

Adopted from: University of Michigan Diabetes Research and Training Center

DAS3; Diabetes Research and Training Center; 1998 ©

Diabetes Attitude Survey

Below are some statements about diabetes. Each numbered statement finishes the sentence “In general, I believe that...” You may believe that a statement is true for one person but not for another person or may be true one time but not be true another time. Mark the answer that you believe is true most of the time or is true for most people. Place a check mark in the box below the word or phrase that is closest to your opinion about each statement. It is important that you answer every statement.

Note: The term “health care professionals” in this survey refers to doctors, nurses, and dietitians.

In general, I believe that:

1. ...health care professionals who treat people with diabetes should be trained to communicate well with their patients.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

2. ...people who do not need to take insulin to treat their diabetes have a mild disease.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

3. ...there is not much use in trying to have good blood sugar control because the complications of diabetes will happen anyway.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

4. ...diabetes affects almost every part of a diabetic person's life.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

5. ...the important decisions regarding daily diabetes care should be made by the person with diabetes.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree

1. Strongly Disagree
6. ...health care professionals should be taught how daily diabetes care affects patients' lives.
- 7...older people with Type 2* diabetes does not usually get complications.
5. Strongly Agree
4. Agree
3. Neutral
2. Disagree
1. Strongly Disagree
8. ...keeping the blood sugar close to normal can help to prevent the complications of diabetes.
5. Strongly Agree
4. Agree
3. Neutral
2. Disagree
1. Strongly Disagree
9. ...health care professionals should help patients make informed choices about their care plans.
5. Strongly Agree
4. Agree
3. Neutral
2. Disagree
1. Strongly Disagree
10. ...it is important for the nurses and dietitians who teach people with diabetes to learn counseling skills.
5. Strongly Agree
4. Agree
3. Neutral
2. Disagree
1. Strongly Disagree
11. ...people whose diabetes is treated by just a diet do not have to worry about getting many long-term complications.
5. Strongly Agree
4. Agree
3. Neutral
2. Disagree
1. Strongly Disagree
12. ...almost everyone with diabetes should do whatever it takes to keep their blood sugar close to normal.
5. Strongly Agree
4. Agree
3. Neutral
2. Disagree
1. Strongly Disagree
13. ...the emotional effects of diabetes are pretty small.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

14. ...people with diabetes should have the final say in setting their blood glucose goals.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

15. ...blood sugar testing is not needed for people with Type 2* diabetes.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

16. ...low blood sugar reactions make tight control too risky for most people.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

17. ...health care professionals should learn how to set goals with patients, not just tell them what to do.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

18. ...diabetes is hard because you never get a break from it.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

19. ...the person with diabetes is the most important member of the diabetes care team.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

20. ...to do a good job, diabetes educators should learn a lot about being teachers

5. Strongly Agree

- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

21. ...Type 2* diabetes is a very serious disease.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

22. ...having diabetes changes a person's outlook on life.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

23...people who have Type 2* diabetes will probably not get much payoff from tight control of their blood sugars.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

24. ...people with diabetes should learn a lot about the disease so that they can be in charge of their own diabetes care.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

25. ...Type 2* is as serious as Type 1† diabetes.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

26. ...tight control is too much work.

- 5. Strongly Agree
- 4. Agree
- 3. Neutral
- 2. Disagree
- 1. Strongly Disagree

27. ...what the patient does has more effect on the outcome of diabetes care than anything a health professional does.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

28. ...tight control of blood sugar makes sense only for people with Type 1† diabetes.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

29 ...it is frustrating for people with diabetes to take care of their disease.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

30. ...people with diabetes have a right to decide how hard they will work to control their blood sugar.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

31. ...people who take diabetes pills should be as concerned about their blood sugar as people who take insulin.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

32. ...people with diabetes have the right not to take good care of their diabetes.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

33. ...support from family and friends is important in dealing with diabetes.

5. Strongly Agree

4. Agree

3. Neutral

2. Disagree

1. Strongly Disagree

Part 2

a. Profile characteristics of Patient

Age: _____

Gender: _____

Income source: _____

Approximate household income: _____

Occupation: _____

Education: _____

City of residence: _____

b. Diabetes History

1. Type of Diabetes: DM 1 _____ DM 2 _____ Don't know _____

2. Currently on Medicine _____ Insulin _____

3. Years since DM diagnosed: _____

4. Other _____ medical _____ problems _____ (if _____ any):

5. Condition: Stable _____ Critical _____

6. Purpose of this visit to DHQ _____

7. Frequency of visiting the diabetologist?

a. In a month _____

b. In six months _____

c. In one year _____

8. Where do you seek medical care for DM issues? _____

9. Other medical Complications (If any) _____

Life Satisfaction

We would like you to tell us about how you feel about life with diabetes.

10. Overall, I am satisfied about my life with Diabetes Mellitus?

1. Yes

2. Undecided/ Neutral

3. No

Knowledge and Attitudes about nutrition

1. Do you know about the importance of Balanced Diet and Nutritional requirements? (Y/ N)

2. Have you ever consulted a nutrition for diet plan? (Y/ N)
3. Which diet plan has been prescribed for you by your diabetologist?

4. Do you follow the diet plan prescribed by your diabetologist?

5. _____

6. Which body type is healthy in your opinion:

1. Thin
2. Obese
3. Average

7. Is physical exercise part of your daily routine: (Y/N)

8. In your opinion, does physical exercise helps managing diabetes levels: (Y/N)

9. Practice Exercise:

1. Don't practice physical exercise
2. Practiced physical exercise

10. Is balanced diet important for living a healthy life: (Y/N)

11. Do you take Balanced Diet for managing diabetes and maintaining a healthy lifestyle:

1. Don't practice
2. Practice

12. How many meals do you take in a day?

1

2

3

4-5

6

7 or more

13. Have you ever been told by your doctor that you have anemia? (Y/N)

Data Enumerator should take measurements for BMI: Height _____ Weight _____ Calculated BMI: