

INSULIN ATTITUDE WORKSHEET—HEALTH CARE PROVIDER VERSION

- Ask the patient to complete the Insulin Attitude Worksheet. Remind them that there are no right or wrong answers and that their answers will help with talking about insulin and what it means to them.
- If the self-completion is not possible, ask the following questions. Use the answer key below to guide your interactions.

Lead in: “We know that taking insulin is challenging for many people. In fact, diabetes health care providers spend a lot of time helping people get used to insulin.”

QUESTIONS:		
1. I think that insulin takes my freedom away.	YES	NO
2. I think that taking insulin means that I have failed.	YES	NO
3. I think that taking insulin means my disease is more serious.	YES	NO
4. I think that taking insulin will be more work than it’s worth, and I will not get anything good from it.	YES	NO
5. I am nervous or anxious when injecting insulin.	YES	NO
6. I lack confidence in my abilities to manage my diabetes if using insulin.	YES	NO
7. It important for me to make up my own mind on things.	YES	NO
8. Since no one asks for diabetes, it is hard to care for it. But since it is mine, I would be willing to take control of it before it takes control of me.	YES	NO

HEALTH CARE PROVIDER CUES:

Answer Key:
1. YES - Can you tell me how? (Listen to the clients perspective)
2. YES - Can you share with me why you feel that you have failed?
3. YES - Can you share with me why you feel that your diabetes is more serious?
4. YES - Can you share with me why taking insulin isn’t worth it?
5. YES - What makes you feel like you will not be able to do this?
6. YES - Is there some way that I can help?
7. YES - How can this be something that you can be in control of?
8. NO - Can you tell me why you feel this way?