

Type 1 Diabetes Stigma Assessment Scale (DSAS-1)

The following statements are about stigma and type 1 diabetes. Some statements refer to your personal experiences, and some are about your views on society in general. Use the response options to indicate how much you agree or disagree with each statement. We are interested in what is true for YOU.

	Strongly disagree	Disagree	Unsure	Agree	Strongly agree
1. Some people make unfair assumptions about what I can and cannot do because of my type 1 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. To avoid negative reactions, I don't tell people I have type 1 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Some people see me as a lesser person because I have type 1 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Some people think I'm irresponsible when my diabetes management isn't 'perfect'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel embarrassed about what people might think if I need help with a hypo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have been discriminated against in the workplace because I have type 1 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I feel self-conscious about all the tools I need to manage my type 1 diabetes (e.g. insulin pen, pump, blood glucose meter)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Because I have type 1 diabetes, I have been excluded by others from certain social events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Some people assume that it is my fault I have type 1 diabetes (e.g. I ate too much sugar, I could have prevented it)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I feel embarrassed when I have to manage my type 1 diabetes in public (e.g. check blood glucose, inject/bolus insulin, refuse food, eat extra food)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Some people think I need insulin because I haven't looked after myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I have been rejected by others (e.g. friends, colleagues, romantic partners) because of my type 1 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I worry what people will think if they see me injecting/bolusing insulin or checking my blood glucose in public	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Because I have type 1 diabetes, some people judge me if I eat sugary food or drinks (e.g. cakes, lollies, soft drink)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Some people think I'm unreliable because I have type 1 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. If I were to inject insulin in public, people would think I was taking drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Some people think that I brought type 1 diabetes on myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I feel worried about telling people I have type 1 diabetes in case they react negatively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Some people expect less of me because I have type 1 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring

Each item is scored on a 5-point Likert scale (1=Strongly disagree; 2=Disagree; 3=Unsure; 4=Agree; 5=Strongly agree).

Item scores are summed to produce a Total Diabetes Stigma Score (possible range: 19-95).

The DSAS-1 has three sub-scales:

1. Treated Differently: Calculated by summing item scores on items **3, 6, 8, 12, 15, 19** (possible range: 6-30)
2. Blame and Judgement: Calculated by summing item scores on items **1, 4, 9, 11, 14, 17** (possible range: 6-30)
3. Identity Concerns: Calculated by summing item scores on items **2, 5, 7, 10, 13, 16, 18** (possible range: 7-35)

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