



Form Approved
OMB No. 0920-XXXX
Exp. Date XX/XX/20XX

Welcome to the New Beginnings Evaluation Survey.

New Beginnings: *A Discussion for Living Well with Diabetes* is a discussion guide developed for diabetes educators, health educators, health ministers, lay health workers and others who facilitate discussion groups about diabetes self-management (hereafter facilitators).

Recently, the Guide has been revised into a more flexible resource that can be adapted for use in diabetes self-management education classes and in other settings. The purpose of this evaluation is to measure its reach and its use and adoption by diabetes educators and lay educators who facilitate diabetes discussion groups. ICF International, a private research company, has been asked to assist with the data collection for this effort.

The survey should take 15 minutes of your time, and your participation is entirely voluntary.

If you have any questions or need any assistance, please contact Linda Baffo of ICF, at 404.321.3211 [twinkl](https://www.twinkl.com) or by email at lbaffo@icfi.com.

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Instructions

Before you begin, here are some instructions about how the questionnaire works:

- Click on the **NEXT** button to save your responses and continue to the next page.
- Click on the **PREVIOUS** button to view your responses on a previous page. You may change previously entered answers. Do not use your browser's Back button. This will cause you to exit the questionnaire.

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Are you a ...

(Please select all that apply)

- Certified Diabetes Educator
- Certified Health Education Specialist
- Master Certified Health Education Specialist
- Health Minister
- Health Educator
- Other

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Have you received training on how to facilitate discussion groups?

Yes (specify)
 No

Please specify what kind of training you've received.

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How many years have you facilitated educational sessions and/or discussion groups?

- None
- Less than 1 year
- 1–3 years
- 4–6 years
- 7 years or more

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About which of the following topics have you facilitated group discussions or educational sessions? (Please select all that apply)

- Other diseases (e.g., heart disease, cancer, asthma, cardiovascular health)
- Emotional support/depression
- Diabetes self-management education or other diabetes educational activities
- Other (specify)

Please specify the topics for which you have facilitated group discussions or educational sessions:

- None

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For how many years have you facilitated diabetes educational sessions and/or discussion groups?

- Less than 1 year
- 1–3 years
- 4–6 years
- 7 years or more

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Were you aware of the New Beginnings Discussion Guide (the Guide) prior to taking this survey?

Yes
 No

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How did you learn about the Guide? (Please select all that apply)

- Professional association e-mail
- Professional association Web site
- Professional association newsletter
- My own organization
- From a colleague
- Presentation at a conference
- National Diabetes Education Program (NDEP) Web site
- Email blast from NDEP
- NDEP Webinar
- NDEP message through Twitter
- NDEP message through Facebook
- Other (specify)

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How did you learn about the Guide? (Please select all that apply)

Professional association e-mail

Please identify all professional associations that emailed you about the Guide.

- Professional association Web site
- Professional association newsletter
- My own organization
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How did you learn about the Guide? (Please select all that apply)

- Professional association e-mail
- Professional association Web site

Please identify all professional associations that had information about the guide on their website.

- Professional association newsletter
- My own organization
- From a colleague
- Presentation at a conference
- National Diabetes Education Program (NDEP) Web site
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- NDEP message through Facebook
- Other (specify)

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How did you learn about the Guide? (Please select all that apply)

- Professional association e-mail
- Professional association Web site
- Professional association newsletter

Please identify all professional associations that had information about the guide in their newsletter.

- My own organization
- From a colleague
- Presentation at a conference
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- NDEP message through Facebook
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How did you learn about the Guide? (Please select all that apply)

- Professional association e-mail
- Professional association Web site
- Professional association newsletter
- My own organization
- From a colleague
- Presentation at a conference

At which conference did you learn about the guide?

