

SUPPLEMENTARY DATA

**The 17-item version of the English and Chinese Diabetes Distress Scale (CDDS-17)
(糖尿病困擾指數).**

患有糖尿病,生活有時可以很艱難, 因會遇上大大小小不同的問題與煩惱., 它們可以是微不足道的什或至生死尤關的。 以下列舉了 17 項糖尿病患者可能遇上問題.請根據過往一個月的經驗, 評估每個問題對你的困擾或影響, 並圈上合適的代表數字。

請注意: 我們請你評估的是以下問題對你心理影響, 不論它們發生與否。 如果你覺得某項對你來說不成問題, 請圈上”1”; 如果對你非常困擾, 請圈上”6”。

Directions: Living with diabetes can sometimes be tough. There may be many problems and hassles concerning diabetes and they can vary greatly in severity. Problems may range from minor hassles to major life difficulties. Listed below are 17 potential problems that people with diabetes may experience. Consider the degree to which each of the items may have distressed or bothered you DURING THE PAST MONTH and circle the appropriate number.

Please note that we are asking you to indicate the degree to which each item may be bothering you in your life, NOT whether the item is merely true for you. If you feel a particular item is not a bother or a problem for you, you would circle “1”. If it is very bothersome to you, you might circle “6”.

<p>難題或煩惱 Problems</p>	<p>完全沒有 Not a problem</p>		<p>感覺有一些 Modertae problem</p>		<p>經常有 Serious problem</p>	
<p>1. 覺得糖尿病每天都消耗我大量心力和精力 Feeling that diabetes is taking up too much of my mental and physical energy</p>	1	2	3	4	5	6
<p>2. 覺得我的醫生不夠了解糖尿病及糖尿護理 Feeling that my doctor doesn't know enough about diabetes and diabetes care</p>	1	2	3	4	5	6
<p>3. 當想到患有糖尿病,便覺得忿怒,恐懼及/或憂慮 Feeling angry, scared and /or depressed when I think about living with diabetes</p>	1	2	3	4	5	6
<p>4. 覺得我的醫生沒有給我清楚的指引去管理我的糖尿病 Feeling that my doctor doesn't give me clear enough directions on how to manage my diabetes</p>	1	2	3	4	5	6

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5. 覺得自己沒有緊密測試我的血糖水平 Feeling that I am not testing my blood sugars frequently enough	1	2	3	4	5	6
6. 覺得自己經常未能成功做到糖尿病的控制計劃 Feeling that I am often failing with my diabetes regimen	1	2	3	4	5	6
7. 覺得朋友或家人對我的自律不夠支持 (例如籌備的活動將會與我的時間表相沖, 鼓勵我吃「不該吃的食物」) Feeling that friends or family are not supportive enough of my self-care efforts (eg planning activities that conflict with my schedule, encouraging me to eat the “wrong foods”).	1	2	3	4	5	6
8. 覺得糖尿病控制了我的人生 Feeling that diabetes controls my life	1	2	3	4	5	6
9. 覺得我的醫生沒有認真對待我的疑慮 Feeling that my doctors doesn't take my concerns seriously enough	1	2	3	4	5	6
10. 對自己日常管理糖尿病的能力沒有信心 Not feeling confident in my day-to-day ability to manage diabetes	1	2	3	4	5	6
11. 覺得我會承受嚴重的長期糖尿病併發症, 不管我何努力去防止它的發生 Feeling that I will end up with serious long-term complications, no matter what I do	1	2	3	4	5	6
12. 覺得自己沒有緊跟良好的飲食指引 Feeling that I am not sticking closely enough to a good meal plan	1	2	3	4	5	6
13. 覺得朋友或家人不明白糖尿病人生活的苦況 Feeling that friends or family doesn't appreciate how difficult living with diabetes can be	1	2	3	4	5	6

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14. 對糖尿病的生活限制感到沮喪 Feeling overwhelmed by the demands of living with diabetes	1	2	3	4	5	6
15. 覺得我沒有一位醫生可長期跟進我的糖尿病 Feeling that I don't have a doctor who I can see regularly about my diabetes	1	2	3	4	5	6
16. 覺得沒有動力去維持對糖尿病的自我控制 Not feeling motivated to keep up my diabetes self-management	1	2	3	4	5	6
17. 覺得朋友或家人沒有提供我所需要的情緒支援 Feeling that friends or family don't give me the emotional support that I would like	1	2	3	4	5	6

* Items 12 and 15 were removed after exploratory factor analysis to give rise to a new 15-item CDDS (CDDS-15).