

**Online Supplementary Material**

Fisher L, Glasgow RE, Mullan JT, Skaff MM, Polonsky WH. Development of a brief diabetes distress screening instrument. *Ann Fam Med.* 2008;6(3):246-252.

<http://www.annfammed.org/cgi/content/full/6/3/246/DC1>

**Supplemental Appendix 1. Diabetes Distress Scale, English (DDS17E)**

**Directions** Living with diabetes can sometimes be tough. There may be many problems and hassles concerning diabetes and they can vary greatly in severity. Problems may range from minor hassles to major life difficulties. Listed below are 17 potential problems that people with diabetes may experience. Consider the degree to which each of the items may have distressed or bothered you DURING THE PAST MONTH and circle the appropriate number.

Please note that we are asking you to indicate the degree to which each item may be bothering you in your life, NOT whether the item is merely true for you. If you feel that a particular item is not a bother or a problem for you, you would circle "1." If it is very bothersome to you, you might circle "6."

Problems	Not a Problem		Moderate Problem		Serious Problem		Office Use Only
	1	2	3	4	5	6	
1. Feeling that diabetes is taking up too much of my mental and physical energy every day.	1	2	3	4	5	6	[A]
2. Feeling that my doctor doesn't know enough about diabetes and diabetes care.	1	2	3	4	5	6	[B]
3. Feeling angry, scared and/or depressed when I think about living with diabetes.	1	2	3	4	5	6	[A]
4. Feeling that my doctor doesn't give me clear enough directions on how to manage my diabetes.	1	2	3	4	5	6	[B]
5. Feeling that I am not testing my blood sugars frequently enough.	1	2	3	4	5	6	[C]
6. Feeling that I am often failing with my diabetes regimen.	1	2	3	4	5	6	[C]
7. Feeling that friends or family are not supportive enough of my self-care efforts (eg planning activities that conflict with my schedule, encouraging me to eat the "wrong" foods).	1	2	3	4	5	6	[D]
8. Feeling that diabetes controls my life.	1	2	3	4	5	6	[A]
9. Feeling that my doctor doesn't take my concerns seriously enough.	1	2	3	4	5	6	[B]
10. Not feeling confident in my day-to-day ability to manage diabetes.	1	2	3	4	5	6	[C]
11. Feeling that I will end up with serious long-term complications, no matter what I do.	1	2	3	4	5	6	[A]
12. Feeling that I am not sticking closely enough to a good meal plan.	1	2	3	4	5	6	[C]
13. Feeling that friends or family don't appreciate how difficult living with diabetes can be.	1	2	3	4	5	6	[D]
14. Feeling overwhelmed by the demands of living with diabetes.	1	2	3	4	5	6	[A]
15. Feeling that I don't have a doctor who I can see regularly about my diabetes.	1	2	3	4	5	6	[B]
16. Not feeling motivated to keep up my diabetes self-management.	1	2	3	4	5	6	[C]
17. Feeling that friends or family don't give me the emotional support that I would like.	1	2	3	4	5	6	[D]

**Supplemental Appendix 2. La Escala de Aflicción Sobre la Diabetes, Spanish (DDS17S)**

**Instrucciones** Vivir con diabetes a veces es difícil. Habrá numerosos problemas referentes a la diabetes que puedan variar en severidad. Estos problemas pueden variar de grado, algunos pueden ser mas graves que otros. Enumerados abajo, hay 17 posibles problemas que las personas con diabetes puedan enfrentar. Considere hasta que grado le han afligido cada una de las siguientes situaciones DURANTE EL ULTIMO MES, y por favor haga un círculo alrededor del número apropiado.

Por favor, manténgase al tanto que le estamos pidiendo que indique el grado de severidad en el cual, uno de estos elementos le complica la vida, NO simplemente si se aplica a usted. Si determina que algún elemento en particular, no es una molestia ni problema para usted, circularía el "1." Si es severamente molesto, circularía el "6."

