

# Measure # 21: Resources and Support for Self-Management (RSSM)

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The following items were excerpted from Table 2 in the article: Lauren A. McCormack, Pamela A. Williams-Piehota, Carla M. Bann, Joseph Burton, Douglas B. Kamerow, Claudia Squire, Edwin Fisher, Carol A. Brownson and Russell E. Glasgow. Development and validation of an instrument to measure resources for chronic illness self-management: a model using diabetes. *The Diabetes Educator* 34(4), pp.707-18 © 2008 by The Diabetes Educator. Reprinted by Permission of SAGE Publications.

Item/Scale	Item/Scale
Overall RSSM	
Individualized assessment	
1. In the past 3 months, how often did someone on your diabetes care team ask about what's important to you when helping you manage your diabetes?	15. In the past 3 months, how often did someone on your diabetes care team contact you to see how things are going between appointments?
2. In the past 3 months, how often did someone on your diabetes care team ask you questions about your health habits?	Community resources
Collaborative goal setting	16. How many programs or activities are there in your community now to help with your diabetes?
3. Has anyone on your care team ever helped you make a plan to take care of your diabetes?	17. In your community, how much overall support is there for people with diabetes?
4. Has someone on your care team ever helped you set goals to take care of your diabetes?	
5. In the past 3 months, how often did someone on your care team check to see how you're doing with your goals?	
Enhancing skills	
6. In the past 3 months, how often did someone on your diabetes care team teach you how to deal with stress or feeling sad?	
7. In the past 3 months, how often did someone on your diabetes care team teach you how to take care of your diabetes?	
8. In the past 3 months, how often did someone on your diabetes care team teach you how to deal with problems that come up?	
Ongoing follow-up and support	
9. Does someone on your diabetes care team schedule appointments to review how your diabetes is doing even when you are not sick?	
10. In the past 3 months, how many times did you talk to or meet with someone on your diabetes care team?	
11. In the past 3 months, did someone on your diabetes care team help you find support groups or others ways you can talk about your diabetes?	
12. In the past 3 months, how often did someone on your care team help you get medicines and other supplies for your diabetes?	
13. In the past 3 months, how often did someone on your care team ask you about any problems with your medications?	
14. In the past 3 months, how often did you get the information you needed from your diabetes care team?	