

# MCGILL EMPOWERMENT ASSESSMENT – DIABETES (MEA-D) INSTRUCTIONS

## 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.

## 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.

## 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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## SCORING INSTRUCTIONS

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

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

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