

## Supplementary Material 3—Example Assessment Tools

### General Self-Care

- Summary of Diabetes Self-Care Activities (SDSCA)
  - An 11-item or expanded 25-item measure of diabetes self-care behaviors.<sup>149</sup>
- Self-Care Inventory-Revised (SCI-R)
  - A survey that measures what people with diabetes do, versus what they are advised to do in their diabetes treatment plan.<sup>150</sup>

### Psychosocial

- The Diabetes Distress Scale (short form)
  - A two-question initial screening tool to assess diabetes-specific distress (followed by the full 17-item scale when indicated).<sup>151</sup>
- Problem Areas In Diabetes (PAID)
  - A 20-item measure of diabetes-specific distress identifying emotional distress and burden associated with diabetes.<sup>152</sup> Additional versions, such as pediatric, teen, and parent versions<sup>153-155</sup> or shorter 5-item (PAID-5) and 1-item (PAID-1) versions,<sup>156</sup> are available.
- Generalized Anxiety Disorder Scale (GAD-7)
  - A 7-item measure to screen persons for generalized anxiety disorder.<sup>157</sup>
- Patient Health Questionnaire
  - A two-item (PHQ-2)<sup>158</sup> or nine-item (PHQ-9)<sup>159</sup> measure to assess depressive symptoms over the past two weeks.
- Diabetes Strengths and Resilience Measure (DSTAR)
  - A 12-item, self-report measure of adaptive attitudes and behaviors related to living with type 1 diabetes.<sup>160</sup>
- Diabetes Self-Efficacy
  - An eight-item self-report scale designed to assess confidence in performing diabetes self-care activities.<sup>161</sup>

### Social Needs

- The Social Needs Screening tool
  - A 15-item measure for five core health-related social needs (housing, food, transportation, utilities, and personal safety). The tool is available within the EveryONE Project Toolkit from the American Academy of Family Physicians.<sup>162</sup>

### Quality of Life

- The WHO-5 Brief Quality of Life survey
  - Validated in many languages, is a reliable measure of emotional functioning and screen for depression and has been used extensively in research and clinical care,<sup>163</sup> including the DAWN2 study (Diabetes Attitudes Wishes and Needs 2).<sup>164</sup>

### Eating Habits

- Starting The Conversation (STC)
  - An eight-item simplified food frequency instrument designed for use in primary care and health-promotion settings.<sup>165</sup>

### Medication Taking

- Adherence Starts with Knowledge (ASK-12)
  - A 12-item measure of medication taking behaviors and barriers to medication

taking.<sup>166</sup>

## Health Literacy

- Three-Item Screen
  - A tool to measure health literacy. It asks how often someone needs help reading hospital materials, how confident they are filling out forms, and how often they have difficulty understanding their medical condition.<sup>167</sup>

## References

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