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DIANA SHIPPING INC. REPORTS FINANCIAL RESULTS FOR THE FOURTH QUARTER AND YEAR ENDED DECEMBER 31, 2016

ATHENS, GREECE, February 14, 2017 – Diana Shipping Inc. (NYSE: DSX), (the "Company"), a global shipping company specializing in the ownership of dry bulk vessels, today reported a net loss of \$23.3 million and a net loss attributed to common stockholders of \$24.7 million for the fourth quarter of 2016. This compares to a net loss of \$22.5 million and a net loss attributed to common stockholders of \$23.9 million for the fourth quarter of 2015.

Time charter revenues were \$28.0 million for the fourth quarter of 2016, compared to \$38.3 million for the same quarter of 2015. The decrease in time charter revenues was due to decreased average time charter rates that we achieved for our vessels during the quarter and was partly offset by revenues derived from the increase in ownership days resulting from the enlargement of our fleet.

Net loss and net loss attributed to common stockholders for the year ended December 31, 2016 amounted to \$164.2 million and \$170.0 million, respectively, of which \$56.5 million relates to loss and impairment of our investment in Diana Containerships Inc. This compares to a net loss and a net loss attributed to common stockholders of \$64.7 million and \$70.5 million, respectively, for the year ended December 31, 2015. Time charter revenues were \$114.3 million for the year ended December 31, 2016, compared to \$157.7 million for the year ended December 31, 2015.

Fleet Employment Profile (As of February 13, 2017)

Diana Shipping Inc.'s fleet is employed as follows:

Vessel BUILT DWT	Sister Ships*	Gross Rate (USD Per Day)	Com**	Charterers	Delivery Date to Charterers** *	Redelivery Date to Owners****	Note
BOILT DWT		Day		23 Panamax Bulk	Carriers		
DANAE				Dampskibsselskabet			
	A	\$4,900	5.00%	Norden A/S, Copenhagen	9-Dec-15	11-Feb-17	1
2001 75,106							
DIONE	А	\$4,350	5.00%	Nidera S.P.A., Roma	4-Feb-16	28-Jan-17	
		\$7,200	5.00%	Caravel Shipping	3-Feb-17	4-May-17	
		\$7,050	5.00%	Limited, Hong Kong	4-May-17	3-Nov-17 - 18-Feb-18	
2001 75,172							
NIREFS	А	\$4,600	5.00%	Transgrain Shipping B.V., Rotterdam	15-Jan-16	14-Feb-17	2
2001 75,311							
ALCYON	А	\$5,000	5.00%	Dampskibsselskabet Norden A/S, Copenhagen	4-May-16	4-May-17 - 4-Sep-17	
2001 75,247							
TRITON	А	\$6,800	5.00%	Glencore Grain B.V., Rotterdam	28-Oct-15	25-Oct-16	
		\$6,300	5.00%	Windrose SPS Shipping and Trading S.A., Geneva	25-Oct-16	25-Mar-17 - 9-Jun-17	
2001 75,336							
OCEANIS	А	\$5,200	5.00%	Nidera S.P.A., Roma	30-Jun-16	30-Mar-17 - 30-May-17	
2001 75,211 THETIS				Transis Chinaire			
2004 73,583	В	\$5,150	5.00%	Transgrain Shipping B.V., Rotterdam	19-Jun-16	19-Apr-17 - 3-Aug-17	
PROTEFS				Transgrain Chinning			
THOTEI'S	В	\$4,500	5.00%	Transgrain Shipping B.V., Rotterdam	23-Feb-16	25-Feb-17 - 23-Jun-17	2
2004 73,630							
CALIPSO	В	\$6,020	5.00%	Windrose SPS Shipping and Trading	24-Aug-16	24-Feb-17 - 8-Apr-17	2
2005 73,691				S.A., Geneva			
CLIO	В	\$5,350	5.00%	Transgrain Shipping B.V., Rotterdam	22-May-16	22-Apr-17 - 22-Jul-17	
2005 73,691				,			
NAIAS	В	\$5,000	5.00%	Bunge S.A., Geneva	26-May-16	27-Dec-16	
		\$7,500	5.00%	Glencore Agriculture B.V., Rotterdam	27-Dec-16	12-Jul-17 - 11-Nov-17	
2006 73,546							
ARETHUSA	В	\$5,000	5.00%	United Bulk Carriers International S.A., Luxembourg	10-Jun-16	23-Jan-17	3
		\$7,200	5.00%	Noble Resources International Pte. Ltd., Singapore	23-Jan-17	23-Nov-17 - 23-Mar-18	
2007 73,593				,			

