

## TYPE 2 DIABETES DISTRESS ASSESSMENT SYSTEM

### Identifying the Core Level of Distress (T2-DDAS CORE)

Living with diabetes can be tough. Listed below are many of the stresses and worries that people with diabetes often experience. Thinking back **over the past month**, please indicate how much each of the following items were a problem for you by marking the appropriate column.

For example, if an item was not a problem for you over the past month, place a mark in the first column: “Not a Problem” (1). If it was a very tough problem for you, place a mark in the last column: “A Very Serious Problem” (5).

|  | Not A<br>Problem<br><br>(1) | A Little<br>Problem<br><br>(2) | A<br>Moderate<br>Problem<br><br>(3) | A Serious<br>Problem<br><br>(4) | A Very<br>Serious<br>Problem<br><br>(5) |
|--|-----------------------------|--------------------------------|-------------------------------------|---------------------------------|---|
| I feel burned out by all of the attention and effort that diabetes demands of me.                                | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |
| It bothers me that diabetes seems to control my life.  | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |
| I am frustrated that even when I do what I am supposed to for my diabetes, it doesn't seem to make a difference. | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |
| No matter how hard I try with my diabetes, it feels like it will never be good enough.                           | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |
| I am so tired of having to worry about diabetes all the time.  | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |
| When it comes to my diabetes, I often feel like a failure.   | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |
| It depresses me when I realize that my diabetes will likely never go away.                                       | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |
| Living with diabetes is overwhelming for me.   | <input type="checkbox"/>    | <input type="checkbox"/>       | <input type="checkbox"/>            | <input type="checkbox"/>        | <input type="checkbox"/>                |

## Scoring the T2DDAS CORE

The Core Distress Level is a single numeric score, based on the average of the eight contributing items. *This score reflects the degree of, intensity, or amount of core diabetes distress reported by the respondent, with higher scores indicating greater intensity.*

To score, sum the scores across all eight items (1 to 5) and divide by 8: \_\_\_\_\_

What if all 8 items are not completed?

If only 7 items are completed, sum the scores of the items and divide by 7.

If only 6 items are completed, sum the scores of the items and divide by 6.

### NOTES:

A minimum of 6 completed items are required for an accurate CORE score. We view a total score based on fewer than 6 items to be unreliable and therefore not scorable.

If you administer both the CORE and SOURCE sections of the T2-DDAT, we suggest that you administer the CORE section first.