- National Diabetes Education Program (NDEP) Web site
- Email blast from NDEP
- NDEP Webinar
- NDEP message through Twitter
- NDEP message through Facebook
- Other (specify)

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How did you learn about the Guide? (Please select all that apply)

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- NDEP message through Twitter
- NDEP message through Facebook
- Other (specify)

Please specify

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Which of the following have you done with the guide? (Please select all that apply)

- I have not read or shared the Guide
- I have skimmed the Guide
- I have read some sections or modules of the Guide in their entirety
- I have read the Guide in its entirety
- I shared the Guide with another certified diabetes educator
- I shared the Guide with facilitators who are not certified diabetes educators
- I shared the Guide with other individuals who are not certified diabetes educators
- I listened to the podcast entitled "New Beginnings: Managing the Emotional Impact of Diabetes"
- I shared the podcast entitled "New Beginnings: Managing the Emotional Impact of Diabetes" with others
- Other (specify)

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Please rate your knowledge of diabetes self-management prior to reading or using the Guide and/or listening to the podcast, on a scale of "1" to "10," with "1" being "not at all knowledgeable" and "10" being "extremely knowledgeable."

- 1 - Not at all knowledgeable
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 - Extremely knowledgeable

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Have you promoted the Guide to others?

- Yes
- No

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How have you promoted the Guide to others? (Select all that apply)

- Sent an e-mail to a colleague(s)
- Developed a newsletter article
- Posted information about the Guide on my organizational Web site
- Presented information about the Guide at meetings/conferences
- Word of mouth
- Other (specify)

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Have you used the Guide to facilitate group discussions?

- Yes
- No

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Since you first learned about the Guide, how often do you use the Guide when you facilitate diabetes educational sessions or group discussions?

- In very few of my sessions
- In some of my sessions
- In more than half of my sessions
- In almost all of my sessions
- In all of my sessions

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When you facilitate groups using the Guide, who usually participates? (Please select all that apply)

- People with diabetes
- People at risk for diabetes
- Friends and family members
- People with illnesses/conditions other than diabetes

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Now, we would like you to answer a few questions about the modules you have used.

How often do you use the following modules in your discussion groups?

| | Never | Sometimes | Always |
|---|-----------------------|-----------------------|-----------------------|
| Overview: Living Well with Diabetes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Know Your ABCs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Coping With Emotions | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Overcoming Self-Doubt | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Managing Stress | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Problem Solving and Emergency Preparedness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Children And Family: How Can They Understand and Help | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Working With Your Doctor | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Have you experienced any logistical challenges while conducting the discussion groups?

- Yes
- No

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Have you experienced any of the following challenges? (Please select all that apply)

Difficulty accessing the materials online

No internet connection

Internet problems

Please specify

Do not have access to a computer

Other (specify)

Difficulty printing materials

Problems playing video or audio

Meeting room issues

Other (specify)

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Have you experienced any of the following challenges? (Please select all that apply)

- Difficulty accessing the materials online
- Difficulty printing materials
 - No printer
 - Too costly to print
 - Other (specify)
- Please specify

 - Problems playing video or audio
 - Meeting room issues
 - Other (specify)

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Have you experienced any of the following challenges? (Please select all that apply)

- Difficulty accessing the materials online
- Difficulty printing materials
- Problems playing video or audio
- Meeting room issues
- Other (specify)

Please explain the challenges you have experienced.

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What resources, other than those listed in the Guide, have you used in your group discussions? (Please select all that apply)

- American Association of Diabetes Educators (AADE) Curriculum/materials (e.g., AADE Seven Self-Care Behaviors)
- American Diabetes Association (ADA) Curriculum/ materials (e.g., Project Power)
- Stanford University Curriculum/materials (e.g., Chronic Disease Self-Management Program)
- Other (specify)

Please Specify:

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Have you modified the Guide for your group discussions?

- Yes
- No

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In which of the following ways did you modify the Guide? (Please select all that apply)

- Included additional activities
- Included additional topics for discussion
- Developed tailored promotional materials (e.g., posters, flyers, e-mail)
- Others (specify)

Please Specify:

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Was it easy to adapt or modify the Guide?

