



## Wellbeing Service Diabetes Distress Screening Scale (DDS17)

We would be grateful if you could complete the following 17 questions about potential problem areas that people living with diabetes may experience.

**When completing the questions, please consider the degree to which each of the items may have distressed or bothered you *during the past month* and circle the appropriate number. Each item is rated on a 6-point scale where 1 = not a bother or problem for you, and 6 = very bothersome to you.**

	Not a problem	A slight problem	A moderate problem	Somewhat serious problem	A serious problem	A very serious problem
1. Feeling that diabetes is taking up too much of my mental and physical energy every day.	1	2	3	4	5	6
2. Feeling that my doctor doesn't know enough about diabetes and diabetes care.	1	2	3	4	5	6
3. Feeling angry, scared, and/or depressed when I think about living with diabetes.	1	2	3	4	5	6
4. Feeling that my doctor doesn't give me clear enough directions on how to manage my diabetes.	1	2	3	4	5	6
5. Feeling that I am not testing my blood sugars frequently enough.	1	2	3	4	5	6
6. Feeling that I am often failing with my diabetes routine.	1	2	3	4	5	6

7. 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” food.	1	2	3	4	5	6
8. Feeling that diabetes controls my life.	1	2	3	4	5	6
9. Feeling that my doctor doesn’t take my concerns seriously enough.	1	2	3	4	5	6
10. Not feeling confident in my day-to-day ability to manage diabetes.	1	2	3	4	5	6
11. Feeling that I will end up with serious long-term complications no matter what I do.	1	2	3	4	5	6
12. Feeling that I am not sticking closely enough to a good meal plan.	1	2	3	4	5	6
13. Feeling that friends or family do not appreciate how difficult living with diabetes can be.	1	2	3	4	5	6
14. Feeling overwhelmed by the demands of living with diabetes.	1	2	3	4	5	6
15. Feeling that I do not have a doctor who I can see regularly enough about my diabetes.	1	2	3	4	5	6
16. Not feeling motivated to keep up my diabetes self-management.	1	2	3	4	5	6
17. Feeling that friends or family do not give me the emotional support that I would like.	1	2	3	4	5	6

*Thank you for taking the time to complete this.*