Wellbeing Service Diabetes Distress Screening Scale (DDS17) Scoring Sheet

Instructions for scoring:

The DDS17 yields a total diabetes distress scale score plus 4 sub scale scores, each addressing a different kind of distress. To score, simply sum the patient's responses to the appropriate items and divide by the number of items in that scale. The letter in the far right margin corresponds to that item's subscale as listed below. *We consider a mean item score of 3 or higher (moderate distress) as a level of distress worthy of clinical attention.* Place a check on the line to the far right if the mean item score is greater than or equal to 3 to highlight an above-range value.

We also suggest reviewing the patient's responses across all items, regardless of mean item scores. It may be helpful to inquire further or to begin a conversation about any single item scored 3 or higher.

Total DDS Score:
   a. Sum of 17 item scores. _____
   b. Divide by: _____17_____
   c. Mean item score: _____ ≥ 3 ___

A. Emotional Burden:
   a. Sum of 5 items (1, 3, 8, 11, 14) _____
   b. Divide by: _____5_____
   c. Mean item score: _____ ≥ 3 ___

B. Physician-related Distress:
   a. Sum of 4 items (2, 4, 9, 15) _____
   b. Divide by: _____4_____
   c. Mean item score: _____ ≥ 3 ___

C. Regimen-related Distress:
   a. Sum of 5 items (5, 6, 10, 12, 16) _____
   b. Divide by: _____5_____
   c. Mean item score: _____ ≥ 3 ___

D. Interpersonal Distress:
   a. Sum of 3 items (7, 13, 17) _____
   b. Divide by: _____3_____
   c. Mean item score: _____ ≥ 3 ___