

Diabetes Distress - Screening Scale (DDS17)

Directions: Living with diabetes can sometimes be tough. There may be many problems and hassles concerning diabetes and they can vary greatly in severity. Problems may range from minor hassles to major life difficulties. Listed below are 17 potential problem areas that people with diabetes may experience. Consider the degree to which each of the 17 items may have distressed or bothered you **DURING THE PAST MONTH** and circle the appropriate number.

Please note Circle the number gives the best answer for you and please provide an answer for each question. If you feel that a particular item is not a bother or a problem for you, you would circle "1". If it is very bothersome to you, you might circle "6"

		Not a Problem	A Slight Problem	A Moderate Problem	Somewhat Serious Problem	A Serious Problem	A Very Serious Problem
Q1	Feeling the diabetes is taking up too much of my mental and physical energy every day	1	2	3	4	5	6
Q2	Feeling that my doctor doesn't know enough about diabetes and diabetes care	1	2	3	4	5	6
Q3	Feeling angry, scared and/or depressed when I think about living with diabetes	1	2	3	4	5	6
Q4	Feeling that my doctor doesn't give me clear enough directions on how to manage my diabetes	1	2	3	4	5	6
Q5	Feeling that I am not testing my blood sugars frequently enough	1	2	3	4	5	6
Q6	Feeling that I am often failing with my diabetes routine	1	2	3	4	5	6
Q7	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" foods)	1	2	3	4	5	6
Q8	Feeling that diabetes controls my life	1	2	3	4	5	6
Q9	Feeling that my doctor doesn't take my concerns seriously enough	1	2	3	4	5	6
Q10	Not feeling confident in my day-to-day ability to manage diabetes	1	2	3	4	5	6
Q11	Feeling that I will end up with serious long-term complications, no matter what I do	1	2	3	4	5	6
Q12	Feeling that I am not sticking closely enough to a good meal plan	1	2	3	4	5	6
Q13	Feeling that friends or family don't appreciate how difficult living with diabetes can be	1	2	3	4	5	6
Q14	Feeling overwhelmed by the demands of living with diabetes	1	2	3	4	5	6
Q15	Feeling that I don't have a doctor, who I can see regularly enough about my diabetes	1	2	3	4	5	6
Q16	Not feeling motivated to keep up my diabetes self management	1	2	3	4	5	6
Q17	Feeling that friends or family don't give me the emotional support that I would like	1	2	3	4	5	6

Diabetes Distress - 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 question 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 question score is ≥ 3 to highlight an above-range value.

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

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

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

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

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

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