

Diabetes Mellitus Comfort Questionnaire—Short Version**Anita Kerrigan 2007**

1. My body is *strong* right now-----6 5 4 3 2 1
2. I feel *in control of my life*---6 5 4 3 2 1
3. My condition gets me down---- 6 5 4 3 2 1
4. I ~~feel confident~~ *I can make the necessary changes in my life to manage my diabetes*---- 6 5 4 3 2 1
5. I am inspired by knowing that I am loved--- 6 5 4 3 2 1
6. No one *empathizes* with me----6 5 4 3 2 1 I like “understands” better.
7. I feel *overwhelmed*----6 5 4 3 2 1
8. I am unhappy when I am alone-----6 5 4 3 2 1
9. My faith helps me to not be afraid----6 5 4 3 2 1
10. I do not feel healthy right now-----6 5 4 3 2 1
11. My insurance **does not cover** *ambiguous – could mean none or a few or not enough or some* my diabetic expenses---- 6 5 4 3 2 1
12. I feel depressed---6 5 4 3 2 1
13. I can *prevent complications of my diabetes*----6 5 4 3 2 1
14. *All the changes I have to make in my life makes me nervous*----6 5 4 3 2 1
I am nervous about the changes I should make because of my diabetes.
15. I can perform my *usual* daily activities---6 5 4 3 2 1
16. I cannot eat *out* because they do not have food on my diet----6 5 4 3 2 1
17. *The local diabetes support group provides help when I need it*
--- 6 5 4 3 2 1

18. My friends *support me in living with diabetes*--- 6 5 4 3 2 1
19. I need to be better informed about my *diabetes*---6 5 4 3 2 1
20. I need to feel good again-----6 5 4 3 2 1
21. There are those I can depend on when I need help----- 6 5 4 3 2 1
22. *I cannot afford my medicines*----6 5 4 3 2 1
23. *My insurance does not cover my diabetic expenses*---- 6 5 4 3 2 1
This is a repeat from 11;
24. My *diabetes is difficult to manage*----6 5 4 3 2 1
25. I feel peaceful----6 5 4 3 2 1
26. *The diabetic education program has been helpful*---6 5 4 3 2 1

Others that I liked from the long form are:

There is healthy food at home
I am motivated to follow my diet
I am worn out (I especially like this one).