

# IDENTIFYING YOUR PROBLEM AREAS IN DIABETES - TEEN VERSION (PAID-T)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M\_\_ F\_\_

How old were you when your diabetes was diagnosed? \_\_\_\_\_

Today's date \_\_\_\_\_

**DIRECTIONS:** Living with diabetes can sometimes be difficult. In day-to-day life, there may be many problems and hassles with your diabetes. The problems may range from minor hassles to major life difficulties. Listed below are a variety of possible problem areas which people with diabetes may have. Think about how much each of the items below may have upset or bothered you **DURING THE PAST MONTH** and circle the appropriate number.

Please note that we are asking you how much each item may be bothering you in your life, **NOT** whether the item is merely true for you. If you feel that an item is not a bother or a problem for you, you would circle "1". If it very bothersome to you, you would circle "6".

	Not A Problem		Moderate Problem		Serious Problem	
	1	2	3	4	5	6
1. Feeling sad when I think about having and living with diabetes.	1	2	3	4	5	6
2. Feeling overwhelmed by my diabetes regimen.	1	2	3	4	5	6
3. Feeling angry when I think about having and living with diabetes.	1	2	3	4	5	6
4. Feeling "burned-out" by the constant effort to manage diabetes.	1	2	3	4	5	6
5. Feeling that I am not checking my blood sugars often enough.	1	2	3	4	5	6
6. Not feeling motivated to keep up with my daily diabetes tasks.	1	2	3	4	5	6
7. Feeling that my friends or family act like "diabetes police" (e.g. nag about eating properly, checking blood sugars, not trying hard enough).	1	2	3	4	5	6
8. Feeling like my parents don't trust me to care for my diabetes.	1	2	3	4	5	6
9. Missing or skipping blood sugar checks.	1	2	3	4	5	6
10. Feeling that I am often failing with my diabetes regimen.	1	2	3	4	5	6

11. Feeling like my parents blame me for blood sugar numbers they don't like.	1	2	3	4	5	6
12. Feeling that my friends or family don't understand how difficult living with diabetes can be.	1	2	3	4	5	6
13. Worrying that diabetes gets in the way of having fun and being with my friends.	1	2	3	4	5	6
14. Feeling like my parents worry about complications too much.	1	2	3	4	5	6