

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.

	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

	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 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 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