QUESTIONNAIRE

Assessment of Knowledge and Awareness of Pregnant Women Regarding Gestational Diabetes Mellitus and Its Impact on Maternal and Fetal Outcomes

Instructions

Dear participant, this questionnaire aims to assess your knowledge and awareness regarding Gestational Diabetes Mellitus (GDM) and its possible maternal and fetal outcomes. Please select the answer that best represents your knowledge. All information will be kept confidential and used for scientific research purposes only.

Part A: Socio-Demographic and Obstetric Information

1. Age:

- Less than 20 years
- 20–24 years
- 25–29 years
- 30–34 years
- 35 years or above

2. Educational level:

- No formal education
- Primary
- Secondary
- University or higher

3. Occupation:

- Housewife
- Student
- Government employee
- Private employee
- Other: _____

4. Gestational age:

- Less than 20 weeks
- 20–27 weeks
- 28–36 weeks
- 37 weeks or more

5. Have you had Gestational Diabetes in a previous pregnancy?

- Yes
- No
- This is my first pregnancy

Part B: Knowledge and Awareness of GDM

6. What is Gestational Diabetes Mellitus (GDM)?

- Diabetes first diagnosed during pregnancy
- Diabetes caused by the fetus
- An infection during pregnancy
- Don’t know

7. Can Gestational Diabetes occur in a woman who did not have diabetes before pregnancy?

- Yes
- No
- Don’t know

8. Can GDM occur without obvious symptoms?

- Yes
- No
- Don’t know

9. Which of the following can increase the risk of GDM?

- Overweight or obesity
- Family history of diabetes
- Previous GDM
- All of the above
- Don’t know

10. Does increased maternal age increase the risk of GDM?

- Yes
- No
- Don’t know

11. Can physical inactivity increase the risk of GDM?

- Yes
- No
- Don’t know

12. Which of the following may be associated with high blood glucose?

- Increased thirst
- Frequent urination
- Tiredness
- All of the above
- Don’t know

13. Is screening for GDM important during pregnancy?

- Yes
- No
- Don’t know

14. When is GDM commonly screened for?

- 8–12 weeks
- 24–28 weeks
- 32–36 weeks
- Don’t know

15. Which test is commonly used to diagnose GDM?

- Oral Glucose Tolerance Test (OGTT)
- X-ray
- Urine culture
- Don’t know

16. Can a healthy balanced diet help control GDM?

- Yes
- No
- Don’t know

17. Can appropriate physical activity help control blood glucose during pregnancy?

- Yes
- No
- Don’t know

18. Should women with GDM monitor their blood glucose as advised by healthcare providers?

- Yes
- No
- Don’t know

19. Can insulin be needed when diet and physical activity are not enough to control blood glucose?

- Yes
- No
- Don’t know

Part C: Awareness of Maternal and Fetal Outcomes

20. Can GDM increase the risk of preeclampsia in the mother?

- Yes
- No
- Don’t know

21. Can GDM increase the risk of cesarean delivery?

- Yes
- No
- Don’t know

22. Can poorly controlled GDM cause excessive fetal growth (macrosomia)?

- Yes
- No
- Don’t know

23. Can babies of mothers with GDM develop low blood glucose after birth?

- Yes
- No
- Don’t know

24. Can GDM increase the mother’s future risk of developing type 2 diabetes?

- Yes
- No
- Don’t know

25. Do you think receiving education from nurses and healthcare providers can improve pregnant women’s knowledge and awareness about GDM?

- Yes
- No
- Don’t know