Faculty of Nursing,
Chiang Mai University



No.113/2012

CERTIFICATE OF ETHICAL CLEARANCE
Research Ethics Review Committee
Faculty of Nursing, Chiang Mai University

The Research Ethics Review Committee of the Faculty of Nursing,
Chiang Mai University declares approval of

Research Project Title : Glycemic Control Behaviors Among Adults with
Type 2 Diabetes Mellitus: Sociocultural context in Sri Lanka

Principal Investigator : Mrs. A.A.T.D Amarasakara

Participating Institution : Doctoral Program Faculty of Nursing Chiang Mai
University

The above research project does not violate rights, well being, and/or
endanger human subjects and is justified to conduct the research procedures as
proposed.

This clearance is valid from the date of approval to November 29, 2013

Date of approval November 30, 2012

A handwritten signature in black ink, appearing to read 'Wichit Srisuphan'.

(Professor Dr. Wichit Srisuphan)
Chair, Research Ethics Review Committee
Faculty of Nursing, Chiang Mai University

A handwritten signature in black ink, appearing to read 'Wipada Kunwiktikul'.


(Professor Dr. Wipada Kunwiktikul)
Dean of Faculty of Nursing, Chiang Mai University

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APPENDIX J

Ethics Review Committee/Faculty of Medical Sciences University of Sri Jayewardenepura, Sri Lanka

Ethics Review Committee
- SIDDCER (Strategy Institute for Developing Capacity in Ethics) Review - approved by:-
Faculty of Medical Sciences, University of Sri Jayewardenepura
Gangodirala, Nugegoda, Sri Lanka



Date: 2nd January 2013
ERC meeting date: 3rd December 2012
Dir ref: 699/12/02

Mrs. A.A.T.D. Amarasekera
Department of Medical Education and Health Sciences,
Faculty of Medical Sciences,
University of Sri Jayewardenepura

Application Number 699/12
The ERC FMGS/JP reviewed and discussed your application 699/12 to conduct the research study entitled "Glycaemic control behaviours among adults with type 2 Diabetes Mellitus: Socio-cultural context in Sri Lanka." during the meeting held on 3rd December 2012.

The following documents were reviewed and approved:

Document	Version No.	Date of submission
Project proposal	01	15.11.2012
Study instrument - English	01	15.11.2012
Study instrument - Sinhala	01	15.11.2012
Informed consent forms - English	01	15.11.2012
Informed consent forms - Sinhala	01	15.11.2012
Assent form - English	01	15.11.2012
Assent form - Sinhala	01	15.11.2012

The study is approved in its presented form effective from 03.12.2012. The approval is valid until one year from the date of sanction. You may make a written request for renewal / extension of the validity, along with the submission of annual status report. Please note that ethical approval would be revoked if any alteration is made to the project without obtaining prior written consent from the ethics review committee.

Page 1 of 2

Responsible to Secretary, Ethics Review Committee, Department of Community Medicine, Faculty of Medical Sciences,
University of Sri Jayewardenepura, Gangodirala, Nugegoda, Sri Lanka.
Tel:94-11-2796568, Fax: 94-11-2813448, erc_fmgs@sjp.ac.lk

The decision was arrived at through consensus. Neither PI nor any of proposed study team members was present during the decision making of the ERC.

As the Principal Investigator you are expected to ensure that procedures performed under the project will be conducted in accordance with all relevant national and international policies and regulations that govern research involving human participants.

Please note that this approval is subjected to the following conditions:

- Progress reports to be submitted at six monthly intervals and at the completion of the study.
- All serious adverse effects should be reported to the ERC as per SOP 015/12 in the prescribed form. (Available at <http://www.medical.sju.ac.th/index.php/research-home/support-for-researchers/>)
- In the case of clinical trials, the trial is registered in an approved Clinical Trials Registry and the registration number submitted to ERC.
- Inclusion of contact details of the ERC nominee appointed by the ERC to receive concerns/complaints regarding your project in the information sheet. The details are given below:

In the events of any protocol amendments, ERC must be informed and the amendments should be highlighted in clear terms as follows:

- a. The exact alteration/amendment should be specified and indicated where the amendment occurred in the original project. (Page no. etc.)
- b. If the amendments require a change in the consent form, the copy of revised Consent Form should be submitted to Ethics Committee for approval.
- d. If the amendment demands a re-look at the toxicity or side effects to patients, the same should be documented.


