

Date: _____
Date: _____

University of Michigan Diabetes Research and Training Center

DIABETES ATTITUDE QUESTIONNAIRE

PLEASE ANSWER THE FOLLOWING QUESTIONS

Date: _____

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 satisfied with.	()	()	()	()	()
2. ...know what part(s) of taking care of my diabetes that I am dissatisfied 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 most important to me.	()	()	()	()	()
7. ...know the things about myself 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.	()	()	()	()	()

Date: _____

	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 barriers make reaching my diabetes goals more difficult.	()	()	()	()	()
12. ...can think 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 having diabetes.	()	()	()	()	()
16. ...can tell how I'm feeling about caring for my diabetes	()	()	()	()	()
17. ...know the ways that having diabetes causes stress in my life.	()	()	()	()	()
18. ...know the positive ways I cope with diabetes-related stress.	()	()	()	()	()
19. ...know the negative ways I cope with diabetes-related stress.	()	()	()	()	()

Date: _____

	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.