13	ERATO	С	\$4,650	5.00%	Glencore Grain B.V.,	26-Mar-16	25-Feb-17 - 26-May-17	2
			, ,		Rotterdam			
	2004 74,444							
14	CORONIS	С	\$4,750	5.00%	Narina Maritime Ltd	19-Mar-16	19-Feb-17 - 19-May-17	
	2006 74,381							
15								
15	MELITE	D	\$7,250	4.75%	Cargill International	13-Oct-15	6-Dec-16	
					S.A., Geneva			
			\$8,000	5.00%	Uniper Global Commodities SE,	6 Doc 16	6-Jul-17 - 6-Oct-17	
			<i>\$8,000</i>	5.00%	Düsseldorf	6-Dec-16	8-Jul-17 - 8-Oct-17	
	2004 76,436							
16	MELIA	D	\$7,200	5.00%	Nidera S.P.A., Roma	24-Oct-15	17-Feb-17 - 24-Feb-17	2
	2005 76,225							
17	ARTEMIS		\$5,350	5.00%	Bunge S.A., Geneva	7-Jun-16	7-Apr-17 22-Jul-17	
	2006 76,942		JJ,JJU	5.0070	bullge 5.A., Geneva	7-Juli-10	/-Api-1/ 22-301-1/	
18	LETO		\$7,100	4.75%	Cargill International	19-Jun-15	29-Dec-16	
			+-)		S.A., Geneva			
			\$7,750	5.00%	Glencore Agriculture	29-Dec-16	29-Sep-17 - 29-Jan-18	
	2010 01 207				B.V., Rotterdam			
	2010 81,297							
19	SELINA				Dampskibsselskabet			
		E	\$5,800	5.00%	Norden A/S,	24-Mar-16	24-Jan-17	
					Copenhagen			
			\$4,500	5.00%	BG Shipping Co.,	24-Jan-17	23-Feb-17	
			\$7,100	5.00%	Limited, Hong Kong	23-Feb-17	24-Oct-17 - 8-Feb-18	
	2010 75,700							
20	MAERA							
20	IVIAERA							
		-	¢4 гоо	F 00%	United Bulk Carriers	10 May 16	22 Eab 17 28 Apr 17	n
		E	\$4,500	5.00%	International S.A.,	10-May-16	23-Feb-17 - 28-Apr-17	2
	2013 75 403	E	\$4,500	5.00%		10-May-16	23-Feb-17 - 28-Apr-17	2
	2013 75,403	E	\$4,500	5.00%	International S.A., Luxembourg	10-May-16	23-Feb-17 - 28-Apr-17	2
21	2013 75,403 ISMENE	E	\$4,500	5.00%	International S.A., Luxembourg Glencore Grain B.V.,	10-May-16 7-Aug-16	23-Feb-17 - 28-Apr-17 23-May-17 - 22-Sep-17	2
21	ISMENE	E			International S.A., Luxembourg			2
21		E			International S.A., Luxembourg Glencore Grain B.V.,			2
21 22	ISMENE	E	\$5,850	5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services	7-Aug-16	23-May-17 - 22-Sep-17	2
	ISMENE 2013 77,901 CRYSTALIA				International S.A., Luxembourg Glencore Grain B.V., Rotterdam			2
	ISMENE 2013 77,901		\$5,850	5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services	7-Aug-16	23-May-17 - 22-Sep-17	2
	ISMENE 2013 77,901 CRYSTALIA	F	\$5,850 \$6,250	5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services	7-Aug-16 28-Jun-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17	2
22	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI		\$5,850	5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva	7-Aug-16	23-May-17 - 22-Sep-17	2
22	ISMENE 2013 77,901 CRYSTALIA 2014 77,525	F	\$5,850 \$6,250	5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V.,	7-Aug-16 28-Jun-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17	2
22	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI	F	\$5,850 \$6,250	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam	7-Aug-16 28-Jun-16 26-Mar-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17	2
22 23	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529	F	\$5,850 \$6,250	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (7-Aug-16 28-Jun-16 26-Mar-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17	2
22	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI	F	\$5,850 \$6,250	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (RWE Supply &	7-Aug-16 28-Jun-16 26-Mar-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17	2
22 23	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA	F	\$5,850 \$6,250 \$5,300	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (7-Aug-16 28-Jun-16 26-Mar-16 Carriers	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18	2
22 23 24	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193	F	\$5,850 \$6,250 \$5,300	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam 4 Kamsarmax Bulk RWE Supply & Trading GmbH, Essen	7-Aug-16 28-Jun-16 26-Mar-16 Carriers	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18	2