Dr. C. A. Hongstange
Chairperson


Dr. V. Jayasriya
Secretary

**Ethics Review Committee
Faculty of Medical Sciences
University of Sri Jaiwardhanaporn**

Page 2 of 2

APPENDIX K

Research Committee Colombo South Teaching Hospital, Sri Lanka

ජනරජ පාලන ජාතික රෝහල, කලුවවිල, දෙහිවල, ශ්‍රී ලංකාව
 COLONBO SOUTH TEACHING HOSPITAL, KALUBOWILA, DEHIWALA, SRI LANKA

Mrs. A.A.T.D. Amarasekera
 Lecturer,
 Department of Medical Education and Health Sciences,
 Faculty of Medical Sciences,
 University of Sri Jayawardenepura

Ethical Clearance for Research Proposal No -278

This is to inform you that the Ethical Clearance Committee held on 11th January 2012 has granted clearance for the above proposal No 278.

A copy of the letter from Ethical Review Committee is attached herewith for your reference.

J. Mithandaram
 Director

J. Mithandaram
 M.Sc. (Med. Admin)
 City Director
 Colombo South Teaching Hospital,
 Kalubowila.

Chiang Mai University 1964

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ජීවිතයට සමරනු ලබන පදනමක් ලෙස සේවය කිරීම | DEDICATION TO CARE

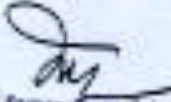
16/01/2023

Director,
Colombo South Teaching Hospital

Request for Ethical Clearance (Application No. 278)
A study on Glycemic Control Behaviors Among Adults with Type 2 Diabetes Mellitus Sociocultural Context in Sri Lanka

This is to inform you that ethical clearance was granted for the above proposal submitted by Mrs. A.A.T.D.Amarasekera (Lecturer, Department of Medical Education and Health Sciences, Faculty of Medical Sciences, University of Sri Jayawardenepura) at the Ethical Review Committee Meeting held 11th January 2023.

The researcher is kindly requested to obtain permission from relevant staff in the hospital. Please convey the decision to above applicants.


Prof. Suman Guratilleke
Chairman,
Ethical Review Committee
Colombo South Teaching Hospital

APPENDIX L

Permission Obtained from the Regional Director of Health Services

Colombo, Sri Lanka

දුරකථන/විද්‍යාකරණ/Telephone:

අධ්‍යක්ෂ Director		2327893
ප්‍රධාන නිලධාරී Administrative Officer		2437760
ගණකාධිකාරී Accountant		5354439
ප්‍රධාන කාර්යාල Office		2452440
ආදායම් Tax		2381258
විද්‍යුත් තැපෑල E-mail		rdhs.col@slmet.lk



ප්‍රාදේශීය සෞඛ්‍ය සේවා අධ්‍යක්ෂ
කොළඹ
பிராந்திய சுகாதார சேவை பஸ்ப்பாளர்
கொழும்பு
Regional Director of Health Services
Colombo

පිටපත් කොටස
My No | EA11/12/2009/
වෙලාවේ (i)
ඔබේ අංකය
Your no |
ආර්. සෞ. සේවාවේ ප්‍රධාන කාර්යාල
විද්‍යාල මහල 10,
මාහිගාට්ටා, කොළඹ 10.
New Secretariat Building
Mahigawatta, Colombo 10.
ආදායම් කොටස
P.O. Box No | 1287
දිනය
Date | 2013.05. 29

Medical Officer of Health,
Office of the M.O.H.,
Dehiwala/Moratuwa/Boralesgamuwa

Study on "Glycemic Control Behaviours among adults with Type 2 Diabetes Mellitus:
Socio Cultural Context In Sri Lanka"

Ms. A.A.T.D. Amarasekara, PhD (Candidate) conducting a study on above subject. She intends to interview few Diabetic patients in your area.

02. Permission has been granted for this and please be good enough to inform relevant officers to extend their fullest cooperation and support to carry out the above study.

