I am going to read you some statements about diabetes. Each statement finishes the sentence “In
general, I believe that…” The response categories are: Strongly Disagree, Somewhat Disagree,
Neutral, Somewhat Agree, and Strongly Agree.
It is important that you answer every statement.

Attitudes Toward Diabetes – DES

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Somewhat Disagree</th>
<th>Neutral</th>
<th>Somewhat Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
</table>

In general, I believe that I:

1. ...know what part(s) of
taking care of my diabetes
that I am dissatisfied with.
( ) ( ) ( ) ( ) ( )

2. ...am able to turn my
diabetes goals into a
workable plan.
( ) ( ) ( ) ( ) ( )

3. ...can try out different ways
of overcoming barriers
to my diabetes goals.
( ) ( ) ( ) ( ) ( )

4. ...can find ways to feel
better about having
diabetes.
( ) ( ) ( ) ( ) ( )

5. ...know the positive ways
I cope with diabetes-related
stress.
( ) ( ) ( ) ( ) ( )

6. ...can ask for support for
having and caring for my
diabetes when I need it.
( ) ( ) ( ) ( ) ( )

7. ...know what helps
me stay motivated to
care for my diabetes.
( ) ( ) ( ) ( ) ( )

8. ...know enough about my-
self as a person to make
diabetes care choices that
are right for me.
( ) ( ) ( ) ( ) ( )