Introduction
It is of common sense that psychological wellbeing is correlated with the physical wellbeing of a patient. Most available studies have shown that such associations were found in patients with type II DM in terms of problem (Huang et al, 2010) or distress level (Ting et al, 2011). The sense of empowerment of the patients also predicted better blood sugar level (Shiu et al, 2003). The present study intended to replicate such finding in patients with type I DM patients, who were known to have different psychological profile with type II patients. It is hoped that the measures could be applied to the former group so as to serve as valid outcome measures.

Objectives
1. To evaluate the use of psychological wellbeing measures to patients with DM. 2. To examine the relationship between psychological correlates and the health indexes of DM patients.

Methodology
A total of 81 DM patients (38 men, 43 women; 47% men, 53% women), aged 18-63 (mean=36.2, SD=10.6) were included in the study, with 70 of them (86%) having type 1 DM and 11 of them (14%) having type 2 DM. Glycosylated hemoglobin (HbA1C) level, blood pressure, triglyceride (TG) level, HDL and LDL cholesterol levels were measured as health indexes. Chinese version of the Diabetes Distress Scale (CDSS), Chinese version of the Problem Areas in Diabetes (PAID-C) scale, and Chinese version of the Diabetes Empowerment Scale (C-DES) were employed as psychological measurements. Demographic background and illness history were
measured. Correlation coefficients were calculated between health indexes and psychological indexes.

**Result**

1. Level of HbA1C positively correlated with number of significant events, $r(81) = 0.33$, $p < .01$. 2. No significant correlation was found between health indexes and psychological measures PAID-C and C-DES. 3. The study suggested that psychological intervention should focus on adaptive coping with significant life events which predicts most on health outcomes. 4. Further development or refinement of the present psychological measures would be needed to better capture the idiosyncratic need of patients with type 1 DM. Huang, M. F., Courtney, M., Edwards, H., & McDowell, J. (2010). Validation of the Chinese version of the Problem Areas in Diabetes (PAID-C) scale. Diabetes Care, 33(1), 38-40. Ting, R. Z. W., et al. (2011). Diabetes-related distress and physical and psychological health in Chinese type 2 diabetic patients. Diabetes Care, 34(5), 1094-1096. Shiu, A. T. Y., Wong, R. Y. M., & Thompson, D. R. (2003). Development of a reliable and valid Chinese version of the diabetes empowerment scale. Diabetes Care, 26(10), 2817-2821.