22 23	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA	F	\$5,850 \$6,250 \$5,300	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam 4 Kamsarmax Bulk RWE Supply & Trading GmbH, Essen RWE Supply &	7-Aug-16 28-Jun-16 26-Mar-16 Carriers	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18	2
22 23 24	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI	F	\$5,850 \$6,250 \$5,300 \$7,500	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam 4 Kamsarmax Bulk RWE Supply & Trading GmbH, Essen	7-Aug-16 28-Jun-16 26-Mar-16 Carriers 13-Nov-15	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17	2
22 23 24	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI 2010 82,117	F	\$5,850 \$6,250 \$5,300 \$7,500	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam 4 Kamsarmax Bulk RWE Supply & Trading GmbH, Essen RWE Supply &	7-Aug-16 28-Jun-16 26-Mar-16 Carriers 13-Nov-15	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17	2
22 23 24	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI	F G G	\$5,850 \$6,250 \$5,300 \$7,500 \$5,550	5.00% 5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (RWE Supply & Trading GmbH, Essen RWE Supply & Trading GmbH, Essen Quadra Commodities	7-Aug-16 28-Jun-16 26-Mar-16 Carriers 13-Nov-15 9-Mar-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17 9-Mar-17 - 24-Jun-17	2
22 23 24 25	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI 2010 82,117 MEDUSA	F	\$5,850 \$6,250 \$5,300 \$7,500	5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (RWE Supply & Trading GmbH, Essen RWE Supply & Trading GmbH, Essen	7-Aug-16 28-Jun-16 26-Mar-16 Carriers 13-Nov-15	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17	2
22 23 24 25	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI 2010 82,117	F G G	\$5,850 \$6,250 \$5,300 \$7,500 \$5,550	5.00% 5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (RWE Supply & Trading GmbH, Essen RWE Supply & Trading GmbH, Essen Quadra Commodities	7-Aug-16 28-Jun-16 26-Mar-16 Carriers 13-Nov-15 9-Mar-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17 9-Mar-17 - 24-Jun-17	2
22 23 24 25	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI 2010 82,117 MEDUSA	F F G G	\$5,850 \$6,250 \$5,300 \$7,500 \$5,550 \$6,300	5.00% 5.00% 5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (RWE Supply & Trading GmbH, Essen RWE Supply & Trading GmbH, Essen Quadra Commodities S.A., Geneva	7-Aug-16 28-Jun-16 26-Mar-16 Carriers 13-Nov-15 9-Mar-16 7-Apr-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17 9-Mar-17 - 24-Jun-17 15-Mar-17 - 30-Jul-17	2
22 23 24 25 26	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI 2010 82,117 MEDUSA 2010 82,194	F G G	\$5,850 \$6,250 \$5,300 \$7,500 \$5,550 \$6,300 \$6,000	5.00% 5.00% 5.00% 5.00% 5.00% 5.00% 4.75%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Glencore Grain B.V., Rotterdam KAMSATMAX Bulk (RWE Supply & Trading GmbH, Essen RWE Supply & Trading GmbH, Essen Quadra Commodities S.A., Geneva Cargill International	7-Aug-16 28-Jun-16 26-Mar-16 26-Mar-16 9-Mar-16 7-Apr-16 24-Dec-15	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17 9-Mar-17 - 24-Jun-17 15-Mar-17 - 30-Jul-17 17-Jan-17	2
22 23 24 25 26	ISMENE 2013 77,901 CRYSTALIA 2014 77,525 ATALANDI 2014 77,529 MAIA 2009 82,193 MYRSINI 2010 82,117 MEDUSA 2010 82,194	F F G G	\$5,850 \$6,250 \$5,300 \$7,500 \$5,550 \$6,300	5.00% 5.00% 5.00% 5.00% 5.00%	International S.A., Luxembourg Glencore Grain B.V., Rotterdam SwissMarine Services S.A., Geneva Glencore Grain B.V., Rotterdam Kamsarmax Bulk (RWE Supply & Trading GmbH, Essen RWE Supply & Trading GmbH, Essen Quadra Commodities S.A., Geneva	7-Aug-16 28-Jun-16 26-Mar-16 Carriers 13-Nov-15 9-Mar-16 7-Apr-16	23-May-17 - 22-Sep-17 28-May-17 28-Aug-17 26-Nov-17 - 26-Apr-18 13-Apr-17 - 13-Jul-17 9-Mar-17 - 24-Jun-17 15-Mar-17 - 30-Jul-17	2

