Diabetes Empowerment Scale-Short Form (DES-SF)

Pre / Post Programme / Annual Update

(Delete as appropriate)

The 8 items below constitute the DES-SF.
The scale is scored by averaging the scores of all completed items: (Strongly Disagree = 1, Strongly Agree = 5)

Circle the one that gives the best answer for you.

In general, I believe that:

1. I understand that I am responsible for looking after my diabetes
   1. Strongly Disagree
   2. Disagree
   3. Neutral
   4. Agree
   5. Strongly Agree

2. I know what my biggest diabetes concerns are and how to address them.
   1. Strongly Disagree
   2. Disagree
   3. Neutral
   4. Agree
   5. Strongly Agree

3. I am confident that I can set realistic goals to manage my diabetes.
   1. Strongly Disagree
   2. Disagree
   3. Neutral
   4. Agree
   5. Strongly Agree

4. I feel confident that I can cope with worries/stress that having diabetes may cause me.
   1. Strongly Disagree
   2. Disagree
   3. Neutral
   4. Agree
   5. Strongly Agree

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## Diabetes Empowerment Scale-Short Form (DES-SF)

<table>
<thead>
<tr>
<th>Question</th>
<th>1: Strongly Disagree</th>
<th>2: Disagree</th>
<th>3: Neutral</th>
<th>4: Agree</th>
<th>5: Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. I know when I need help and support to look after my diabetes</td>
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<td>6. I know who to ask for support to look after my diabetes</td>
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<td>7. I know what helps me keep motivated to look after my diabetes</td>
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<td>8. I am confident that I can make the best choices myself to look after my diabetes</td>
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