

Measures and Tools from NY Regional CDTR Faculty

LIFESTYLE

WAVE (Weight, Activity, Variety, Excess) Card

[Download](#)

The double-sided WAVE Card is a quick reference card for health professionals, containing questions relating to the physical activity and eating habits of their patients on card front. The back of the card provides instructions and recommendations based on the patient's score.

Related Article:

[Barner CW, Wylie-Rosett J, Gans K. WAVE: a pocket guide for a brief nutrition dialogue in primary care. Diabetes Educ. 2001;27\(3\):352-8, 361-2.](#)

Rapid Eating and Activity Assessment for Participants - short version (REAP-S)

[Download](#); [Download Vadiveloo Review](#)

The REAP-S is a 16-item questionnaire designed to quickly assess the dietary and eating habits of patients, particularly in a low-literacy population.

Related Article:

[Segal-Isaacson CJ, Gans KM, Wylie-Rosett J. Validation of a short dietary assessment questionnaire: the Rapid Eating and Activity Assessment for Participants short version \(REAP-S\). Diabetes Educ 2004;30\(5\):774-781.](#)

Kid-Weight, Activity, Variety and Excess (WAVE) Get Healthy Game

[Download English](#); [Download Spanish](#); [Download Kids WAVE My Plate](#)

A double sided card with a game-like self-assessment scoring on the front and the back of the card provides options related to Activity e.g., playing active video game, Variety e.g., eating a vegetable x times a day, Excess e.g., avoiding super-sizing or drinking water rather than sugary drinks

Related Article:

Wylie-Rosett J, Isasi C, Soroudi N, Soroker E, Sizemore C, Groisman-Perelstein A, Bass J, Diamantis P, Ahmed T, Gandhi R. [KidWAVE: Get Healthy Game--promoting a more healthful lifestyle in overweight children. J Nutr Educ Behav. 2010;42\(3\):210-2.](#)

Quick Weight Activity, Variety and Excess (WAVE) Screener

[Download Screener](#); [Download Scoring Guide](#)

A 17-item questionnaire with items related to the WAVE themes suitable for assessment in adolescents or adults. Survey items derived from the Behavioral Risk Factor Surveillance System (BRFSS) survey, assessment of food insecurity from United States Department of Agriculture.

Related Articles:

[Soroudi N, Wylie-Rosett J, Moqul D. Quick WAVE Screener: a tool to address weight, activity, variety and excess. The Diabetes Educator 2004;30:616-640.](#)

[Isasi CM, Soroudi N, Wylie-Rosett J. Youth WAVE Screener: addressing weight-related behaviors with school-age children. The Diabetes Educator 2006;32\(3\):415-22.](#)

RISK PERCEPTION

Risk Perception Survey-Diabetes Mellitus (RPS-DM) and Scoring Guide

[\(Phone Survey - English\)](#) [\(Phone Survey - Spanish\)](#)

[\(Print Survey - English\)](#) [\(Print Survey - Spanish\)](#)

[\(Scoring Guide\)](#)

The RPS-DM is a 31-item survey for people with diagnosed diabetes (type 1 or 2) to assess comparative risk perceptions related to diabetes and its complications, including an environmental risk subscale. There are 6 subscales. The risk knowledge subscale is not scored with the rest of the composite items, but is an appropriate descriptive score for measuring change in risk knowledge. There are versions available for data collection by telephone interview or print versions for in-person completion or mailing to the respondent

[Click Here for RPS-DM Related Articles](#)

Risk Perception Survey for Developing Diabetes (RPS-DD) and Scoring Guide and Psychometrics

[\(Download English Survey\)](#) [\(Download Spanish Survey\)](#) [\(Scoring Guide\)](#)

The RPS-DD (Developing Diabetes) is a 43-item survey (in English) appropriate for people who are at risk for type 2 diabetes, and it assesses their comparative risk perceptions for developing diabetes and/or its complications, as well as their environmental perceived risks. It has recently been shortened from a previous version, although the composite risk scale includes the same items as before. This version is appropriate for print administration

[Click Here for RPS-DD Related Articles](#)

MEDICATION ADHERENCE

Medication Adherence Self-Rating Items

[Download English](#)

These single item self-ratings were based on prior validation work in HIV/AIDS and were adapted and validated in type 2 diabetes.

Related Articles:

[Gonzalez JS, Schneider HE, Wexler DJ, Psaros C, Delahanty LM, Cagliero E, Safren SA. Validity of medication adherence self-reports in adults with type 2 diabetes. Diabetes Care. 2013; 36\(4\):831-7.](#)

[Gonzalez JS, Kane NS, Binko HD, Shapira A, Hoogendoorn CJ. Tangled up in blue: unraveling the links between emotional distress and treatment adherence in type 2 diabetes. Diabetes Care 2016; 39\(6\):931-934.](#)