

# University of Michigan Diabetes Research and Training Center

## DIABETES ATTITUDE QUESTIONNAIRE

PLEASE ANSWER THE FOLLOWING QUESTIONS

### BACKGROUND:

1. Sex: Male  Female
2. How old are you? \_\_\_\_\_ years old
3. How long ago were you told by a doctor that you had diabetes? \_\_\_\_\_ years
4. Which type of diabetes did your doctor say that you have?
  - insulin-dependent diabetes, also called juvenile or type 1 diabetes
  - non insulin-dependent diabetes, also called adult onset or type 2 diabetes (some people with non insulin-dependent diabetes take insulin)
5. How often does your diabetes prevent you from doing your normal daily activities (could not work or go to school)? Circle one number.

Never Frequently  
1      2      3      4      5      6      7

6. Have you ever attended a diabetes patient education program (a series of classes)?
  - No     Yes (If "Yes", how many years ago? \_\_\_\_\_ )

7. How would you rate your understanding of diabetes and its treatment? Circle one number.

Poor Excellent  
1      2      3      4      5      6      7

8. How much schooling have you completed?

- |   |   |
|---|---|
| <input type="checkbox"/> 8th grade or less          | <input type="checkbox"/> high school graduate   |
| <input type="checkbox"/> some high school technical | <input type="checkbox"/> some college or school |

9. Are you now taking diabetes pills?  Yes  No

10. Are you now taking insulin?  Yes  No

11. Have you always treated your diabetes with insulin?  Yes  No

12. What is your height? \_\_\_\_\_ feet \_\_\_\_\_ inches

13. How much do you weigh? \_\_\_\_\_ pounds

14. Please circle the number that indicates how able you are to fit diabetes into your life in a positive manner.

Not At All Able						Very Able
1	2	3	4	5	6	7

15. Please circle the number that indicates how comfortable you feel asking your doctor questions about diabetes.

Not At All Comfortable						Very Comfortable
1	2	3	4	5	6	7

**Attitudes Toward Diabetes – DES**

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
In general, I believe that I:					
1. ...know what part(s) of taking care of my diabetes that I am <b>satisfied</b> with.	( )	( )	( )	( )	( )
2. ...know what part(s) of taking care of my diabetes that I am <b>dissatisfied</b> with.	( )	( )	( )	( )	( )
3. ...know what part(s) of taking care of my diabetes that I am ready to change.	( )	( )	( )	( )	( )
4. ...know what part(s) of taking care of my diabetes that I am <u>not</u> ready to change.	( )	( )	( )	( )	( )
5. ...can choose realistic diabetes goals.	( )	( )	( )	( )	( )
6. ...know which of my diabetes goals are <b>most</b> important to me.	( )	( )	( )	( )	( )
7. ...know the things about <b>myself</b> that either help or prevent me from reaching my diabetes goals.	( )	( )	( )	( )	( )
8. ...can come up with good ideas to help me reach my goals.	( )	( )	( )	( )	( )
9. ...am able to turn my diabetes goals into a workable plan.	( )	( )	( )	( )	( )

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
In general, I believe that I:					
10. ...can reach my diabetes goals once I make up my mind.	( )	( )	( )	( )	( )
11. ...know which <b>barriers</b> make reaching my diabetes goals more difficult.	( )	( )	( )	( )	( )
12. ...can <b>think</b> of different ways to overcome barriers to my diabetes goals	( )	( )	( )	( )	( )
13. ...can try out different ways of overcoming barriers to my diabetes goals.	( )	( )	( )	( )	( )
14. ...am able to decide which way of overcoming barriers to my diabetes goals works best for me.	( )	( )	( )	( )	( )
15. ...can tell how I'm feeling about <b>having</b> diabetes.	( )	( )	( )	( )	( )
16. ...can tell how I'm feeling about <b>caring</b> for my diabetes	( )	( )	( )	( )	( )
17. ...know the ways that having diabetes causes stress in my life.	( )	( )	( )	( )	( )
18. ...know the <b>positive</b> ways I cope with diabetes-related stress.	( )	( )	( )	( )	( )
19. ...know the <b>negative</b> ways I cope with diabetes-related stress.	( )	( )	( )	( )	( )

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
In general, I believe that I:					
20. ...can cope well with diabetes-related stress.	( )	( )	( )	( )	( )
21. ...know where I can get support for having and caring for my diabetes.	( )	( )	( )	( )	( )
22. ...can ask for support for having and caring for my diabetes when I need it.	( )	( )	( )	( )	( )
23. ...can support myself in dealing with my diabetes.	( )	( )	( )	( )	( )
24. ...know what helps me stay motivated to care for my diabetes.	( )	( )	( )	( )	( )
25. ...can motivate myself to care for my diabetes.	( )	( )	( )	( )	( )
26. ...know enough about diabetes to make self-care choices that are right for me.	( )	( )	( )	( )	( )
27. ...know enough about myself as a person to make diabetes care choices that are right for me.	( )	( )	( )	( )	( )
28. ...am able to figure out if it is worth my while to change how I take care of my diabetes.	( )	( )	( )	( )	( )

**Thank you very much for completing this questionnaire.**

## Diabetes Empowerment Scale (DES)

### Scoring Key

The DES measures the patient's self efficacy related to:

#### Subscales & Items

I.	Managing the psychosocial aspects of diabetes (9 items)	(18,20–27)
II.	Assessing dissatisfaction and readiness to change (9 items)	(1-4,15-17, 19, and 28)
III.	Setting and achieving diabetes goals (10 items)	(5–14)

The scoring of the DES is straightforward and is based on completed items. An item checked “strongly agree” receives 5 points; “agree” – 4 points; “neutral” – 3 points; “disagree” – 2 points; and “strongly disagree” receives 1 point. The numerical values for a set of items in a particular subscale (for example: items 5-14 in the “Goal Setting” subscale) are added and the total is divided by the number of items (in this case 10) in the subscale. The resulting value is the score for that subscale. An overall score for the DES can be calculated by adding all of the item scores and dividing by 28.

## List of Articles Concerning or Using the Diabetes Empowerment Scale

Anderson RM, Fitzgerald JT, Gruppen LD, Funnell MM, Oh MS: The diabetes empowerment scale-short form (DES-SF). *Diabetes Care* 26:1641-1643, 2003

Anderson RM, Funnell MM, Nwankwo R, Gillard ML, Fitzgerald JT, Oh M: Evaluation of a problem-based, culturally specific, patient education program for African Americans with diabetes. *Diabetes* 50(Suppl. 2): A195, 2001

Anderson RM, Funnell MM, Fitzgerald JT, Marrero DG: The Diabetes Empowerment Scale: A measure of psychosocial self-efficacy. *Diabetes Care* 23(6):739-743, 2000.

Anderson RM, Fitzgerald JT, Funnell MM, Feste C: Diabetes Empowerment Scale (DES): A measure of psychosocial self-efficacy. *Diabetes* 46:269A, 1997.

Anderson RM, Funnell MM, Butler PM, Arnold MS, Fitzgerald JT, Feste CC: Patient empowerment: Results of a randomized controlled trial. *Diabetes Care* 18(7):943-949, 1995.

Anderson RM, Funnell MM, Butler PM, Arnold ML, Fitzgerald JT, Feste CC: Evaluation of a patient empowerment program. *Diabetes* 43:20A, 1994.