QSCAT=PARENT-DDS

PARENT DIABETES DISTRESS SCALE (PARENT-DDS)

The following questions ask about how you have been feeling as a parent of a teen with diabetes. For each item, select the response that gives the best answer for you. Please provide an answer for each question. **QSEVLINT=-P1M**

During the <u>past month</u>, I have been:

RSORRES

	Not at all	A little	Somewhat	A lot	A great deal
1. Feeling that my teen and I just don't work well together when it comes to diabetes. **QSTESTCD=DDS201**					
2. Feeling unappreciated for all the ways I try to help my teen manage diabetes. **QSTESTCD=DDS202**					
3. Feeling that I can't trust my teen to take good care of his/her diabetes. **QSTESTCD=DDS203**					
4. Worrying about my teen's low blood sugars when he/she is away from home. **QSTESTCD=DDS204**					
5. Worrying that my teen will ignore or forget diabetes if I don't keep reminding him/her. **QSTESTCD=DDS205**					
6. Feeling that diabetes is taking up too much of <u>my</u> mental and physical energy every day. **QSTESTCD=DDS206**					
7. Feeling that trying to help my teen with his/her diabetes is always a battle. **QSTESTCD=DDS207**					
8. Worrying about my teen's low blood sugars when he/she is sleeping. **QSTESTCD=DDS208**					
9. Feeling that no one notices that diabetes is hard on me, not just on my teen. **QSTESTCD=DDS209**					
10. Feeling that my teen doesn't do enough to manage his/her diabetes. **QSTESTCD=DDS210**					

During the past month, I have been:

	Not at all	A little	Somewhat	A lot	A great deal
11. Worrying that my teen doesn't have the right doctor for him/her. QSTESTCD=DDS211					
12. Worrying that others will blame me if my teen's diabetes is not well-controlled. QSTESTCD=DDS212					
13. Worrying that my teen will soon leave home and I cannot protect him. QSTESTCD=DDS213					
14. Frustrated because my teen ignores my suggestions about diabetes. QSTESTCD=DDS214					
15. Frustrated by the lack of understanding and support for diabetes I get from friends and family members. QSTESTCD=DDS215					
16. Worrying that my teen doesn't get all of the expert medical help he/she needs. QSTESTCD=DDS216					
17. Feeling uncertain about how to motivate my teen to take better care of his/her diabetes. QSTESTCD=DDS217					
18. Concerned that my teen is not prepared to deal with the world of insurance and doctors once he/she is an adult. QSTESTCD=DDS218					
19. Frustrated that I am the only one who takes responsibility for helping my teen manage diabetes. QSTESTCD=DDS219					
20. Worrying that my nagging about diabetes is hurting my relationship with my teen. QSTESTCD=DDS220					

PARENT DDS SCORING SHEET

INSTRUCTIONS FOR SCORING:

The PARENT DDS yields a total diabetes distress score plus 4 subscale 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.

Current research suggests that a mean item score or 0 - 1.9 should be considered "little or no distress," a mean item score between 2.0 – 2.9 should be considered 'moderate distress,' and a mean item score ≥ 3.0 should be considered 'high distress.' Clinicians may consider moderate or high distress worthy of clinical attention, depending on the clinical context.

We suggest reviewing the individual's responses across all items, regardless of mean scores. It may be helpful to inquire further or begin a conversation about any item scored ≥ 2.

Total DDS Score:
    a. Sum of 20 item scores.   `QSTESTCD=DDS221`
    b. Divide by: _____20_____
    c. Mean item score: `QSTESTCD=DDS222`
       Moderate distress or greater? (mean score > 2) yes__ no__ `QSTESTCD=DDS223`

A. Personal distress:
    a. Sum of 6 items (2, 6, 9, 12, 15, 19)   `QSTESTCD=DDS224`
    b. Divide by: _____6_____
    c. Mean item score: `QSTESTCD=DDS225`
       Moderate distress or greater? (mean score > 2) yes__ no__ `QSTESTCD=DDS226`

B. Teen management distress:
    a. Sum of 4 items (4, 8, 13, 18)   `QSTESTCD=DDS227`
    b. Divide by: _____4_____
    c. Mean item score: `QSTESTCD=DDS228`
       Moderate distress or greater? (mean score > 2) yes__ no__ `QSTESTCD=DDS229`

C. Parent/teen relationship distress:
    a. Sum of 8 items (1,3, 5, 7, 10, 14, 17, 20) `QSTESTCD=DDS230`
    b. Divide by: _____8_____
    c. Mean item score: `QSTESTCD=DDS231`
       Moderate distress or greater? (mean score > 2) yes__ no__ `QSTESTCD=DDS232`

D. Healthcare team distress:
    a. Sum of 2 items (11, 16)   `QSTESTCD=DDS233`
    b. Divide by: _____2_____
    c. Mean item score: `QSTESTCD=DDS234`
       Moderate distress or greater? (mean score > 2) yes__ no__ `QSTESTCD=DDS235`