

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.