PARTNER DIABETES DISTRESS SCALE (PARTNER-DDS)

The following questions ask about how you have been feeling as a spouse or partner of someone with diabetes. For each item, circle the number that gives the best answer for you. Please provide an answer for each question.

QSEVLINT=-P1M

During the past month, I have been:

	Not at all	A little	QSORRES Somewhat	A lot	A great deal
1. Worrying about my partner's low blood sugars. QSTESTCD=DDS0301	0	1	2	3	4 QSSTRESC/QSSTRESN
2. Feeling unclear about exactly how much I should be involved in managing my partner's diabetes. QSTESTCD=DDS0302			2	3	4
3. Frustrated that my partner shuts me out of his/her diabetes. QSTESTCD=DDS0303			2	3	4
4. Feeling that my partner doesn't try hard enough to manage his/her diabetes. QSTESTCD=DDS0304			2	3	4
5. Feeling overwhelmed by the constant demands of my partner's diabetes. QSTESTCD=DDS0305			2	3	4
6. Worrying that don't know how to best help my partner manage diabetes. QSTESTCD=DDS0306			2	3	4
7. Feeling that I stay silent about my partner's diabetes more than I really should. QSTESTCD=DDS0307			2	3	4
8. Feeling that diabetes is taking up too much of <u>my</u> mental and physical energy every day. QSTESTCD=DDS0308			2	3	4
9. Feeling that no one notices that diabetes is hard on me, not just on my partner. QSTESTCD=DDS0309			2	3	4

	Not at all	A little	Somewhat	A lot	A great deal
10. Frustrated that the more I try to help my partner manage his/her diabetes, the worse things get between us.	QSTESTCD=DDS0310		2	3	4
11. Feeling guilty about not doing enough to help my partner with diabetes.	QSTESTCD=DDS0311		2	3	4
12. Frustrated that I can't get my partner to improve his/her attitude about diabetes.	QSTESTCD=DDS0312		2	3	4
13. Worrying that I am failing to help my partner manage diabetes more successfully.	QSTESTCD=DDS0313		2	3	4
14. Feeling that trying to help my partner with his/her diabetes is always a battle.	QSTESTCD=DDS0314		2	3	4
15. Frustrated because my partner ignores my suggestions about diabetes.	QSTESTCD=DDS0315		2	3	4
16. Frustrated that diabetes often interrupts our plans.	QSTESTCD=DDS0316		2	3	4
17. Worrying about my partner's low blood sugars when he/she is sleeping.	QSTESTCD=DDS0317		2	3	4
18. Worrying about my partner's driving because of possible low blood sugars.	QSTESTCD=DDS0318		2	3	4
19. Worrying about leaving my partner alone because of the possible danger of low blood sugars	QSTESTCD=DDS0319		2	3	4
20. Concerned that my partner and I are not working well together when it comes to diabetes.	QSTESTCD=DDS0320		2	3	4
21. Feeling that I never get a break from worrying about my partner's diabetes.	QSTESTCD=DDS0321		2	3	4

PARTNER DDS SCORING SHEET

INSTRUCTIONS FOR SCORING:

The PARTNER 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 21 item scores.   QSTESTCD=DDS0322
    b. Divide by: 21
    c. Mean item score: QSTESTCD=DDS0323
    Moderate distress or greater? (mean score > 2) yes__ no__ QSTESTCD=DDS0324

A. My partner's diabetes management:
    a. Sum of 7 items (3, 4, 10, 12, 14, 15, 20) QSTESTCD=DDS0325
    b. Divide by: 7
    c. Mean item score: QSTESTCD=DDS0326
    Moderate distress or greater? (mean score > 2) yes__ no__ QSTESTCD=DDS0327

B. How best to help:
    a. Sum of 4 items (2, 6, 7, 11, 13) QSTESTCD=DDS0328
    b. Divide by: 5
    c. Mean item score: QSTESTCD=DDS0329
    Moderate distress or greater? (mean score > 2) yes__ no__ QSTESTCD=DDS0330

C. Diabetes and me:
    a. Sum of 5 items (5, 8, 9, 16, 21) QSTESTCD=DDS0331
    b. Divide by: 5
    c. Mean item score: QSTESTCD=DDS0332
    Moderate distress or greater? (mean score > 2) yes__ no__ QSTESTCD=DDS0333

D. Hypoglycemia:
    a. Sum of 4 items (1, 17, 18, 19) QSTESTCD=DDS0334
    b. Divide by: 4
    c. Mean item score: QSTESTCD=DDS0335
    Moderate distress or greater? (mean score > 2) yes__ no__ QSTESTCD=DDS0336