

PARTNER DIABETES DISTRESS SCALE (PARTNER-DDS)

The following questions ask about how you have been feeling as a spouse or partner of someone with diabetes. For each item, circle the number that gives the best answer for you. Please provide an answer for each question.

During the past month, I have been:

	Not at all	A little	Somewhat	A lot	A great deal
1. Worrying about my partner's low blood sugars.	0	1	2	3	4
2. Feeling unclear about exactly how much I should be involved in managing my partner's diabetes.	0	1	2	3	4
3. Frustrated that my partner shuts me out of his/her diabetes.	0	1	2	3	4
4. Feeling that my partner doesn't try hard enough to manage his/her diabetes.	0	1	2	3	4
5. Feeling overwhelmed by the constant demands of my partner's diabetes.	0	1	2	3	4
6. Worrying that I don't know how to best help my partner manage diabetes.	0	1	2	3	4
7. Feeling that I stay silent about my partner's diabetes more than I really should.	0	1	2	3	4
8. Feeling that diabetes is taking up too much of <u>my</u> mental and physical energy every day.	0	1	2	3	4
9. Feeling that no one notices that diabetes is hard on me, not just on my partner.	0	1	2	3	4

	Not at all	A little	Somewhat	A lot	A great deal
10. Frustrated that the more I try to help my partner manage his/her diabetes, the worse things get between us.	0	1	2	3	4
11. Feeling guilty about not doing enough to help my partner with diabetes.	0	1	2	3	4
12. Frustrated that I can't get my partner to improve his/her attitude about diabetes.	0	1	2	3	4
13. Worrying that I am failing to help my partner manage diabetes more successfully.	0	1	2	3	4
14. Feeling that trying to help my partner with his/her diabetes is always a battle.	0	1	2	3	4
15. Frustrated because my partner ignores my suggestions about diabetes.	0	1	2	3	4
16. Frustrated that diabetes often interrupts our plans.	0	1	2	3	4
17. Worrying about my partner's low blood sugars when he/she is sleeping.	0	1	2	3	4
18. Worrying about my partner's driving because of possible low blood sugars.	0	1	2	3	4
19. Worrying about leaving my partner alone because of the possible danger of low blood sugars	0	1	2	3	4
20. Concerned that my partner and I are not working well together when it comes to diabetes.	0	1	2	3	4
21. Feeling that I never get a break from worrying about my partner's diabetes.	0	1	2	3	4