Yes
 No

Please briefly explain what made adapting/modifying the guide challenging:

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Please indicate your level of agreement with the following statements.

| | Strongly Agree | Agree | Neither Agree or Disagree | Disagree | Strongly Disagree | N/A |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|-----------------------|
| The content in the Guide provides a good background for me to easily facilitate the modules. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The podcast entitled <i>"New Beginnings: Managing the Emotional Impact of Diabetes"</i> introduced me to the topics I needed to understand in order to use the Guide. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The planning tools included in the Guide helped me prepare for New Beginnings discussions. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I was able to communicate the key points of the module(s) to the class participants. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I was able to complete the modules within the time I allotted for the sessions. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I had all the materials I needed from the Guide to easily facilitate the lessons. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The stories in the Guide encouraged conversation in the group. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The activities in the Guide were helpful in building participants' diabetes self-management skills. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| At the end of the session, participants were able to identify goals and make plans to achieve those goals. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The evaluation resources helped me track and evaluate my New Beginnings discussion groups. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Please indicate your level of agreement with the following statements.

| | Strongly Agree | Agree | Neither Agree or Disagree | Disagree | Strongly Disagree |
|--|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| The Guide improved my knowledge of diabetes self -management. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Guide helped me feel more comfortable in leading discussions about diabetes self-management. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Guide helped me to more effectively address family members. concerns about diabetes self-management. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Guide improved my knowledge of emotional well-being and health. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Guide helped me feel more comfortable in leading discussions about the importance of emotional well-being and health. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Guide helped me to more effectively address family members. concerns about emotional well-being. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The facilitated discussions and activities improved participants. understanding of the relationship between emotional health and diabetes self-management. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The facilitated discussions and activities helped participants feel more comfortable talking about emotional health issues such as depression. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The facilitated discussions and activities helped participants try a new skill. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The facilitated discussions and activities helped participants set a new goal. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Are there any additional resources/activities you think would be helpful to include in the Guide?

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Think back for a moment to the discussion groups you facilitated. Can you think of any instances when participants had an "AHA!" kind of moment—when they seemed to experience a real breakthrough in their understanding, intent to change behavior, or ability to cope with the challenges of living with diabetes?

Yes

Can you describe what happened?

No

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Please provide any additional comments/thoughts you have about the New Beginnings Discussion Guide.

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May we contact you again in the event that we would like to obtain some follow-up information?

Yes
 No

Please provide us with your full name.

Please provide your telephone number.

Please provide your email address.

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If you have not used the Guide, can you briefly tell us why not? (Select all that apply)

- Have not downloaded or received a copy
- Do not facilitate discussion groups
- Currently using other diabetes educational materials

Please describe the other diabetes educational materials you are currently using:

- Do not have time to facilitate discussion groups
- Did not think the Guide would be helpful
- Other (specify)

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If you have not used the Guide, can you briefly tell us why not? (Select all that apply)

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Please describe the other diabetes educational materials you are currently using:

- Do not have time to facilitate discussion groups
- Did not think the Guide would be helpful
- Other (specify)

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If you have not used the Guide, can you briefly tell us why not? (Select all that apply)

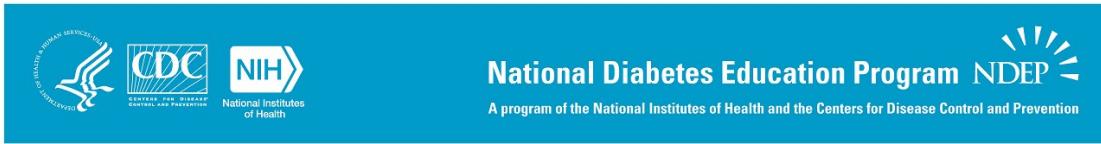
- Have not downloaded or received a copy
- Do not facilitate discussion groups
- Currently using other diabetes educational materials
- Do not have time to facilitate discussion groups
- Did not think the Guide would be helpful
- Other (specify)

Please explain why you have not used the Guide.:

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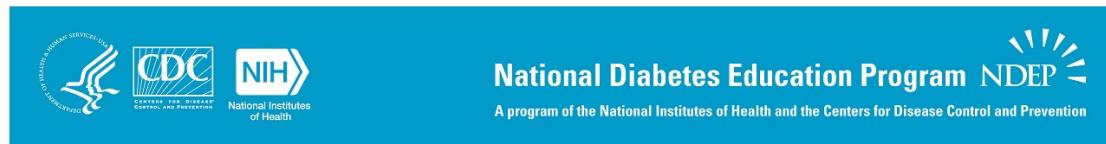
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This survey is for individuals who have used the New Beginnings Discussion Guide to facilitate groups with people who have or are at risk for diabetes and their family members.

Thank you so much for taking the time to complete this study and share your thoughts and experiences with us!



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