University of Dongola
Faculty of Medicine & Health Sciences
Community Medicine Research Project (2026)

Questionnaire on: Prevalence of Hypertension and its Associated Factors among Patients with Diabetes in Dongola Specialized Hospital Northern State, Sudan, 2026

Participant Code: _____ **Date:** _____ / _____ / 2026

Informed Consent

Participation in this study is entirely voluntary and all gathered information will remain strictly confidential.

Do you agree to participate?

[ ] (1) Yes
[ ] (2) No

Section 1: Sociodemographic Data

C1. Age:	_____ years
C2. Sex:	[ ] Male [ ] Female
C3. Residence:	[ ] Urban [ ] Rural
C4. Marital Status:	[ ] Single [ ] Married [ ] Divorced [ ] Widowed
C5. Educational Level:	[ ] (1) No formal education [ ] (2) Primary education [ ] (3) Secondary education [ ] (4) University / Higher
C6. Occupation:	☐ Employee ☐ Freelancer ☐Student ☐ Housewife ☐ Unemployed ☐ Other: _____
C7. Monthly Income Level:	[ ] Low [ ] Medium [ ] High
C8. Regular Follow up:	[ ] Yes [ ] No

Section 2: Diabetes Mellitus History

D1. Type of DM	[ ] Type 1 [ ] Type 2
D2. Duration of DM	_____
D3. Current Anti-Diabetic Treatment:	[ ] Oral hypoglycemic agents (OHA) [ ] Insulin [ ] Both OHA and insulin
D4. Treatment Adherence:	[ ] Good adherence [ ] (2) Poor adherence
D5. Last Glycemic Control Level:	FBS: _____ mg/dL OR HbA1c: _____ % [ ] Not applicable
D6. Associated Comorbidities: (Select more than one)	[ ] High cholesterol / Dyslipidemia [ ] Ischemic Heart Disease [ ] Chronic Kidney Disease [ ] Others [ ] None

Section 3: Hypertension History

H1. Have you ever been diagnosed with Hypertension?	[ ] Yes [ ] No
H2. Duration of Hypertension:	_____ years / _____ months
H3. Are you currently taking Antihypertensive medications?	[ ] Yes [ ] No

Section 4: Family History

F1. Family history of Hypertension:	[ ] (1) Yes [ ] (2) No [ ] (3) Don't know

F2. Family history of Diabetes Mellitus:	[ ] (1) Yes [ ] (2) No [ ] (3) Don't know
F3. Family history of Heart Disease:	[ ] (1) Yes [ ] (2) No [ ] (3) Don't know

Section 5: Lifestyle Risk Factors

Tobacco Use	
T1. Cigarette Smoking:	[ ] Yes, current [ ] No [ ] Past smoker
T2. Tombak (Smokeless Tobacco):	[ ] Yes, current [ ] No [ ] Past user
T3. Shisha / Waterpipe:	[ ] Yes [ ] No [ ] Past smoker
Physical Activity	
P1. Vigorous occupational/daily activity:	[ ] Yes [ ] No
P2. Moderate Exercise (≥ 30 mins):	[ ] None [ ] 1–2 days/week [ ] 3–4 days/week [ ] ≥ 5 days/week
Dietary Habits	
D1. Fruit consumption:	_____ days/week
D2. Vegetable consumption:	_____ days/week
D3. Adding extra salt to cooked meal:	[ ] (1) Always [ ] (2) Often [ ] (3) Sometimes [ ] (4) Rarely [ ] (5) Never
D4. Soft drinks / Sugar-sweetened beverages:	[ ] (1) Daily [ ] (2) Several times/week [ ] (3) Rarely [ ] (4) Never