University of Michigan Diabetes Research and Training Center

DIABETES ATTITUDE QUESTIONNAIRE

PLEASE ANSWER THE FOLLOWING QUESTIONS
Attitudes Toward Diabetes – DES

In general, I believe that I:

1. ...know what part(s) of taking care of my diabetes that I am satisfied with.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

2. ...know what part(s) of taking care of my diabetes that I am dissatisfied with.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

3. ...know what part(s) of taking care of my diabetes that I am ready to change.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

4. ...know what part(s) of taking care of my diabetes that I am not ready to change.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

5. ...can choose realistic diabetes goals.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

6. ...know which of my diabetes goals are most important to me.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

7. ...know the things about myself that either help or prevent me from reaching my diabetes goals.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

8. ...can come up with good ideas to help me reach my goals.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

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.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

11. ...know which **barriers** make reaching my diabetes goals more difficult.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

12. ...can **think** of different ways to overcome barriers to my diabetes goals.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

13. ...can try out different ways of overcoming barriers to my diabetes goals.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

14. ...am able to decide which way of overcoming barriers to my diabetes goals works best for me.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

15. ...can tell how I’m feeling about **having** diabetes.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

16. ...can tell how I’m feeling about **caring** for my diabetes  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

17. ...know the ways that having diabetes causes stress in my life.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

18. ...know the **positive** ways I cope with diabetes-related stress.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )

19. ...know the **negative** ways I cope with diabetes-related stress.  
   
   Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree  
   ( ) | ( ) | ( ) | ( ) | ( )
In general, I believe that I:

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

Thank you very much for completing this questionnaire.