

项目序号 Item	量表原文 Original Scale	翻译 Chinese Translation	回译 Back Translation
<p>指导语 Directions</p>	<p><b>DIRECTIONS:</b> 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 problem areas that people with diabetes may experience. Consider the degree to which each of the 17 items may have distressed or bothered you DURING THE PAST MONTH and circle the appropriate number.</p> <p>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</p>	<p><b>指导语:</b> 糖尿病有时可能会给您带来一些问题和困难。这些问题和困难的严重程度可能存在较大的差异,有的可能是轻微的困难,有的可能是重大的生活困难。下面列出了糖尿病患者可能经历的17个潜在问题。请根据您过去一个月内的情况,评估以下17个问题可能对您造成的痛苦或困扰程度。</p> <p>请注意,我们要求您指出每个问题可能对您造成的困扰程度,而不仅仅考虑这些问题对您来说是否存在。如果您觉得某个问题对你不造成任何困扰,请勾选“1”;如果这个问题让您非常困扰,请勾选“6”。</p>	<p><b>Instructions:</b> diabetes can sometimes cause some problems and difficulties. The severity of these problems and difficulties may vary greatly. Some of them may be minor difficulties, whereas some may be major life difficulties. Below is a list of 17 potential problems that people with diabetes may experience. Please rate how much the following 17 problems may be distressing or bothersome for you based on your experience over the past month.</p> <p>Please note that we are asking you to indicate how bothersome each problem may be for you, not just consider whether it is a problem for you. Check "1" if you feel that a</p>

	merely true for you. If you feel that 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".		problem is not bothersome, and check "6" if it is bothersome.
<b>选项 Options</b>	1= Not a Problem; 2= A Slight Problem; 3= A Moderate Problem; 4= Somewhat Serious Problem; 5= A Serious Problem; 6= A Very Serious Problem	1=不是问题; 2=有点问题; 3=中度问题; 4=有点严重的问题; 5=严重的问题; 6=非常严重的问题	1=Not a Problem; 2=A Little Problem; 3=A Moderate Problem; 4=Somewhat Serious Problem; 5=A Serious Problem; 6=A Very Serious Problem
<b>1</b>	Feeling that diabetes is taking up too much of my mental and physical energy every day.	我觉得每天为应对糖尿病要消耗大量的精力和体力。	I think it takes a lot of energy and physical strength to cope with diabetes every day.
<b>2</b>	Feeling that my doctor doesn't know enough about diabetes and diabetes care.	我觉得我的医生对糖尿病和糖尿病照护的了解不足。	I think my doctor doesn't know enough about diabetes and diabetes care.
<b>3</b>	Not feeling confident in my day-to-day ability to manage diabetes.	我对自己的糖尿病日常管理能力没有信心。	I have no confidence in my ability to manage my diabetes on a daily basis.

<b>4</b>	Feeling angry, scared and/or depressed when I think about living with diabetes.	一想到自己患有糖尿病，我就感到生气、害怕和/或沮丧。	I feel angry, afraid and/or frustrated when I think about having diabetes.
<b>5</b>	Feeling that my doctor doesn't give me clear enough directions on how to manage my diabetes.	我觉得我的医生没有很清晰地指导我如何管理糖尿病。	I feel that my doctor doesn't give me clear enough guidance on how to manage my diabetes.
<b>6</b>	Feeling that I am not testing my blood sugars frequently enough.	我觉得我没有做到经常测量自己的血糖。	I think I am not measuring my blood sugars frequently enough.
<b>7</b>	Feeling that I will end up with serious long-term complications, no matter what I do.	感觉不管我怎么做，最终都会患有严重的长期并发症。	Feeling that no matter what I do, I will eventually suffer from serious long-term complications.
<b>8</b>	Feeling that I am often failing with my diabetes routine.	感觉我的糖尿病治疗方案经常失败。	Feeling that my diabetes treatment regimens often fail.
<b>9</b>	Feeling that friends or family are not supportive enough of self-care efforts (e.g. planning activities that conflict with my schedule, encouraging me to eat the "wrong" foods).	我感觉朋友或家人没有对我管理糖尿病的努力给予足够的支持（如，安排与我的疾病相关日程冲突的活动，或鼓励我吃“不该吃的”食物）。	I feel that my friends or family doesn't give me sufficient support for my efforts to manage my diabetes (e.g., arranging activities that conflict with my disease-related schedule, or encouraging me to eat "should not eat" foods).

<b>10</b>	Feeling that diabetes controls my life.	我感觉糖尿病控制了我的生活。	I feel that diabetes controls my life.
<b>11</b>	Feeling that my doctor doesn't take my concerns seriously enough.	我觉得我的医生对我所关心的问题没有足够的重视。	I feel that my doctor doesn't pay enough attention to the issues I care about.
<b>12</b>	Feeling that I am not sticking closely enough to a good meal plan.	我感觉我没有严格执行一个好的饮食计划。	I feel that I'm not strictly implementing a good eating plan.
<b>13</b>	Feeling that friends or family don't appreciate how difficult living with diabetes can be.	我觉得朋友或家人不能理解身患糖尿病有多么艰难。	I think friends or family don't understand how hard it is to have diabetes.
<b>14</b>	Feeling overwhelmed by the demands of living with diabetes.	我感觉应对糖尿病方方面面的需求让我不堪重负。	I feel overwhelmed by the need to cope with all aspects of diabetes.
<b>15</b>	Feeling that I don't have a doctor who I can see regularly enough about my diabetes.	感觉我没有一位可以定期为我看糖尿病的医生。	Feeling that I don't have a doctor who can see diabetes regularly for me.
<b>16</b>	Not feeling motivated to keep up my diabetes self management.	我没有动力保持对糖尿病的自我管理。	I am not motivated to maintain diabetes self-management.
<b>17</b>	Feeling that friends or family don't give me the emotional support that I would like.	我觉得朋友或家人没有给予我想要的情感支持。	I think friends or family don't give me the emotional support that I want.