

PAID-5

Instructions: Which of the following diabetes issues are currently a problem for you? Circle the number that gives the best answer for you. Please provide an answer for each question.

	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. On the full 20-item PAID, a score of > 33 has been suggested as indicative of likely emotional distress and a score of 38 is indicative of possible depression and, in each case, further assessment is warranted. Further assessment is facilitated by reference to the specific items endorsed as problematic by the patient. Local service protocols can be developed whereby patients scoring above an agreed score, or those endorsing particular problems areas, should be referred to a mental health professional or specialist nurse for psychological support and treatment.