American Diabetes Association®

Guidelines InSIGHT
Your visual guide to the guidelines

Continuous Glucose Monitoring and Diabetes Distress

Encourage people living with diabetes using CGMs to:

- Know their glucose targets
- Monitor their CGM readings for trends
- Learn what affects their glucose levels

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 or 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.

Use the results to determine an action plan to remedy stressors:

- PAID (Problem Areas in Diabetes) questionnaire
- DDS (Diabetes Distress Scale)

Use of continuous glucose monitors (CGMs) and automated insulin delivery (AID) systems can decrease diabetes distress.

If diabetes distress cannot be managed through routine diabetes care, referral to a qualified behavioral health professional, ideally with diabetes expertise, should be considered.

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

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This infographic is based on recommendations from the ADA's *Standards of Care in Diabetes—2026*