

DDS2 - 2 item diabetes distress screening tool

Item	Not a problem	A slight problem	A moderate problem	A somewhat serious problem	A serious problem	A very serious problem
1. Feeling overwhelmed by the demands of living with diabetes	1	2	3	4	5	6
2. Feeling that I am often failing with my diabetes routine	1	2	3	4	5	6

* The DDS2 is a two-item diabetes distress screening instrument asking respondents to rate on a six-point scale the degree to which the two items above caused distress. An average score of <2 indicates little or no distress, a score between 2 and 2.9 indicates moderate diabetes distress and ≥3 indicates high level of diabetes distress.