

**PARENT DIABETES DISTRESS SCALE (DDS-P)**

**The following questions ask about how you have been feeling as a parent of a teen with diabetes. For each item, select the response that gives the best answer for you. Please provide an answer for each question.**

**During the past month, I have been:**

	Not at all	A little	Somewhat	A lot	A great deal
1. Feeling that my teen and I just don't work well together when it comes to diabetes.					
2. Feeling unappreciated for all the ways I try to help my teen manage diabetes.					
3. Feeling that I can't trust my teen to take good care of his/her diabetes.					
4. Worrying about my teen's low blood sugars when he/she is away from home.					
5. Worrying that my teen will ignore or forget diabetes if I don't keep reminding him/her.					
6. Feeling that diabetes is taking up too much of <u>my</u> mental and physical energy every day.					
7. Feeling that trying to help my teen with his/her diabetes is always a battle.					
8. Worrying about my teen's low blood sugars when he/she is sleeping.					
9. Feeling that no one notices that diabetes is hard on me, not just on my teen.					
10. Feeling that my teen doesn't do enough to manage his/her diabetes.					

**During the past month, I have been:**

	Not at all	A little	Somewhat	A lot	A great deal
11. Worrying that my teen doesn't have the right doctor for him/her.					
12. Worrying that others will blame me if my teen's diabetes is not well-controlled.					
13. Worrying that my teen will soon leave home and I cannot protect him.					
14. Frustrated because my teen ignores my suggestions about diabetes.					
15. Frustrated by the lack of understanding and support for diabetes I get from friends and family members.					
16. Worrying that my teen doesn't get all of the expert medical help he/she needs.					
17. Feeling uncertain about how to motivate my teen to take better care of his/her diabetes.					
18. Concerned that my teen is not prepared to deal with the world of insurance and doctors once he/she is an adult.					
19. Frustrated that I am the only one who takes responsibility for helping my teen manage diabetes.					
20. Worrying that my nagging about diabetes is hurting my relationship with my teen.					