

TYPE 2 DIABETES DISTRESS ASSESSMENT TOOL: Identifying the Core Level of Distress (T2DDAT-CORE)

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)
I feel burned out by all of the attention and effort that diabetes demands of me.	•	•	•	•	•
It bothers me that diabetes seems to control my life.	•	•	•	•	•
I am frustrated that even when I do what I am supposed to for my diabetes, it doesn't seem to make a difference.	•	•	•	•	•
No matter how hard I try with my diabetes, it feels like it will never be good enough.	•	•	•	•	•
I am so tired of having to worry about diabetes all the time.	•	•	•	•	•
When it comes to my diabetes, I often feel like a failure.	•	•	•	•	•
It depresses me when I realize that my diabetes will likely never go away.	•	•	•	•	•
Living with diabetes is overwhelming for me.	•	•	•	•	•

Scoring the T2DDAT-CORE

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