

Perceived Diabetes Self-Management Scale

Key Reference

Wallston, K.A., Rothman, R.L., & Cherrington, A. (2007). Psychometric properties of the perceived diabetes self-management scale (PDSMS). *Journal of Behavioral Medicine*, 30(5), 395-401.

Access & Cost Information

This scale is free to use without permission and can be imported into your REDCap Project from the REDCap Shared Library

Example

INSTRUCTIONS: This is a questionnaire designed to determine how well you, yourself, feel you manage your diabetes. Each item is a belief statement with which you may agree or disagree. Next to each statement is a scale which ranges from <i>strongly disagree</i> (1) to <i>strongly agree</i> (5). Please respond to each of the following items by choosing one number for each statement. Try to respond to each statement separately in your mind from each other statement. Choose your responses thoughtfully and make them as true FOR YOU as you can. Please respond to every statement.	1 = “Strongly Disagree” to 5 = “Strongly Agree.”				
It is difficult for me to find effective solutions for problems that occur with managing my diabetes.	1	2	3	4	5
I find efforts to change things I don’t like about my diabetes are ineffective.	1	2	3	4	5
I handle myself well with respect to my diabetes.	1	2	3	4	5
I am able to manage things related to my diabetes as well as most other people.	1	2	3	4	5
I succeed in the projects I undertake to manage my diabetes.	1	2	3	4	5
Typically, my plans for managing my diabetes don’t work out well.	1	2	3	4	5
No matter how hard I try, managing my diabetes doesn’t turn out the way I would like	1	2	3	4	5
I’m generally able to accomplish my goals with respect to managing my diabetes.	1	2	3	4	5

“Diabetes self-efficacy was assessed by the 8-item Perceived Diabetes Self-Management Scale (PDSMS) which was made diabetes-specific by replacing the word “condition” with “diabetes” in each item of the PMCSMS. The PMCSMS, in turn, was adapted from the PHCS (Smith et al. 1995), an instrument that has been shown to be reliable and valid in numerous investigations (e.g., Arnold et al. 2005; Samuel-Hodge et al. 2002). The responses for the PDSMS items range from 1 = “Strongly Disagree” to 5 = “Strongly Agree.” Four of the items (#s 1, 2, 6, & 7) are worded such that high agreement signifies low self-efficacy or perceived competence. These four items are reverse-scored prior to being added to the other four items. The total PDSMS score can range from 8 to 40, with higher scores indicating more confidence in self-managing one’s diabetes.”

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