

Type 1 Diabetes Distress Assessment System (T1DDAS)

SOURCE SCALE

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 discouraged when I see high blood glucose numbers I can't explain.					
2. It is disappointing that I do not get the kind of support for my diabetes from my friends and family that I need.					
3. I feel frustrated about how hard it is to find good diabetes care.					
4. I get scared that I have to rely on diabetes devices (meters, pumps CGM).					
5. It makes me feel bad that my diabetes affects others around me.					
6. I worry that my life will be cut short by diabetes.					

	Not A Problem (1)	A Little Problem (2)	A Moderate Problem (3)	A Serious Problem (4)	A Very Serious Problem (5)
7. I worry that I can't get the healthy food I need for my diabetes.					
8. I worry a lot that I could have a serious low glucose event.					
9. I often feel ashamed or embarrassed when other people know about my diabetes.					
10. I am frustrated that insurance does not cover the things I need for my diabetes.					
11. I feel that thoughts about food and eating control my life.					
12. When it comes to medical care, it upsets me that I am mostly on my own with diabetes.					
13. I am overwhelmed by all the information I get from my diabetes devices (pumps, CGM, meters).					
14. I feel like I am burden to others because of my diabetes					
15. No matter what I do, I fear that serious complications from diabetes will happen to me.					

	Not A Problem (1)	A Little Problem (2)	A Moderate Problem (3)	A Serious Problem (4)	A Very Serious Problem (5)
16. I feel angry when others tell me what I should do to manage my diabetes.					
17. I feel so scared of going low that I avoid things in my life.					
18. I fear that others will think I am sick or have something wrong with me because I have diabetes.					
19. I worry about how hard it is to get to my healthcare appointments or pharmacy.					
20. I get angry at myself for not managing diabetes better.					
21. It upsets me that I have to pay so much for my diabetes care, medicines and supplies.					
22. I feel worried that I cannot always trust my diabetes devices (pumps, CGM, meters).					

Scoring the T1DDAS Scale

This scale assesses each of ten common *Sources* of diabetes distress for adults with type 1 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* (*and items*) 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 each *Source*, sum the scores (1 to 5) across all of the items in that scale and divide by the number of contributing items as follows:

Financial Worries:	Items 10, 21 divided by 2.	_____
Interpersonal Challenges	Items 2, 16 divided by 2.	_____
Management Difficulties	Items 1, 11, 20 divided by 3.	_____
Shame	Items 9, 18 divided by 2.	_____
Hypoglycemia Concerns	Items 8, 17 divided by 2.	_____
Healthcare Quality	Items 3, 12 divided by 2.	_____
Lack Of Diabetes Resources	Items 7, 19 divided by 2.	_____
Technology Challenges	Items 4, 13, 22 divided by 3.	_____
Burden To Others	Items 5, 14 divided by 2.	_____
Worries About Complications	Items 6, 15 divided by 2.	_____

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 *SOURCE* score should not be computed.

If you administer both the CORE and SOURCE sections of the T1-DDAS, we suggest that you administer the CORE section first.