

Acceptance and Action Diabetes Questionnaire

This version of the AAQ, the Acceptance and Action Diabetes Questionnaire, originally emerged out of a study to help people manage their diabetes (Gregg, Callaghan, Hayes, & Glenn-Lawson, 2007). We found that adding ACT training was an overall improvement.

This version of the AADQ has been refined by other researchers in the field to be simpler to use and easier to read (Schmitt, Reimer, Kulzer, Haak, Gahr, & Hermanns, 2014). Use it to track your progress in applying the psychological flexibility skills to your thoughts and feelings about your diabetes. Use my suggestions in the book (especially chapter 20), and even consider having trusted friends or family members join you.

AADQ

	Never			Always
1. I try to avoid reminders of my diabetes	1	2	3	4 5
2. I do not take care of my diabetes because it reminds me that I have diabetes	1	2	3	4 5
3. When I have an upsetting feeling or thought about my diabetes, I try to get rid of that feeling or thought	1	2	3	4 5
4. I avoid taking or forget to take my medication because it reminds me that I have diabetes	1	2	3	4 5
5. I often deny to myself what diabetes can do to my body	1	2	3	4 5
6. I avoid thinking about what diabetes can do to me	1	2	3	4 5

To score: Sum all response values. Higher values indicate greater non-acceptance.

References

Gregg, J.A., Callaghan, G.M., Hayes, S.C., & Glenn-Lawson, J.L. (2007). Improving diabetes self-management through acceptance, mindfulness, and values: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 75*(2), 336-343.

Schmitt, A., Reimer, A., Kulzer, B., Haak, T., Gahr, A., & Hermanns, N. (2014). Assessment of diabetes acceptance can help identify patients with ineffective diabetes self-care and poor diabetes control. *Diabetic Medicine, 31*(11), 1446-1451.

Shayeghian, Z., Hassanabadi, H., Aguilar-Vafaie, M. E., Amiri, P., & Besharat, M. A. (2016). A randomized controlled trial of acceptance and commitment therapy for type 2 diabetes management: the moderating role of coping styles. *PloS One, 11*(12), e0166599.