This is a **Sample** version of the

**Diabetes Empowerment Scale (DES)**

The **full version** of the DES comes without ‘sample’ watermark.

The full complete 14 page version includes –

- DES Overview information
- DES Scoring/ Administration instructions
- DES Complete Questionnaire/ Assessment
- DES Clinical Validity

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The Diabetes Empowerment Scale

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OBJECTIVE — The purpose of this study was to assess the validity, reliability, and utility of the Diabetes Empowerment Scale (DES), which is a measure of diabetes-related psychosocial self-efficacy.

RESEARCH DESIGN AND METHODS — In this study, the psychometric properties of the DES were calculated. To establish validity, DES subscales were compared with 2 previously validated subscales of the Diabetes Care Profile (DCP). Factor and item analyses were conducted to develop subscales that were coherent, meaningful, and had an acceptable coefficient α.

RESULTS — The psychometric analyses resulted in a 28-item DES (α = 0.96) with 3 subscales: Managing the Psychosocial Aspects of Diabetes (α = 0.93), Assessing Dissatisfaction and Readiness To Change (α = 0.81), and Setting and Achieving Diabetes Goals (α = 0.91). Consistent correlations in the expected direction between DES subscales and DCP subscales provided evidence of concurrent validity.

CONCLUSIONS — This study provides preliminary evidence that the DES is a valid and reliable measure of diabetes-related psychosocial self-efficacy. The DES should be a useful outcome measure for various educational and psychosocial interventions related to diabetes.

Diabetes Care 23:739–743, 2000

In 1991, we conducted a randomized controlled trial to evaluate the effectiveness of a patient empowerment program for adults that focused entirely on psychosocial issues such as managing stress, obtaining family support, negotiating with health care professionals and employers, and dealing with uncomfortable emotions (23). Because we were unable to identify a measure of diabetes-related self-efficacy for adults that focused on these important psychosocial areas, we developed the Diabetes Empowerment Scale (DES), which is a 37-item Likert-type questionnaire (24), and we used it in that study. The study showed that the program resulted in both psychosocial and blood glucose level improvements.

RESEARCH DESIGN AND METHODS

Instrument development

The pilot version of the DES had 8 subscales that were keyed to the major content areas of the patient empowerment and education program (23, 24). The structure of the DES and the patient empowerment program were based on our earlier work in patient empowerment (25–27). In an earlier study (25), we defined the purpose of the empowerment approach to diabetes education as helping patients make informed choices about their diabetes self-management. In that study, we offered a 4-step behavior change model: 1) patient identification of problem areas, 2) exploration of the emotions associated with those problems, 3) development of a set of goals and strategies to overcome the barriers to achieving those goals, and 4) determining patients’ motivation to make a commitment to the behavior change plan. That approach to facilitating behavior change in diabetic patients was adapted from earlier work in counseling psychology (28–31). Most of the patient empowerment program and DES subscales were derived from that behavior change model. The remaining 2 subscales (Managing Stress and Obtaining Psychosocial Support) were added to the patient empowerment program and the DES because these areas have been identified as major barriers and/or facilitators (see the third step above).
Diabetes Empowerment Scale (DES and DES-SF)

In 2000 we developed the Diabetes Empowerment Scale (DES) to measure the psychosocial self-efficacy of people with diabetes. The original questionnaire contained 37 items representing 8 conceptual dimensions (i.e., assessing the need for change; developing a plan; overcoming barriers; asking for support; supporting oneself; coping with emotion; motivating oneself; and making diabetes care choices appropriate for one's priorities and circumstances). Using factor analyses the questionnaire was reduced to the current 28-item DES alpha = 0.96 containing three subscales. (1) The three subscales are: 1) managing the psychosocial aspects of diabetes with 9 items, alpha = 0.93; 2) assessing dissatisfaction and readiness to change with 9 items alpha = 0.81; and 3) setting and achieving goals with 10 items, alpha = 0.91. In addition to providing an overall assessment of diabetes related psychosocial self-efficacy the three subscales of the DES allow for an examination of its underlying components.

In order to allow for a brief overall assessment of diabetes related psychosocial self-efficacy, we developed an eight item short form of the DES (the DES-SF). The DES-SF was created by choosing the item from the (remaining 28 items appeared in the published article but it is an error. It should say the original 37 items. This is a typographical error (ours) but it does not affect any of the psychometric data found in this article) items with highest item to subscale correlation from each of the original eight conceptual domains. The reliability of the DES-SF using the original data set was alpha = 0.85. We have subsequently administered the DES-SF to 229 subjects in a new study. The reliability of the DES-SF using the data from the new sample was alpha = 0.84. The content validity of the DES-SF was supported in the new study by the fact that both DES-SF scores and HbA1c levels changed in a positive direction after the 229 subjects completed a six-week problem based patient education program (2). The change in DES-SF scores and HbA1c levels were not correlated suggesting that these two measures vary independently. These data provide preliminary evidence that the DES-SF is a valid and reliable measure of overall diabetes-related psychosocial self-efficacy.

This is the end of the SAMPLE DES overview. Please return to page 1 to purchase complete version.
Diabetes Empowerment Scale (DES)

**Scoring Key**

The DES measures the patient’s self efficacy related to:

<table>
<thead>
<tr>
<th>Subscales &amp; Items</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Managing the psychosocial aspects of diabetes (9 items)</td>
<td>(18,20–27)</td>
</tr>
<tr>
<td>II. Assessing dissatisfaction and readiness to change (9 items)</td>
<td>(1-4,15-17, 19, and 28)</td>
</tr>
</tbody>
</table>

This is the end of the SAMPLE DES scoring instructions. Please return to page 1 to purchase complete version.
University of Michigan Diabetes Research and Training Center

DIABETES ATTITUDE QUESTIONNAIRE

PLEASE ANSWER THE FOLLOWING QUESTIONS

BACKGROUND:

1. Sex:  Male ☐  Female ☐

2. How old are you? _______ years old

3. How long ago were you told by a doctor that you had diabetes? _____ years

4. Which type of diabetes did your doctor say that you have?
   ☐ insulin-dependent diabetes, also called juvenile or type 1 diabetes
   ☐ non insulin-dependent diabetes, also called adult onset or type 2 diabetes (some people with non insulin-dependent diabetes take insulin)

5. How often does your diabetes prevent you from doing your normal daily activities (could not work or go to school)? Circle one number.
   
   Never  1  2  3  4  5  6  7
   Frequently

6. Have you ever attended a diabetes patient education program (a series of classes)?
   ☐ No  ☐ Yes (If "Yes", how many years ago? __________ )

7. How would you rate your understanding of diabetes and its treatment? Circle one number.
   Poor  1  2  3  4  5  6  7
   Excellent

This is the end of the SAMPLE DES questionnaire. Please return to page 1 to purchase complete version