

## 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**