

**TYPE 2 DIABETES DISTRESS ASSESSMENT SCALE:
Combined Core and Sources of Distress (T2-DDAS COMBINED)**

Living with diabetes can be tough. Listed below are many of the stresses and worries that people with diabetes often experience. These are issues that can often be tough to acknowledge and to talk about, but please be as open and honest as you can. 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 Problem (1)	A Little Problem (2)	A Moderate Problem (3)	A Serious Problem (4)	A Very Serious Problem (5)
1. I feel burned out by all of the attention and effort that diabetes demands of me.					
2. It bothers me that diabetes seems to control my life.					
3. I am frustrated that even when I do what I am supposed to for my diabetes, it doesn't seem to make a difference.					
4. No matter how hard I try with my diabetes, it feels like it will never be good enough.					
5. I am so tired of having to worry about diabetes all the time.					
6. When it comes to my diabetes, I often feel like a failure.					
7. It depresses me when I realize that my diabetes will likely never go away.					

8. Living with diabetes is overwhelming for me.					
9. I worry that I won't be able to pay for my diabetes care, medicines or supplies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. When it comes to family and friends, it disappoints me that I am pretty much on my own with diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I am scared that I might have a serious low glucose event when I am out in public.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I worry a lot about developing serious complications from diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. When it comes to medical care, it upsets me that I am mostly on my own with diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. It makes me feel bad that I must hide my diabetes from others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. It frustrates me that my eating often feels out of control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. It upsets me that I'm not really heard or understood by my healthcare provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I worry a lot that I could have a serious low glucose event.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I can't escape this sinking feeling that diabetes is eventually going to get me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I worry that I don't pay enough attention to my diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. It upsets me that people in my life think less of me because I have diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. It frustrates me that people in my life tempt me to eat foods or do things that are not good for my diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I often feel ashamed or embarrassed when other people know about my diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I worry that I can't get the healthy food I need for my diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. No matter what I do, I fear that serious complications from diabetes will happen to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I worry about how hard it is get to my healthcare appointments or pharmacy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. It bothers me that I don't get as much exercise as I should.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I worry about having a serious low glucose event when I'm alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. It upsets me that my healthcare provider seems to care more about my glucose levels than about me as a person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. It hurts me that many people in my life don't understand what living with diabetes is really like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring THE T2-DDAS Combined

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-DDAS, we suggest that you administer the CORE section first.

Scoring The Sources Of Distress

This scale assesses each of seven common *Sources* of diabetes distress for adults with type 2 diabetes. Each *Source* refers to a specific aspect of living with and managing diabetes that can lead or contribute to diabetes distress for a particular individual. The higher the score, the more impactful that *Source* is likely to be in contributing to diabetes distress for this individual.

Each *Source* should be scored and considered individually; summing across *Sources* into a single, overall score or combining scores across *Sources* in any way **IS NOT RECOMMENDED**. A review of each of the highest scored *Sources* will help to identify which of the different aspects of living with and managing diabetes may be having the biggest effects on the individual.

To score, sum the scores (1 to 5) across all of the items in that scale and divide by the number of contributing items as follows:

Distress About:

Hypoglycemia: sum items 11, 17, 27, then divide by 3. _____

Long-term Health: sum items 12, 18, 24, then divide by 3. _____

Healthcare Provider: sum items 13, 16, 28, then divide by 3. _____

Interpersonal Issues: sum items 10, 21, 29, then divide by 3. _____

Shame/Stigma: sum items 14, 20, 22, then divide by 3. _____

Healthcare Access: sum items 9, 23, 25, then divide by 3. _____

Management Demands: sum items 15, 19, 26, then divide by 3. _____

NOTES: All items included in a *SOURCE* scale must be completed for that particular *SOURCE* score to be reliable. If an item is missing, a score for that *SOURCE* should not be computed.