

# Identifying diabetes distress in individuals with type 2 diabetes

## Identifying the Core Level of Distress (T2-DDAS CORE)

Diabetes can be a challenging condition to live with. Some people living with diabetes experience distress. Understanding whether you are experiencing diabetes distress means you can seek out help if needed.

In the **past month**, consider how much of a problem each of the following statements have been for you. Give each statement a score based on the score chart to the right.

Category	Score
Not a problem	1
A small problem	2
A moderate problem	3
A serious problem	4
A very serious problem	5

### Score

I feel burned out by all of the attention and effort that diabetes demands of me.

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It bothers me that diabetes seems to control my life.

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I am frustrated that even when I do what I am supposed to for my diabetes, it doesn't seem to make a difference.

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No matter how hard I try with my diabetes, it feels like it will never be good enough.

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I am so tired of having to worry about diabetes all the time.

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When it comes to my diabetes, I often feel like a failure.

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It depresses me when I realize that my diabetes will likely never go away.

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Living with diabetes is overwhelming for me.

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Total score (sum of all scores):

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Average score (total score divided by 8):

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Average score	Indication
<2.0	Little or no distress
2.0–2.9	Moderate distress
≥3.0	High distress

Individuals with **moderate** or **high** distress should be offered support to manage their distress and referred to psychological support where available.