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				3	Post-Panamax Bulk	Carriers		
	ALCMENE		\$6,750	5.00%	ADM International Sarl, Rolle, Switzerland	13-May-15	25-Feb-17 - 2-Jun-17	2
÷	2010 93,193 AMPHITRITE		67 700	5 000/				
	2012 98,697	Н	\$7,700	5.00%	Bunge S.A., Geneva	15-Jul-15	30-Apr-17 - 30-Aug-17	
	POLYMNIA	н	\$5,650	4.75%	Cargill International S.A., Geneva	15-Dec-15	25-Feb-17 - 15-Mar-17	2
	2012 98,704							
					14 Capesize Bulk C	arriers		
	NORFOLK	-	\$4,350	5.00%	SwissMarine Services S.A., Geneva	28-Mar-16	23-Feb-17 - 28-Mar-17	2
	2002 164,218							
	ALIKI		\$5,300	5.00%	SwissMarine Services	16-Jan-16	15-Feb-17	4
			\$10,300	5.00%	S.A., Geneva	15-Feb-17	31-Dec-17 - 15-Apr-18	
	2005 180,235							
	BALTIMORE		\$7,750	4.75%	Cargill International	29-Jul-16	15-Feb-17	4
			\$11,300	4.75%	S.A., Geneva	15-Feb-17	15-Mar-18 - 30-Jun-18	4
	2005 177,243							
	SALT LAKE CITY		BCI 4TCs AVG + 3.5%	5.00%	K Noble Hong Kong Ltd., Hong Kong	7-Feb-15	20-Jan-17	
			\$9,000	5.00%	Uniper Global Commodities SE, Düsseldorf	20-Jan-17	20-Jan-18 - 20-May-18	
	2005 171,810							
•	SIDERIS GS	I	\$6,500	5.00%	Rio Tinto Shipping (Asia) Pte., Ltd., Singapore	22-Dec-15	23-Feb-17 - 7-Jul-17	2,
	2006 174,186							
	SEMIRIO	I	\$4,800	5.00%	SwissMarine Services	6-Feb-16	25-Feb-17 - 6-May-17	2
	2007 174,261		ų ijece	010070	S.A., Geneva	0.00 10	20100 27 0 110 110 11	-
	BOSTON	I	\$13,000	4.75%	Clearlake Shipping Pte. Ltd., Singapore	9-Aug-15	25-May-17 - 24-Oct-17	6
	2007 177,828				, <u>J.F.</u>			
•	HOUSTON		ćr 450	F 00%	SwissMarine Services	20 Jan 10	24 Feb 17 - 20 Mar 17	~
	2000 477 700	I	\$5,150	5.00%	S.A., Geneva	29-Jan-16	24-Feb-17 - 29-Mar-17	2
	2009 177,729							
	NEW YORK	I	\$5,200	5.00%	Rio Tinto Shipping (Asia) Pte., Ltd., Singapore	3-Feb-16	24-Feb-17 - 18-May-17	2
	2010 177,773							
	SEATTLE	J	\$7,300	4.75%	SwissMarine Services S.A., Geneva	9-Dec-15	8-Feb-17	
			\$11,700	5.00%	Koch Shipping Pte. Ltd., Singapore	8-Feb-17	8-Apr-18 - 23-Jul-18	
	2011 179,362							
	P. S. PALIOS	J	\$13,000	5.00%	RWE Supply & Trading GmbH, Essen	18-Sep-15	27-Jan-17	
			\$10,550	5.00%	Koch Shipping Pte. Ltd., Singapore	27-Jan-17	27-Jan-18 - 11-Jun-18	
	2013 179,134				,			

