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**

**Strongly Somewhat Neutral Somewhat Strongly Disagree Disagree Agree Agree**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 myself as a person to make diabetes care choices that | ( ) | ( ) | ( ) | ( ) | ( ) |
| are right for me. | ( ) | ( ) | ( ) | ( ) | ( ) |