

## T1-DDS

### Instructions

Living with type 1 diabetes can be tough. Listed below are a variety of distressing things that many people with type 1 diabetes experience. Thinking back **over the past month**, please indicate the degree to which each of the following may have been a problem for you by circling the appropriate number. For example, if you feel that a particular item was not a problem for you over the past month, you would circle "1". If it was very tough for you over the past month, you might circle "6".

		Not a problem	A slight problem	A moderate problem	A somewhat serious problem	A serious problem	A very serious problem
1	Feeling that I am not as skilled at managing diabetes as I should be.	1	2	3	4	5	6
2	Feeling that I don't eat as carefully as I probably should.	1	2	3	4	5	6
3	Feeling that I don't notice the warning signs of hypoglycemia as well as I used to.	1	2	3	4	5	6
4	Feeling that people treat me differently when they find out I have diabetes.	1	2	3	4	5	6
5	Feeling discouraged when I see high blood glucose numbers that I can't explain.	1	2	3	4	5	6
6	Feeling that my family and friends make a bigger deal out of diabetes than they should.	1	2	3	4	5	6
7	Feeling that I can't tell my diabetes doctor what is really on my mind.	1	2	3	4	5	6
8	Feeling that I am not taking as much insulin as I should.	1	2	3	4	5	6
9	Feeling that there is too much diabetes equipment and stuff I must always have with me.	1	2	3	4	5	6
10	Feeling like I have to hide my diabetes from other people.	1	2	3	4	5	6
11	Feeling that my friends and family worry more about hypoglycemia than I want them to.	1	2	3	4	5	6
12	Feeling that I don't check my blood glucose level as often as I probably should.	1	2	3	4	5	6
13	Feeling worried that I will develop serious long-term complications, no matter how hard I try.	1	2	3	4	5	6

		Not a problem	A slight problem	A moderate problem	A somewhat serious problem	A serious problem	A very serious problem
14	Feeling that I don't get help I really need from my diabetes doctor about managing diabetes.	1	2	3	4	5	6
15	Feeling frightened that I could have a serious hypoglycemic event when I'm asleep.	1	2	3	4	5	6
16	Feeling that thoughts about food and eating control my life.	1	2	3	4	5	6
17	Feeling that my friends or family treat me as if I were more fragile or sicker than I really am.	1	2	3	4	5	6
18	Feeling that my diabetes doctor doesn't really understand what it's like to have diabetes.	1	2	3	4	5	6
19	Feeling concerned that diabetes may make me less attractive to employers.	1	2	3	4	5	6
20	Feeling that my friends or family act like "diabetes police" (bother me too much).	1	2	3	4	5	6
21	Feeling that I've got to be perfect with my diabetes management.	1	2	3	4	5	6
22	Feeling frightened that I could have a serious hypoglycemic event while driving.	1	2	3	4	5	6
23	Feeling that my eating is out of control.	1	2	3	4	5	6
24	Feeling that people will think less of me if they knew I had diabetes.	1	2	3	4	5	6
25	Feeling that no matter how hard I try with my diabetes, it will never be good enough.	1	2	3	4	5	6
26	Feeling that my diabetes doctor doesn't know enough about diabetes and diabetes care.	1	2	3	4	5	6
27	Feeling that I can't ever be safe from the possibility of a serious hypoglycemic event.	1	2	3	4	5	6
28	Feeling that I don't give my diabetes as much attention as I probably should.	1	2	3	4	5	6

**Scoring: Calculate the mean item score for the items in the following subscales.**

**Total scale** (all items: 1 to 28)

**Subscale 1 - Powerlessness** (5 items: 5, 9, 13, 21, and 25)

**Subscale 2 – Management Distress** (4 items: 1, 8, 12, and 28)

**Subscale 3 – Hypoglycemia Distress** (4 items: 3, 15, 22, and 27)

**Subscale 4 – Negative Social Perceptions** (4 items: 4, 10, 19, and 24)

**Subscale 5 – Eating Distress** (3 items: 2, 16, and 23)

**Subscale 6 – Physician Distress** (4 items: 7, 14, 18, and 26)

**Subscale 7 – Friend/Family Distress** (4 items: 6, 11, 17, and 20)

**5-Item Screener: 2, 6, 19, 20, 25**