2	G. P. ZAFIRAKIS	к	\$6,500	5.00%	RWE Supply & Trading GmbH, Essen	14-Feb-16	14-May-17 - 14-Aug-17	
	2014 179,492							
	SANTA BARBARA	К	\$7,500	5.00%	RWE Supply & Trading GmbH, Essen	18-Dec-15	24-Jan-17	
			\$12,000	4.75%	Cargill International S.A., Geneva	24-Jan-17	9-Jan-18 - 24-Apr-18	
	2015 179,426							
	NEW ORLEANS		\$11,650	5.00%	SwissMarine Services S.A., Geneva	11-Nov-15	10-Dec-16	
			\$11,250	5.00%	Koch Shipping Pte. Ltd., Singapore	10-Dec-16	10-Dec-17 - 10-Apr-18	
	2015 180,960							
				4	Newcastlemax Bulk	Carriers		
	LOS ANGELES	L	\$7,750	5.00%		9-Dec-15	14-Jan-17	7
			BCI_2014 5TCs AVG + 14%	5.00%	SwissMarine Services S.A., Geneva	22-Jan-17	7-Feb-18 - 22-Apr-18	
	2012 206,104							
	PHILADELPHIA	L	\$6,450	5.00%	RWE Supply & Trading GmbH, Essen	20-Jan-16	22-Feb-17 - 1-Mar-17	2
	2012 206,040							
7	SAN FRANCISCO	М	\$11,750	5.00%	Koch Shipping Pte. Ltd., Singapore	5-Jan-17	5-Jan-18 - 20-May-18	
	2017 208,006							
	NEWPORT NEWS	М	BCI_2014 5TCs AVG + 24%	5.00%	SwissMarine Services S.A., Geneva	10-Jan-17	10-Nov-18 - 10-Mar-19	
	2017 208,021							

