

Diabetes Empowerment Scale-Short Form (DES-SF)

Pre Programme (session 1)		Post Programme (session 6)	
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Please choose one selection for each answer to reflect how you feel at the moment.

In general, I believe that:

Q1. I understand that I am responsible for looking after my diabetes	1 Strongly Disagree		Q2. I know what my biggest diabetes concerns are and how to address them	1 Strongly Disagree				
	2 Disagree			2 Disagree				
	3 Neutral			3 Neutral				
	4 Agree			4 Agree				
	5 Strongly Agree			5 Strongly Agree				
Q3. I am confident that I can set realistic goals to manage my diabetes	1 Strongly Disagree		Q4. I feel confident that I can cope with worries/stress that having diabetes may cause me	1 Strongly Disagree				
	2 Disagree			2 Disagree				
	3 Neutral			3 Neutral				
	4 Agree			4 Agree				
	5 Strongly Agree			5 Strongly Agree				
Q5. I know when I need help and support to look after my diabetes	1 Strongly Disagree		Q6. I know who to ask for support to look after my diabetes	1 Strongly Disagree				
	2 Disagree			2 Disagree				
	3 Neutral			3 Neutral				
	4 Agree			4 Agree				
	5 Strongly Agree			5 Strongly Agree				
Q7. I know what helps me keep motivated to look after my diabetes	1 Strongly Disagree		Q8. I am confident that I can make the best choices myself to look after my diabetes	1 Strongly Disagree				
	2 Disagree			2 Disagree				
	3 Neutral			3 Neutral				
	4 Agree			4 Agree				
	5 Strongly Agree			5 Strongly Agree				
Do you always take your diabetes medication?	1 Fully		2 Partly		3 Never		4 Not on diabetes medication	