

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 Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly 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.	()	()	()	()	()

