

**DIABETES DISTRESS SCALE 17 SCORING SHEET****Instructions for scoring**

The DDS17 yields a Total Diabetes Distress Scale score plus four sub scale scores; A to D, each addressing a different kind of distress.

To score, simply sum the patient's responses to the appropriate items and divide by the number of items in that scale. Use the table below as an aide to your calculations.

**We consider a mean item score of 3 or higher (moderate distress) as a level of distress worthy of clinical attention.** Place a tick in the box to the right of the calculation table to highlight an above-range value. We also suggest reviewing the patient's responses across all items, regardless of mean item scores.

If any single item scored 3 or greater we recommend making time to address this with the patient, and make referral to additional services as appropriate, e.g. psychology, social work, pharmacy, or physician.

**Please note:** It is recommended that DDS17 values are NOT calculated if four or more questions have been left unanswered in that section. DDS17 sub scores (A-D) should not be calculated if two or more questions have been left unanswered in that section.

	Calculations	Scores 3 or above
<b>Total DDS Score:</b>		
a. Sum of 17 item scores: Questions 1 to 17:	_____	
b. Divide by number of items (17)	17	
c. Mean item score:	Total =	<input type="checkbox"/> 3 or greater
<b>A. Emotional Burden</b>		
a. Sum of 5 item scores: Questions 1, 3, 8, 11, 14	_____	
b. Divide by number of items (5)	5	
c. Mean item score:	A =	<input type="checkbox"/> 3 or greater
<b>B. Physician-related Distress:</b>		
a. Sum of 4 item scores: Questions 2, 4, 9, 15	_____	
b. Divide by number of items (4)	4	
c. Mean item score:	B =	<input type="checkbox"/> 3 or greater
<b>C. Regimen-related Distress:</b>		
a. Sum of 5 item scores: Questions 5, 6, 10, 12, 16	_____	
b. Divide by number of items (5)	5	
c. Mean item score:	C =	<input type="checkbox"/> 3 or greater
<b>D. Interpersonal Distress:</b>		
a. Sum of 3 item scores: Questions 7, 13, 17	_____	
b. Divide by number of items (3)	3	
c. Mean item score:	D =	<input type="checkbox"/> 3 or greater