McGill Empowerment Assessment – Diabetes (MEA-D)

The purpose of the MEA-D is to assess a person’s experience with diabetes. This assessment may be useful for informing strategies to improve diabetes care.

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**  **♥♥♥♥♥** |
| I am able to solve problems in my life when they arise | 1 | 2 | 3 | 4 | 5 |
| I am sure about the decisions I make | 1 | 2 | 3 | 4 | 5 |
| Most of the time, I am able to control my diabetes | 1 | 2 | 3 | 4 | 5 |
| The main thing that affects my health is what I do myself | 1 | 2 | 3 | 4 | 5 |
| I am able to make a plan that works to reach my goals in diabetes | 1 | 2 | 3 | 4 | 5 |
| I feel confident in my ability to learn and grow when it comes to diabetes care | 1 | 2 | 3 | 4 | 5 |
| I know how to motivate myself to care for my diabetes | 1 | 2 | 3 | 4 | 5 |
| My ideas help in deciding on a plan to manage my diabetes | 1 | 2 | 3 | 4 | 5 |
| Patients can help improve diabetes care | 1 | 2 | 3 | 4 | 5 |
| I would try to change the healthcare system when issues with my healthcare arise | 1 | 2 | 3 | 4 | 5 |
| I have a good understanding of what diabetes is and how it works | 1 | 2 | 3 | 4 | 5 |
| Factors like income and education can have an impact on diabetes care | 1 | 2 | 3 | 4 | 5 |
| I know what to do when I need to better control my diabetes | 1 | 2 | 3 | 4 | 5 |

How much do you agree with the following statements?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree**  **♥** | **Disagree**  **♥♥** | **Neutral**  **♥♥♥** | **Agree**  **♥♥♥♥** | **Strongly Agree**  **♥♥♥♥♥** |
| I know where to go to get the help I need to manage my diabetes | 1 | 2 | 3 | 4 | 5 |
| I have strengths in other areas of my life that I use to better manage my diabetes | 1 | 2 | 3 | 4 | 5 |
| I take action to learn about how to control my diabetes | 1 | 2 | 3 | 4 | 5 |
| I make changes to better manage stress in my life | 1 | 2 | 3 | 4 | 5 |
| I make changes to better live with my diabetes | 1 | 2 | 3 | 4 | 5 |
| I take part in in activities in my community | 1 | 2 | 3 | 4 | 5 |
| I take part in community activities to improve my health | 1 | 2 | 3 | 4 | 5 |
| I take part in organizations that help people with diabetes | 1 | 2 | 3 | 4 | 5 |
| I can relate to other people who live with diabetes | 1 | 2 | 3 | 4 | 5 |
| It is easy for me to ask others for help | 1 | 2 | 3 | 4 | 5 |
| I can learn from other people who live with diabetes | 1 | 2 | 3 | 4 | 5 |
| I work with my family and/or friends to manage my diabetes | 1 | 2 | 3 | 4 | 5 |
| I help others with diabetes find the services they need | 1 | 2 | 3 | 4 | 5 |
| I could use what I have learned about diabetes to help others | 1 | 2 | 3 | 4 | 5 |
| If I could, I would play a part in improving diabetes care in our healthcare system | 1 | 2 | 3 | 4 | 5 |