Problema	No es un Problema		Problema Moderado		Problema Muy Grave		Office Use Only
	1	2	3	4	5	6	
1. Sentir que la diabetes consume mucha de mi energía mental y física durante todo el día.	1	2	3	4	5	6	[A]
2. Sentir que mi doctor no sabe lo suficiente acerca de la diabetes y el cuidado para la diabetes.	1	2	3	4	5	6	[B]
3. Sentir que estoy enojada/o, con miedo o deprimida/o cuando pienso de tener que vivir con diabetes.	1	2	3	4	5	6	[A]
4. Sentir que mi doctor no me da las recomendaciones suficientes para controlar mi diabetes.	1	2	3	4	5	6	[B]
5. Sentir que no me estoy revisando el nivel de azúcar en la sangre con la frecuencia necesaria..	1	2	3	4	5	6	[C]
6. Sentir que muy seguido, fracaso de mantener el régimen de cuidado apropiado para la diabetes.	1	2	3	4	5	6	[C]
7. Sentir que, ni mis amigos o familiares, me dan suficiente apoyo en mis esfuerzos para auto-controlar mi diabetes (por ejemplo, planean actividades que chocan con mi horario, me animan a comer comidas inadecuadas para mí).	1	2	3	4	5	6	[D]
8. Sentir que la diabetes controla mi vida.	1	2	3	4	5	6	[A]
9. Sentir que mi doctor no toma en serio mis preocupaciones.	1	2	3	4	5	6	[B]
10. No sentirme segura/o de poder administrar mi control de la diabetes en mi vida cotidiana.	1	2	3	4	5	6	[C]
11. Sentir que igual tendré complicaciones serias a la larga, no importe lo que haga.	1	2	3	4	5	6	[A]
12. Sentir que no estoy manteniendo un régimen alimenticio saludable.	1	2	3	4	5	6	[C]
13. Sentir que, ni mis amigos o familiares, aprecian lo difícil que es vivir con diabetes.	1	2	3	4	5	6	[D]
14. Sentirme sobrecargada/o por las necesidades que requiere vivir con diabetes.	1	2	3	4	5	6	[A]
15. Sentir que no tengo a un doctor que pueda consultar con frecuencia, para hablar acerca de mi diabetes.	1	2	3	4	5	6	[B]
16. Sentir que no tengo la motivación suficiente para auto-controlar mi diabetes.	1	2	3	4	5	6	[C]
17. Sentir que, ni mis amigos o familiares, me dan el apoyo emocional que quisiera tener.	1	2	3	4	5	6	[D]

**Supplemental Appendix 3. The 2-Item Diabetes Distress Screening Scale, English (DDS2E)**

**Directions** Living with diabetes can sometimes be tough. There may be many problems and hassles concerning diabetes and they can vary greatly in severity. Problems may range from minor hassles to major life difficulties. Listed below are 2 potential problem areas that people with diabetes may experience. Consider the degree to which each of the 2 items may have distressed or bothered you DURING THE PAST MONTH and circle the appropriate number.

Please note that we are asking you to indicate the degree to which each item may be bothering you in your life, NOT whether the item is merely true for you. If you feel that a particular item is not a bother or a problem for you, you would circle "1." If it is very bothersome to you, you might circle "6."

Feeling	Not a Problem		Moderate Problem		Serious Problem	
	1	2	3	4	5	6
1. Feeling overwhelmed by the demands of living with diabetes.	1	2	3	4	5	6
2. Feeling that I am often failing with my diabetes regimen.	1	2	3	4	5	6

**Supplemental Appendix 4. Revision de Escala de Aflicción Sobre la Diabetes, Spanish (DDS2S)**

**Instrucciones** Vivir con diabetes a veces es difícil. Habrá numerosos problemas referentes a la diabetes que puedan variar en severidad. Estos problemas pueden variar de grado, algunos pueden ser mas graves que otros. Enumerados abajo, hay 2 posibles problemas que las personas con diabetes puedan enfrentar. Considere hasta que grado le han afligido cada una de las siguientes situaciones DURANTE EL ULTIMO MES, y por favor haga un círculo alrededor del número apropiado.

Por favor, manténgase al tanto que le estamos pidiendo que indique el grado de severidad en el cual, uno de estos elementos le complica la vida, NO simplemente si se aplica a usted. Si determina que algún elemento en particular, no es una molestia ni problema para usted, circularía el "1." Si es severamente molesto, circularía el "6."

<b>Sentir</b>	<b>No es un Problema</b>		<b>Problema Moderado</b>		<b>Problema Muy Grave</b>	
1. Sentirme sobrecargada/o por las necesidades que requiere vivir con diabetes.	1	2	3	4	5	6
2. Sentir que muy seguido, fracaso de mantener el régimen de cuidado apropiado para la diabetes.	1	2	3	4	5	6

**Supplemental Appendix 5. Diabetes Distress Scale (DDS17) Scoring Sheet**

**Instructions for Scoring**

The DDS17 yields a total diabetes distress scale score plus 4 sub scale scores, each addressing a different kind of distress. To score, simply sum the patient's responses to the appropriate items and divide by the number of items in that scale. The letter in the far right margin corresponds to that item's subscale as listed below. **We consider a mean item score of 3 or higher (moderate distress) as a level of distress worthy of clinical attention.** Place a check on the line to the far right if the mean item score is  $\geq 3$  to highlight an above-range value.

We also suggest reviewing the patient's responses across all items, regardless of mean item scores. It may be helpful to inquire further or to begin a conversation about any single item scored 3 or higher.

Total DDS score			
	a. Sum of 17 item scores	_____	
	b. Divide by	17	
	c. Mean item score	_____ $\geq 3$	_____
A. Emotional burden			
	a. Sum of 5 items (1, 3, 8, 11, 14)	_____	
	b. Divide by	5	
	c. Mean item score	_____ $\geq 3$	_____
B. Physician distress			
	a. Sum of 4 items (2, 4, 9, 15)	_____	
	b. Divide by	4	
	c. Mean item score	_____ $\geq 3$	_____
C. Regimen distress			
	a. Sum of 5 items (5, 6, 10, 12, 16)	_____	
	b. Divide by	5	
	c. Mean item score	_____ $\geq 3$	_____
D. Interpersonal distress			
	a. Sum of 3 items (7, 13, 17)	_____	
	b. Divide by	3	
	c. Mean item score	_____ $\geq 3$	_____