

Questionnaire in English

A-Personal information

1.	Age 18-25 26-35 36-46 More than 46
2.	Sex Male Female
3.	Weight Less than 50 kg 50-69 kg 70- 90 kg More than 90
4.	Height Less than 150 cm 150-169cm 170-190 cm More than 190
5.	Marital state Married Single Divorced Widowed
6.	Educational status University or higher Secondary school Preparatory school Primary school Illiterate
7.	Occupation Student An employee of a government company Employee of a private company Not working
8.	City Arar Rafha Turaif Al Uwayqilah Other

B. Clinical characteristics of the participants:

Type of diabetes	Type 1 Type 2
Duration of diabetes (years)	Less than 1 year 1-5 years 6-10 years More than 10 years
Type of Diabetes Treatment:	Oral medication Insulin treatment Both No medication
Do you take metformin for diabetes?	Yes No
Result of the last hemoglobin A1c test	Less than 7 7 or More than 7
Do you take vitamin B12?	Yes No

C. Diabetic Neuropathy Characteristics of Study Participants in the Northern Border Region, Saudi Arabia: Using DN Score

Do you feel burning or numbness, pain, cramps, aches in the foot, or all of them?	Yes No
Have the symptoms ever awakened you at night?	Yes No
What is the location of the symptoms?	Calf Foot Both
What is the timing of the symptoms?	No pain In the evening During the day
How are the symptoms relieved?	Not relieved On sitting or lying down On walking On standing No pain

D. Assessment of physical activity using the validated International Physical Activity Questionnaire (IPAQ):

<p>When you are at work, which of the following describes what you do?</p>	<p>Mostly sitting or standing Mostly walking Mostly heavy labor or physically demanding work Don't know/not sure</p>
<p>During the last 7 days, did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?</p>	<p>No vigorous physical activities Yes</p>
<p>If yes, How many days per week do you do these vigorous activities for at least 10 minutes at a time?</p>	<p>1 2 3 4 5 6 7</p>
<p>During the last 7 days, How much time did you usually spend doing vigorous physical activities on one of those days?</p>	<p>About 10 minutes About 20 minutes About 30 minutes About 40 minutes About 50 minutes 1 hour or more Don't know/Not sure</p>
<p>During the last 7 days, did you engage in moderate physical activities, such as carrying light loads, bicycling at a regular pace, or playing doubles tennis? Do not include walking.</p>	<p>No moderate physical activities YES</p>
<p>If yes, How many days per week do you do these moderate activities for at least 10 minutes at a time?</p>	<p>1 2 3 4 5 6 7</p>
<p>During the last 7 days, how much time did you usually spend doing moderate physical activities on one of those days?</p>	<p>About 10 minutes About 20 minutes About 30 minutes</p>

	About 40 minutes About 50 minutes 1 hour or more Don't know/Not sure
During the last 7 days, over the previous 7 days, on how many days did you walk for at least 10 minutes at a time?	days per week No walking
During the last 7 days, How much time did you usually spend walking on one of those days? s includes walking at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.	About 10 minutes About 20 minutes About 30 minutes About 40 minutes About 50 minutes 1 hour or more
During the last 7 days, how much time did you spend sitting on a weekday? Include time spent at work, at home, while doing coursework and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.	About 30 minutes or less About 1 hour About 2 hours About 3 hours About 4 hours About 5 hours or more