

Problem Areas In Diabetes (PAID) Questionnaire

INSTRUCTIONS: Which of the following diabetes issues are currently a problem for you?

Circle the number that gives the best answer for you. Please provide an answer for each question.

| | Not a problem | Minor problem | Moderate problem | Somewhat serious problem | Serious problem |
|---|------------------|------------------|---------------------|--------------------------------|--------------------|
| | 0 | 1 | 2 | 3 | 4 |
| 1. Not having clear and concrete goals for your diabetes care? | 0 | 1 | 2 | 3 | 4 |
| 2. Feeling discouraged with your diabetes treatment plan? | 0 | 1 | 2 | 3 | 4 |
| 3. Feeling scared when you think about living with diabetes? | 0 | 1 | 2 | 3 | 4 |
| 4. Uncomfortable social situations related to your diabetes care (e.g., people telling you what to eat)? | 0 | 1 | 2 | 3 | 4 |
| 5. Feelings of deprivation regarding food and meals? | 0 | 1 | 2 | 3 | 4 |
| 6. Feeling depressed when you think about living with diabetes? | 0 | 1 | 2 | 3 | 4 |
| 7. Not knowing if your mood or feelings are related to your diabetes? .. | 0 | 1 | 2 | 3 | 4 |
| 8. Feeling overwhelmed by your diabetes? | 0 | 1 | 2 | 3 | 4 |
| 9. Worrying about low blood sugar reactions? | 0 | 1 | 2 | 3 | 4 |
| 10. Feeling angry when you think about living with diabetes? | 0 | 1 | 2 | 3 | 4 |
| 11. Feeling constantly concerned about food and eating? | 0 | 1 | 2 | 3 | 4 |
| 12. Worrying about the future and the possibility of serious complications? | 0 | 1 | 2 | 3 | 4 |
| 13. Feelings of guilt or anxiety when you get off track with your diabetes management? | 0 | 1 | 2 | 3 | 4 |
| 14. Not "accepting" your diabetes? | 0 | 1 | 2 | 3 | 4 |
| 15. Feeling unsatisfied with your diabetes physician? | 0 | 1 | 2 | 3 | 4 |
| 16. Feeling that diabetes is taking up too much of your mental and physical energy every day? | 0 | 1 | 2 | 3 | 4 |
| 17. Feeling alone with your diabetes? | 0 | 1 | 2 | 3 | 4 |
| 18. Feeling that your friends and family are not supportive of your diabetes management efforts? | 0 | 1 | 2 | 3 | 4 |
| 19. Coping with complications of diabetes? | 0 | 1 | 2 | 3 | 4 |
| 20. Feeling "burned out" by the constant effort needed to manage diabetes? | 0 | 1 | 2 | 3 | 4 |