



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Diabetes Affecting My Mental Health?

10 questions about the psychological burden of managing diabetes

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is Diabetes Affecting My Mental Health?

This assessment helps understand the emotional impact of living with diabetes. It guides you to reflect on your experiences and feelings.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Does managing diabetes feel like a constant burden?
- Do you feel low or sad frequently?
- Do you worry excessively about diabetes complications?
- Do you feel exhausted by the daily diabetes routine?
- Do you feel guilty after eating foods not on your diet plan?
- Are you often fearful of low blood sugar episodes?
- Does diabetes negatively affect your social life and meals?
- Do you feel your life is controlled by diabetes?
- Do you feel your family offers adequate support?
- How would you rate your overall quality of life with diabetes?

Score: Count the number of 'Yes' answers for questions 1-8. For question 9, count 'No'. For question 10, assign scores: 4 (Very Good), 3 (Good), 2 (Fair), 1 (Poor). Sum all scores.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 25-28

Managing Well

You are navigating the challenges of diabetes with resilience. Your coping strategies appear effective in maintaining well-being.

SCORE: 21-24

Mild Burden

You are experiencing some difficulties with diabetes management. Gentle adjustments and self-compassion can make a difference.

SCORE: 17-20

Moderate Burden

The emotional toll of diabetes is becoming significant. Consider exploring additional support systems and self-care practices.

SCORE: 10-16

High Burden

Living with diabetes feels overwhelming right now. Seeking professional guidance can provide valuable tools and support for managing distress.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Acknowledge that managing diabetes is demanding, and it's okay to feel overwhelmed sometimes. Focus on one day at a time and celebrate small victories in your self-care journey.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspects of diabetes management cause you the most distress?

2. How do your family dynamics influence your approach to diabetes care?

3. What small changes can you introduce to improve your quality of life?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Understanding Diabetes Distress

Explore the emotional burden of diabetes management.

₹199

2

Mindful Eating for Diabetes

Cultivate a healthier relationship with food.

₹99

3

Building a Diabetes Support System

Strengthen connections for better well-being.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– Dr. Priya Dubey Sharma

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manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224