THE DIGITAL HYGIENE AUDIT

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Instructions to Patient: Managing life with diabetes in a hyper-connected age means constantly filtering numbers, alerts, and opinions. Rate each statement from 1 (Never) to 5 (Always) to evaluate how technology and social media are impacting your mental well-being.

Statement	Rating (1-5)
1. Notification Dread: I feel a surge of anxiety or frustration whenever my CGM or pump alarms go off.	
2. The "Report Card" Feeling: I view my blood sugar graphs and data as a moral grade on my character or effort rather than neutral information.	
3. The Comparison Trap: Scrolling through diabetes social media accounts makes me feel guilty or "less than" because my numbers aren't perfectly flat.	
4. Information Overload: I spend more than 30 minutes a day reading diabetes forums or groups, and I often leave feeling more stressed or overwhelmed.	
5. Alert Fatigue: I find myself silencing, delaying, or completely ignoring my device alarms because the constant noise is exhausting or embarrassing.	
TOTAL SCORE:	**/25**

Scoring Guide

- **5-10 (Healthy Relationship):** Technology is currently serving as a helpful asset without creating a heavy psychological toll.
- **11-18 (Moderate Digital Distress):** It is time to look at an "Alert Audit." Consider shifting non-critical alarm thresholds or filtering your online spaces.
- **19-25 (High Digital Burnout):** Immediate boundary-setting is recommended. Work with your care team to give your mind some breathing room.

Scan QR to read on your phone

Desktop:
https://www.diabetictalks.com/digital-wellness-forms.html

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