MCGILL EMPOWERMENT ASSESSMENT – DIABETES (MEA-D)

**INSTRUCTIONS**

**Purpose**

The McGill Empowerment Assessment – Diabetes (MEA-D) was developed to assess the change in *empowerment* related to diabetes management, specifically the change following programs that aim to improve the empowerment of people living with diabetes.

It may be used to:

1. identify individual or group needs prior to interventions, and
2. assess the quality of interventions (pre and post comparison)

The MEA-D is a validated questionnaire comprising 28 items along 4 domains:

* Attitude (Questions 1-10),
* Knowledge (Questions 11-16),
* Skills (Questions 17-21),
* Relatedness (Questions 22-28).

MEA-D is based on Zimmerman (1995) and Christens (2012) empowerment framework.

**How to use it**

The MEA-D should be administered prior to and following clinical or community interventions provided to people living with diabetes.

It may be self-administered using a paper-based or web-based version.

‘Domain scores’ may be computed by taking the average of the items for each domain, but **the responses should be examined individually** as each item refers to different aspects related to empowerment.

**References**

Zimmerman, M.A., *Psychological empowerment: Issues and illustrations.* American Journal of Community Psychology, 1995. **23**(5): p. 581-599.

Christens, B.D., *Toward Relational Empowerment.* American Journal of Community Psychology, 2012. **50**(1): p. 114-128.

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**QUESTIONNAIRE**

Please circle a number to indicate the extent to which you agree or disagree with each statement.

How much do you agree with the following statements?

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Strongly Disagree**  **♥** | **Disagree**  **♥♥** | **Neutral**  **♥♥♥** | **Agree**  **♥♥♥♥** | **Strongly Agree**  **♥♥♥♥♥** |
| Q1 | I am able to solve problems in my life when they arise | **ATTITUDE** | | | | |
| Q2 | I am sure about the decisions I make | **ATTITUDE** | | | | |
| Q3 | Most of the time, I am able to control my diabetes | **ATTITUDE** | | | | |
| Q4 | The main thing that affects my health is what I do myself | **ATTITUDE** | | | | |
| Q5 | I am able to make a plan that works to reach my goals in diabetes | **ATTITUDE** | | | | |
| Q6 | I feel confident in my ability to learn and grow when it comes to diabetes care | **ATTITUDE** | | | | |
| Q7 | I know how to motivate myself to care for my diabetes | **ATTITUDE** | | | | |
| Q8 | My ideas help in deciding on a plan to manage my diabetes | **ATTITUDE** | | | | |
| Q9 | Patients can help improve diabetes care | **ATTITUDE** | | | | |
| Q10 | I would try to change the healthcare system when issues with my healthcare arise | **ATTITUDE** | | | | |
| Q11 | I have a good understanding of what diabetes is and how it works | **KNOWLEDGE** | | | | |
| Q12 | Factors like income and education can have an impact on diabetes care | **KNOWLEDGE** | | | | |
| Q13 | I know what to do when I need to better control my diabetes | **KNOWLEDGE** | | | | |

How much do you agree with the following statements?

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Strongly Disagree**  **♥** | **Disagree**  **♥♥** | **Neutral**  **♥♥♥** | **Agree**  **♥♥♥♥** | **Strongly Agree**  **♥♥♥♥♥** |
| Q14 | I know where to go to get the help I need to manage my diabetes | **KNOWLEDGE** | | | | |
| Q15 | I have strengths in other areas of my life that I use to better manage my diabetes | **KNOWLEDGE** | | | | |
| Q16 | I take action to learn about how to control my diabetes | **KNOWLEDGE** | | | | |
| Q17 | I make changes to better manage stress in my life | **BEHAVIOUR** | | | | |
| Q18 | I make changes to better live with my diabetes | **BEHAVIOUR** | | | | |
| Q19 | I take part in in activities in my community | **BEHAVIOUR** | | | | |
| Q20 | I take part in community activities to improve my health | **BEHAVIOUR** | | | | |
| Q21 | I take part in organizations that help people with diabetes | **BEHAVIOUR** | | | | |
| Q22 | I can relate to other people who live with diabetes | **RELATEDNESS** | | | | |
| Q23 | It is easy for me to ask others for help | **RELATEDNESS** | | | | |
| Q24 | I can learn from other people who live with diabetes | **RELATEDNESS** | | | | |
| Q25 | I work with my family and/or friends to manage my diabetes | **RELATEDNESS** | | | | |
| Q26 | I help others with diabetes find the services they need | **RELATEDNESS** | | | | |
| Q27 | I could use what I have learned about diabetes to help others | **RELATEDNESS** | | | | |
| Q28 | If I could, I would play a part in improving diabetes care in our healthcare system | **RELATEDNESS** | | | | |