Continuous Glucose Monitoring and Diabetes Distress

Encourage people living with diabetes to:
- Know their glucose targets
- Monitor their CGM readings for trends
- Learn what affects their glucose levels

Continuous glucose monitoring (CGM) technology, while helpful, can increase diabetes distress by adding to the emotional burden of daily self-management.

Learn to identify and support people with diabetes dealing with diabetes distress.

Watch for signs of diabetes distress:
Some common signs to look for:
- Unstable/ suboptimal A1C or glucose levels
- Missing appointments
- Neglecting self-care (e.g. monitoring, medication)

Ask about diabetes distress at each visit.
Here are some examples of open-ended questions:
- “What is the most difficult part of living with diabetes for you?”
- “What are your greatest concerns about your diabetes?”
- “How is your diabetes getting in the way of other things in your life right now?”

Assess diabetes distress with validated questionnaires:
- PAID (Problem Areas in Diabetes) questionnaire
- DDS (Diabetes Distress Scale)
- Use results for action plans on stressors.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

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