

PAID-5 Diabetes Questionnaire

Problem Areas In Diabetes (PAID-5) are 5 questions that focus on understanding how diabetes has impacted the participant's life, i.e. diabetes associated injuries, lifestyle changes and medical care.

Instructions: Which of the following diabetes issues are currently a problem for you? Please select the option that gives the best answer for you.

- 1. Feeling scared when you think about living with diabetes**
 - Not a problem
 - Minor problem
 - Moderate problem
 - Somewhat serious problem
 - Serious problem
- 2. Feeling depressed when you think about living with diabetes**
 - Not a problem
 - Minor problem
 - Moderate problem
 - Somewhat serious problem
 - Serious problem
- 3. Worrying about the future and the possibility of serious complications**
 - Not a problem
 - Minor problem
 - Moderate problem
 - Somewhat serious problem
 - Serious problem
- 4. Feeling that diabetes is taking up too much of your mental and physical energy every day**
 - Not a problem
 - Minor problem
 - Moderate problem
 - Somewhat serious problem
 - Serious problem
- 5. Coping with complications of diabetes**
 - Not a problem
 - Minor problem
 - Moderate problem
 - Somewhat serious problem
 - Serious problem

Scoring of PAID-5

	Not a problem	Minor problem	Moderate problem	Somewhat serious problem	Serious problem
Feeling scared when you think about living with diabetes	0	1	2	3	4
Feeling depressed when you think about living with diabetes	0	1	2	3	4
Worrying about the future and the possibility of serious complications	0	1	2	3	4
Feeling that diabetes is taking up too much of your mental and physical energy every day	0	1	2	3	4
Coping with complications of diabetes	0	1	2	3	4

For the PAID-5, a total score of ≥ 8 indicates possible diabetes related emotional distress, which warrants further assessment.

<https://drive.google.com/file/d/1SNh8Pu7ictMpm9nUfLg-SaEQoWsRS2f/view?usp=sharing>