

INSULIN ATTITUDE WORKSHEET

- Please answer the following questions as honestly as possible.
- There are no right or wrong answers. Your answers will help us to talk about insulin and what it means to you.
- 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.
- Please circle the answer that best describes the way you feel about using 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 |