* Each dry bulk carrier is a "sister ship", or closely similar, to other dry bulk carriers that have the same letter.

** Total commission percentage paid to third parties.

*** In case of newly acquired vessel with time charter attached, this date refers to the expected/actual date of delivery of the vessel to the Company.

**** Range of redelivery dates, with the actual date of redelivery being at the Charterers' option, but subject to the terms, conditions, and exceptions of the particular charterparty.

1 Currently without an active charterparty.

2 Based on latest information.

3 As per addendum dated January 2, 2017, charterers exercised their option to extend the initially agreed maximum redelivery date, i.e. January 10, 2017 and pay U\$\$7,000 per day.

4 Estimated date.

5 Vessel off-hire for drydocking from October 24, 2016 to November 11, 2016.

6 Clearlake Shipping Pte. Ltd., Singapore is a member of the Gunvor Group.

7 Vessel on scheduled drydocking from January 14, 2017 to January 22, 2017.

Summary of Selected Financial & Other Data (unaudited)

	Three months ended December 31,					Year ended December 31,		
		2016		2015		2016		2015
STATEMENT OF OPERATIONS DATA (in thousands	of US [Dollars)						
Time charter revenues	\$	28,020	\$	38,285	\$	114,259	\$	157,712
Voyage expenses		1,387		3,424		13,826		15,528
Vessel operating expenses		20,863		23,578		85,955		88,272
Net loss		(23,256)		(22,497)		(164,237)		(64,713)
Net loss attributed to common stockholders		(24,698)		(23,939)		(170,006)		(70,482)
FLEET DATA								
Average number of vessels		46.0		42.1		45.2		40.8
Number of vessels		46.0		43.0		46.0		43.0
Weighted average age of vessels		8.2		7.4		8.2		7.4
Ownership days		4,232		3,870		16,542		14,900
Available days		4,215		3,802		16,447		14,600
Operating days		4,210		3,795		16,354		14,492
Fleet utilization		99.9%		99.8%		99.4%		99.3%
AVERAGE DAILY RESULTS								
Time charter equivalent (TCE) rate (1)	\$	6,319	\$	9,169	\$	6,106	\$	9,739
Daily vessel operating expenses (2)	\$	4,930	\$	6,093	\$	5,196	\$	5,924

(1) Time charter equivalent rates, or TCE rates, are defined as our time charter revenues less voyage expenses during a period divided by the number of our available days during the period, which is consistent with industry standards. Voyage expenses include port charges, bunker (fuel) expenses, canal charges and commissions. TCE is a non-GAAP measure. TCE rate is a standard shipping industry performance measure used primarily to compare daily earnings generated by vessels on time charters with daily earnings generated by vessels on voyage charters, because charter hire rates for vessels on voyage charters are generally not expressed in per day amounts while charter hire rates for vessels on time charters are generally expressed in such amounts.

(2) Daily vessel operating expenses, which include crew wages and related costs, the cost of insurance, expenses relating to repairs and maintenance, the costs of spares and consumable stores, tonnage taxes and other miscellaneous expenses, are calculated by dividing vessel operating expenses by ownership days for the relevant period.

Conference Call and Webcast Information

The Company's management will conduct a conference call and simultaneous Internet webcast to review these results at 8:00 A.M. (Eastern Time) on Tuesday, February 14, 2017.

Investors may access the webcast by visiting the Company's website at <u>www.dianashippinginc.com</u>, and clicking on the webcast link. The conference call also may be accessed by telephone by dialing 1-877-407-8291 (for U.S.-based callers) or 1-201-689-8345 (for international callers), and asking the operator for the Diana Shipping Inc. conference call.

A replay of the webcast will be available soon after the completion of the call and will be accessible for 30 days on <u>www.dianashippinginc.com</u>. A telephone replay also will be available for 30 days by dialing 1-877-660-6853 (for U.S.-based callers) or 1-201-612-7415 (for international callers), and providing the Replay ID number 13653023.

About the Company

Diana Shipping Inc. is a global provider of shipping transportation services through its ownership of dry bulk vessels. The Company's vessels are employed primarily on medium to long-term time charters and transport a range of dry bulk cargoes, including such commodities as iron ore, coal, grain and other materials along worldwide shipping routes.

