Diabetes Empowerment Scale-Short Form (DES-SF)

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)

Check the box that gives the best answer for you.

In general, I believe that I:

1. ...know what part(s) of taking care of my diabetes that I am **dissatisfied** with.
   - [ ] Strongly Disagree
   - [ ] Somewhat Disagree
   - [ ] Neutral
   - [ ] Somewhat Agree
   - [ ] Strongly Agree

2. ...am able to turn my diabetes goals into a workable plan.
   - [ ] Strongly Disagree
   - [ ] Somewhat Disagree
   - [ ] Neutral
   - [ ] Somewhat Agree
   - [ ] Strongly Agree

3. ...can try out different ways of overcoming barriers to my diabetes goals.
   - [ ] Strongly Disagree
   - [ ] Somewhat Disagree
   - [ ] Neutral
   - [ ] Somewhat Agree
   - [ ] Strongly Agree

4. ...can find ways to feel better about **having** diabetes.
   - [ ] Strongly Disagree
   - [ ] Somewhat Disagree
   - [ ] Neutral
   - [ ] Somewhat Agree
   - [ ] Strongly Agree
5. ...know the **positive** ways I cope with diabetes-related stress.

6. ...can ask for support for having and caring for my diabetes when I need it.

7. ...know what helps me stay motivated to care for my diabetes.

8. ...know enough about myself as a person to make diabetes care choices that are right for me.