

Instructions

Living with type 1 diabetes can be tough. Listed below are a variety of distressing things that many people with type 1 diabetes experience. Thinking back **over the past month**, please indicate the degree to which each of the following may have been a problem for you by marking the appropriate number.

For example, if you feel that a particular item was not a problem for you over the past month, you would mark "1". If it was very tough for you over the past month, you might mark "6".

| | | Not a problem (1) | A slight problem (2) | A moderate problem (3) | A somewhat serious problem (4) | A serious problem (5) | A very serious problem (6) |
|----------|--|--------------------------|----------------------------|---------------------------------|--|-----------------------------|-------------------------------------|
| 1 | Feeling that I am not as skilled at managing diabetes as I should be. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Feeling that people treat me differently when they find out I have diabetes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Feeling that thoughts about food and eating control my life. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Feeling that my diabetes doctor doesn't really understand what it's like to have diabetes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Feeling that my friends or family act like "diabetes police" (bother me too much). | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Feeling that no matter how hard I try with my diabetes, it will never be good enough. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Feeling that I can't ever be safe from the possibility of a serious hypoglycemic event. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Scoring

The total score of T1-DDS-7 is calculated by adding the scores of each question together. A score of 14-20 indicates moderate diabetes distress, and a score above 20 indicates high diabetes distress. We recommend that moderate to high score on the total T1-DDS-7 or any individual item(s) above 3 should prompt open dialogue and the administration of the full T1-DDS-28 scale or at least the corresponding subscale(s) for a more comprehensive identification of individual diabetes distress sources.

Please cite the following paper when using the T1-DDS-7: Nygaard M, Willaing I, Joensen LE, Lindgreen P, Stenov V, Hessler D, Nørgaard K, Pedersen-Bjergaard U, Schmidt S, Olesen K. A short-form measure of diabetes distress among adults with type 1 diabetes in clinical practice: Development and validation of the T1-DDS-7. *Diabetes Care* 2023;46(9) | <https://doi.org/10.2337/dc23-0460>