

Problems	Not a Problem	a slight Problem	a Moderate problem	Somewhat A Serious Problem	A Serious Problem	A Very Serious Problem
<b>Emotional burden (ED)</b>						
1. Feeling that diabetes is taking up too much of my mental and physical energy every day.	56(6.5%)	327(38.2%)	143(16.7%)	213(24.9%)	63(7.4%)	54(6.3%)
2. Feeling angry, scared, and/or depressed when I think about living with diabetes.	60(7.0%)	356(41.6%)	98(11.4%)	191(22.3%)	95(11.1%)	56(6.5%)
3 Feeling that diabetes controls my life.	79(9.2%)	341(39.8%)	97(11.3%)	168(19.6%)	105(12.3%)	66(7.7%)
4. Feeling that I will end up with serious long-term complications, no matter what I do.	84(9.8%)	375(43.8%)	63(7.4%)	160(18.7%)	105(12.3%)	69(8.1%)
5 Feeling overwhelmed by the demands of living with diabetes.	120(14.0%)	348(40.7%)	78(9.1%)	143(16.7%)	93(10.9%)	74(8.6%)
<b>Physician-related distress (PD)</b>						
6. Feeling that my doctor doesn't know enough about diabetes and diabetes care.	377(44.0%)	244(28.5%)	127(14.8%)	61(7.1%)	35(4.1%)	12(1.4%)
7. Feeling that my doctor doesn't give me clear enough directions on how to manage my diabetes.	308(36.0%)	261(30.5%)	139(16.2%)	70(8.2%)	45(5.3%)	33(3.9%)
8. Feeling that my doctor doesn't take my concerns seriously enough.	241(28.2%)	317(37.0%)	131(15.3%)	88(10.3%)	52(6.1%)	27(3.2%)
9. Feeling that I don't have a doctor who I can see regularly about my diabetes.	279(32.6%)	285(33.3%)	105(12.3%)	96(11.2%)	57(6.7%)	34(4.0%)
<b>Regimen-related distress (RD)</b>						
10. Feeling that I am not testing my blood sugars frequently enough.	139(16.2%)	319(37.3%)	96(11.2%)	194(22.7%)	60(7.0%)	48(5.6%)
11. Feeling that I am often failing with my diabetes regimen.	81(9.5%)	363(42.4%)	75(8.8%)	197(23.0%)	71(8.3%)	69(8.1%)
12 Not feeling confident in my day-to-day ability to manage diabetes.	63(7.4%)	384(44.9%)	66(7.7%)	176(20.6%)	92(10.7%)	75(8.8%)
13. Feeling that I am not sticking closely enough to a good meal plan.	58(6.8%)	363(42.4%)	91(10.6%)	162(18.9%)	89(10.4%)	93(10.9%)
14. Not feeling motivated to keep up my diabetes self-management.	102(11.9%)	324(37.9%)	88(10.3%)	160(18.7%)	86(10.0%)	96(11.2%)
<b>Interpersonal Distress (ID)</b>						
15. Feeling that friends or family are not supportive enough of my self-care efforts (e.g. planning activities that conflict with my schedule, encouraging me to eat the "wrong" foods).	102(11.9%)	323(37.7%)	85(9.9%)	159(18.6%)	92(10.7%)	95(11.1%)

16. Feeling that friends or family don't appreciate how difficult living with diabetes can be.	117(13.7%)	335(39.1%)	71(8.3%)	144(16.8%)	101(11.8%)	88(10.3%)
17. Feeling that friends or family don't give me the emotional support that I would like.	115(13.4%)	335(39.1%)	79(9.2%)	157(18.3%)	95(11.1%)	75(8.8%)