<table>
<thead>
<tr>
<th>Item no.</th>
<th>Item</th>
<th>Factors</th>
<th>1 Personal disease risk</th>
<th>2 Environmental risk</th>
<th>3 Worry</th>
<th>4 Optimistic bias</th>
<th>5 Perceived personal control</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>I feel that I have little control over risks to my health(^a)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>If I am going to get complications from diabetes, there is not much I can do about it(^a)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>My own efforts can help control my risks of getting diabetes complications</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>If I make a good effort to control the risks of diabetes complications, I am much less likely to get complications</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>I am very concerned about getting diabetes health problems(^a)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.75</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>I worry about getting diabetes complications(^a)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.74</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Compared to other people with diabetes of my same age and sex, I am less likely than they are to get diabetes complications</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Compared to other people with diabetes of my same age and sex, I am less likely to have serious health problems</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.90</td>
<td></td>
</tr>
</tbody>
</table>

The statements below are about your risk (or chances) of having diabetes health problems

6. I feel that I have little control over risks to my health\(^a\)
7. If I am going to get complications from diabetes, there is not much I can do about it\(^a\)
11. My own efforts can help control my risks of getting diabetes complications
13. If I make a good effort to control the risks of diabetes complications, I am much less likely to get complications
8. I am very concerned about getting diabetes health problems\(^a\)
12. I worry about getting diabetes complications\(^a\)
9. Compared to other people with diabetes of my same age and sex, I am less likely than they are to get diabetes complications
10. Compared to other people with diabetes of my same age and sex, I am less likely to have serious health problems

Below is a list of health problems and diseases

14. Heart attack: 0.44 0.51
15. Foot amputation: 0.75
16. Cancer: 0.69
17. Vision problems: 0.76
18. High blood pressure: 0.69
19. Numb feet: 0.70
20. Stroke: 0.65
21. Blindness: 0.79
22. Kidney failure: 0.74

The following is a list of possible hazards or dangerous conditions in the environment around most of us

23. Medical tests (e.g. X-ray, MRI): – 0.54 0.48
24. Violent crime: –
25. Extreme weather (hot or cold): –
26. Driving/riding in an automobile (car): – 0.40 0.53
27. Street drugs (illegal drugs): – 0.56
28. Air pollution: – 0.59
29. Pesticides: – 0.77
30. Household chemicals (cleaners): – 0.76
31. Cigarette smoke from people smoking around you: – 0.75

\(^a\)Reverse scored.

MRI = magnetic resonance imaging.