



Patient ID Number							
	Site	Sub-site	Sequential ID				

SEARCH Diabetes Eating Problem Survey (DEPS-R) for age 10 and older

Do you take insulin? ☐ Yes ☐ No → *if no, do not complete this form.*

Living with diabetes can sometimes be difficult, particularly regarding eating and diabetes management. Listed below are a variety of attitudes and behaviors regarding diabetes management. For each statement, check the ONE answer that indicates how often this is true for you during the **PAST MONTH**.

	Never	Rarely	Some-times	Often	Usually	Always
1. Losing weight is an important goal to me.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
2. I skip meals and/or snacks.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
3. Other people have told me that my eating is out of control.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
4. When I overeat, I don't take enough insulin to cover the food.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
5. I eat more when I am alone than when I am with others.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
6. I feel that it's difficult to lose weight and control my diabetes at the same time.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
7. I avoid checking my blood sugar when I feel like it is out of range.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
8. I make myself vomit.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
9. I try to keep my blood sugar high so that I will lose weight.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
10. I try to eat to the point of spilling ketones in my urine.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
11. I feel fat when I take all of my insulin.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
12. Other people tell me to take better care of my diabetes.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
13. After I overeat, I skip my next insulin dose.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
14. I feel that my eating is out of control.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
15. I alternate between eating very little and eating huge amounts.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
16. I would rather be thin than to have good control of my diabetes.	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐

► **Please answer one additional question.**

17. I take less insulin than I should. 1 ☐ Yes 2 ☐ No

FOR STUDY USE ONLY

Date Completed

Month

Day

Year

Completed By

Date Reviewed

Month

Day

Year

Reviewer Code

Date Entered

Month

Day

Year

Data Entry
Code