

**Instructions for Completion of
The Perceived Control of Diabetes Scales**

The following questions are about the causes of situations which might happen to you. We ask you to imagine that the events described have happened to you recently.

While events may have many causes, we want you to pick only one - the *major* cause of the situation as you see it. Please write this cause in the space provided after each event.

Next, we want you to answer some questions about the cause by circling the most appropriate number on a sliding scale from 6 to 0.

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Imagine that you have recently become unacceptably overweight.

Write down, in the space below, the single most likely cause of becoming overweight.

Now rate this cause on the following scales:

1. To what extent was the cause due to something about you?

Totally due to me 6 5 4 3 2 1 0 Not at all due to me

2. To what extent was the cause due to the treatment recommended by your doctor?

Totally due to treatment recommended 6 5 4 3 2 1 0 Not at all due to treatment recommended

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