

---

## Scoring the Problem Areas In Diabetes (PAID) Scale

---

The PAID is a measure of diabetes-specific emotional distress that was developed by the Joslin Diabetes Center, Boston. It was written originally in English, but has later been translated into Spanish, Japanese, Dutch, German, and Portuguese.

The PAID total score ranges from 0 to 100. This scoring approach is similar to that used by other well-established measures such as the SF-36 quality of life measure. It is common for measures to be converted from raw scores to a 0-100 scale to make them more easy to work with and understand.

### The 3 steps to scoring the PAID are as follows:

1. There are 5 response options available for each PAID question. These responses are given a value from 0-4 as can be seen from this example taken from the PAID questionnaire:

Not having clear and concrete goals for your diabetes care?

Not a problem	Minor problem	Moderate problem	Somewhat serious problem	Serious problem
0	1	2	3	4

2. Sum the total obtained for all of the 20 PAID items
3. Multiply this total by 1.25 to produce a total score that ranges from 0-100

**For example, if the sum of 20 PAID item scores is 40, this is multiplied by 1.25 to get a final PAID score of 50 on a range from 0-100**

If you have any questions about scoring the PAID please contact Dr. Garry Welch at this email address: [Garry.Welch@Joslin.Harvard.edu](mailto:Garry.Welch@Joslin.Harvard.edu)

The information contained in this message is intended for the exclusive use of the addressee or addressee's authorized agent. This message is privileged and confidential or may contain proprietary or sensitive information. It shall not be copied or disseminated except as directed by the addressee. Any unauthorized use, copying or dissemination of this message or its contents is prohibited. If you have received this fax in error, please advise the sender immediately and return this message and any copies to our office immediately.



**JOSLIN DIABETES CENTER AFFILIATE at St. Vincent Charity Hospital**

**Phone: 216-363-3301 Fax: 216-363-3304**



ST. VINCENT CHARITY  
MEDICAL CENTER

2351 EAST 22ND STREET  
CLEVELAND, OH 44115  
stvincentcharity.com

A Ministry of the Sisters of Charity Health System

PATIENT LABEL



MR.JDCQUESTION

## PROBLEM AREAS IN DIABETES (PAID) QUESTIONNAIRE

**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<br>problem | Minor<br>problem | Moderate<br>problem | Somewhat<br>serious<br>problem | Serious<br>problem |
|------------------------------------------------------------------------------------------------------------------|------------------|------------------|---------------------|--------------------------------|--------------------|
| 1. Not having clear and concrete goals for your diabetes care?.....                                              | 0                | 1                | 2                   | 3                              | 4                  |
| 2. Feeling discouraged with your diabetes treatment plan?.....                                                   | 0                | 1                | 2                   | 3                              | 4                  |
| 3. Feeling scared when you think about living with diabetes?.....                                                | 0                | 1                | 2                   | 3                              | 4                  |
| 4. Uncomfortable social situations related to your diabetes care.....<br>(e.g., people telling you what to eat)? | 0                | 1                | 2                   | 3                              | 4                  |
| 5. Feelings of deprivation regarding food and meals?.....                                                        | 0                | 1                | 2                   | 3                              | 4                  |
| 6. Feeling depressed when you think about living with diabetes? .....                                            | 0                | 1                | 2                   | 3                              | 4                  |
| 7. Not knowing if your mood or feelings are related to your diabetes? ..                                         | 0                | 1                | 2                   | 3                              | 4                  |
| 8. Feeling overwhelmed by your diabetes?.....                                                                    | 0                | 1                | 2                   | 3                              | 4                  |
| 9. Worrying about low blood sugar reactions?.....                                                                | 0                | 1                | 2                   | 3                              | 4                  |
| 10. Feeling angry when you think about living with diabetes? .....                                               | 0                | 1                | 2                   | 3                              | 4                  |
| 11. Feeling constantly concerned about food and eating?.....                                                     | 0                | 1                | 2                   | 3                              | 4                  |
| 12. Worrying about the future and the possibility of serious<br>complications?.....                              | 0                | 1                | 2                   | 3                              | 4                  |
| 13. Feelings of guilt or anxiety when you get off track with your<br>diabetes management? .....                  | 0                | 1                | 2                   | 3                              | 4                  |
| 14. Not “accepting” your diabetes? .....                                                                         | 0                | 1                | 2                   | 3                              | 4                  |
| 15. Feeling unsatisfied with your diabetes physician? .....                                                      | 0                | 1                | 2                   | 3                              | 4                  |
| 16. Feeling that diabetes is taking up too much of your<br>mental and physical energy every day? .....           | 0                | 1                | 2                   | 3                              | 4                  |
| 17. Feeling alone with your diabetes? .....                                                                      | 0                | 1                | 2                   | 3                              | 4                  |
| 18. Feeling that your friends and family are not supportive of<br>your diabetes management efforts? .....        | 0                | 1                | 2                   | 3                              | 4                  |
| 19. Coping with complications of diabetes? .....                                                                 | 0                | 1                | 2                   | 3                              | 4                  |
| 20. Feeling “burned out” by the constant effort needed to<br>manage diabetes?.....                               | 0                | 1                | 2                   | 3                              | 4                  |

PATIENT LABEL