Diabetes Self-Management Behavior Interview (DSM-BI)

In the **IMB model**, "Self-Management Behavior" is the ultimate outcome of the Information, Motivation, and Behavioral Skills pathway. While behavioral skills measure *capability*, this questionnaire measures the **actual performance** of these actions in the patient's daily life.

For a face-to-face interview, the questions are phrased to elicit a report of frequency and consistency over the **past 7 days**.

Instructions for Interviewer: Ask the patient the following questions regarding their habits over the last week. Rate their response on a scale of **0 (Never/Rarely)**, **1 (Sometimes/Inconsistent)**, or **2 (Always/Consistent)**.

Item	Behavior Domain	Interview Question	0 (Never/Rarely)	1 (Sometimes)	2 (Always/Daily)
1	**Dietary Adherence**	"In the last 7 days, how often did you follow the healthy eating plan recommended by your healthcare provider?"	0–1 days; did not follow a plan at all.	2–4 days; followed it about half the time.	5–7 days; followed the plan very closely.
2	**Physical Activity**	"Over the past week, how many days did you engage in at least 30 minutes of physical activity (like walking)?"	0 days; no intentional exercise.	1–2 days; some activity but not consistent.	3 or more days; met the weekly activity goals.
3	**Glucose Monitoring**	"How consistently did you check your blood sugar levels as often as we discussed in our last visit?"	Did not check at all or missed almost all checks.	Checked some days, but missed many sessions.	Checked exactly as recommended every day.
4	**Medication Taking**	"In the last week, how many days did you take all your diabetes medications (or	Missed most doses or took none at all.	Missed 2–3 doses during the week.	Took all doses correctly every single day.

		insulin) exactly as prescribed?"			
5	**Foot Care**	"How many times in the last 7 days did you check your feet for redness, cuts, or swelling?"	0 days; did not check feet at all.	1–3 days; checked them occasionally.	Daily; checked feet every single day.
6	**Problem Management**	"When your blood sugar was out of range (or you felt 'off') this week, did you take the correct action to fix it?"	Did nothing or took the wrong action.	Sometimes took action, but was unsure or late.	Always took the correct action immediately.

Scoring & Interpretation

- **Total Score:** 0–12 points.
- **Low Behavior (0–4):** Poor self-management; high risk for poor glycemic control (A1c).
- **Moderate Behavior (5–8):** Partial adherence; identifies specific areas for clinical intervention.
- **High Behavior (9–12):** Excellent self-management; likely to show improved clinical outcomes.

Supporting References (APA Style)

- **Fisher, W. A., Fisher, J. D., & Shuper, P. A. (2009).** The Information-Motivation-Behavioral Skills model of HIV preventive behavior: A health psychology framework. In S. DiClemente, R. A. Crosby, & M. C. Kegler (Eds.), *Emerging theories in health promotion practice and research* (2nd ed., pp. 21–63). Jossey-Bass.
- **Osborn, C. Y., & Fisher, J. D. (2008).** The IMB model of diabetes self-care: Advancing emotional personal motivation and clinical social motivation. *Health Psychology*, *27*(6), 713–722.
- **Toobert, D. J., Hampson, S. E., & Glasgow, R. E. (2000).** The summary of diabetes self-care activities measure: Results from 7 studies and a revised scale. *Diabetes Care*, *23*(6), 759–765. (Basis for the 7-day recall method used in these items).