[Signature]
Dr. Chulani Gunasekara
Deputy Regional Director of Health Services
Colombo District

Dr. C. GUNASEKARA
Deputy Regional Director of Health Services
P.O. Box: 1287
New Secretariat Building
Mahigawatta, Colombo-10.

CC: Candidate

Please handover findings & recommendations of your study to this office.

දුරකථන/දුරකථන අංකය/Telephone:

අධ්‍යක්ෂ
 Director | 2327893
 පරිපාලන නිලධාරී
 Administrative Officer | 2437760
 ගණකාධිකාරී
 Accountant | 5354439
 සේවා පරිපාලන නිලධාරී
 Office | 2452440
 ෆැක්ස් අංකය
 Fax | 2381258
 විද්‍යුත් තැපෑල
 E-mail | rdhs_col@sltnet.lk



ප්‍රාදේශීය සෞඛ්‍ය සේවා අධ්‍යක්ෂ
 කොළඹ
 பிராந்திய சுகாதார சேவை பணிப்பாளர்
 கொழும்பு
 Regional Director of Health Services
 Colombo

මගේ අංකය | EA11/12/2009/
My No | 05109(ii)

ඔබේ අංකය |
Your no |

ශ්‍රී ලංකා රජයේ සෞඛ්‍ය සේවාව
 පරිපාලන, කොළඹ 10.
 නව සේනාපති භාණ්ඩාගාර, මාලිගා පාර, කොළඹ 10.
 New Secretariat Building
 Maligawatta, Colombo 10.

ප.ව. අංකය | 1287
P.O. Box No.

දිනය | 2013.05. 29
Date

Medical Officer of Health,
 Office of the M.O.H.,
 Dehiwala/Moratuwa/Boralesgamuwa

**Study on "Glycemic Control Behaviours among adults with Type 2 Diabetes Mellitus:
 Socio Cultural Context In Sri Lanka"**

Ms. A.A.T.D. Amarasekara, PhD (Candidate) conducting a study on above subject. She intends to interview few Diabetic patients in your area.

02. Permission has been granted for this and please be good enough to inform relevant officers to extend their fullest cooperation and support to carry out the above study.

Dr. Chulani Gunasekara
 Deputy Regional Director of Health Services
 Colombo District

Dr. C. GUNASEKARA
 Deputy Regional Director of
 Health Services
 New Secretariat Building
 Maligawatta, Colombo -10.

CC: Candidate

Please handover findings & recommendations of your study, 12:00
 to this office.

APPENDIX M

Research Consent Form

I have read the information in the information sheet about a study to be conducted by Mrs.A.A.Thamara D.Amarasekara. I have had the opportunity to ask questions about it and any questions that I have asked have been satisfactorily answered. I was informed about consent to voluntarily participate in this research while am aware that I may withdraw my consent at any time without any penalty.

With full knowledge of the above mentioned, I consent voluntarily to participate in this study.

Name of the participant:

Date/Signature of the participant:

Name of the Researcher:

Date/Signature of the Researcher:

Name of the Witness :

Date/Signature of Witnesses:

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่
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CURRICULUM VITAE

Name Mrs. Amarasekara Appuhamillage Thamara Dilhani Amarasekara

Date of Birth January 1, 1970

Educational Background

1998 Bachelor of Science
Open University, Sri Lanka

2002 Bachelor of Nursing Science
Open University, Sri Lanka

2006 Post Graduate Diploma in Education, Faculty of Education,
University of Colombo, Sri Lanka

Professional Experiences

1996-2000 Registered Nurse, National Hospital Sri Lanka

2000- 2002 Clinical Nursing Instructor, National School of Nursing,
Sri Lanka

2002-2006 Nursing Tutor, National School of Nursing, Sri Lanka

2006- To date Lecturer, Faculty of Medical Sciences,
University of Sri Jayewardenepura, Sri Lanka

Grants

- Scholarship in partially for studying in doctoral program is provided by National Center for Advance Studies in Humanities & Social Sciences, Sri Lanka (Ref no: 11/NCAS/SJP/MdEdu/39)
- Research grants from the University of Sri Jayewardenepura, Sri Lanka (Ref No: ASP/ 06/RE/MED/2012/38)