Cautionary Statement Regarding Forward-Looking Statements

Matters discussed in this press release may constitute forward-looking statements. The Private Securities Litigation Reform Act of 1995 provides safe harbor protections for forward-looking statements in order to encourage companies to provide prospective information about their business. Forward-looking statements include statements concerning plans, objectives, goals, strategies, future events or performance, and underlying assumptions and other statements, which are other than statements of historical facts.

The Company desires to take advantage of the safe harbor provisions of the Private Securities Litigation Reform Act of 1995 and is including this cautionary statement in connection with this safe harbor legislation. The words "believe," "anticipate," "intends," "estimate," "forecast," "project," "plan," "potential," "may," "should," "expect," "pending" and similar expressions identify forward-looking statements.

The forward-looking statements in this press release are based upon various assumptions, many of which are based, in turn, upon further assumptions, including without limitation, our management's examination of historical operating trends, data contained in our records and other data available from third parties. Although we believe that these assumptions were reasonable when made, because these assumptions are inherently subject to significant uncertainties and contingencies which are difficult or impossible to predict and are beyond our control, we cannot assure you that we will achieve or accomplish these expectations, beliefs or projections.

In addition to these important factors, other important factors that, in our view, could cause actual results to differ materially from those discussed in the forward-looking statements include the strength of world economies and currencies, general market conditions, including fluctuations in charter rates and vessel values, changes in demand for dry bulk shipping capacity, changes in our operating expenses, including bunker prices, drydocking and insurance costs, the market for our vessels, availability of financing and refinancing, changes in governmental rules and regulations or actions taken by regulatory authorities, potential liability from pending or future litigation, general domestic and international political conditions, potential disruption of shipping routes due to accidents or political events, vessel breakdowns and instances of off-hires and other factors. Please see our filings with the Securities and Exchange Commission for a more complete discussion of these and other risks and uncertainties.

(See financial tables attached)

DIANA SHIPPING INC.

FINANCIAL TABLES

Expressed in thousands of U.S. Dollars, except share and per share data

UNAUDITED CONSOLIDATED STATEMENTS OF OPERATIONS AND COMPREHENSIVE LOSS

		Three months ended December 31,			Year ended	Dece	cember 31,	
	_	2016		2015		2016		2015
REVENUES:								(audited)
Time charter revenues	\$	28,020	\$	38,285	\$	114,259	\$	157,712
EXPENSES:								
Voyage expenses		1,387		3,424		13,826		15,528
Vessel operating expenses Depreciation and amortization of deferred		20,863		23,578		85,955		88,272
charges		20,638		19,794		81,578		76,333
General and administrative expenses		6,792		7,461		25,510		25,335
Management fees to related party		384		320		1,464		405
Gain on contract termination		(5,500)		-		(5,500)		-
Foreign currency gain Operating loss	_	(275)	· <u> </u>	(427)		(253)		(984)
	-	(16,269)		(15,865)		(88,321)		(47,177)
OTHER INCOME / (EXPENSES):								
Interest and finance costs		(5,640)		(4,871)		(21,949)		(15,555)
Interest and other income		773		517		2,410		3,152
Loss from equity method investments	_	(2,120)	· —	(2,278)		(56,377)		(5,133)
Total other income/(expenses), net	-	(6,987)		(6,632)		(75,916)		(17,536)
Net loss	\$_	(23,256)	\$	(22,497)	\$	(164,237)	\$	(64,713)
Dividends on series B preferred shares	_	(1,442)		(1,442)		(5,769)		(5,769)
Net loss attributed to common stockholders	=	(24,698)		(23,939)	_	(170,006)		(70,482)
Loss per common share, basic and diluted	\$_	(0.31)	\$	(0.30)	\$	(2.11)	\$	(0.89)
Weighted average number of common shares, basic and diluted	=	80,653,373		79,681,727		80,441,517		79,518,009
		Three months e	nded	December 31,		Year ended	Dece	mber 31,
	_	2016		2015		2016		2015
								(audited)
Net loss Other comprehensive income/(loss) (Actuarial	\$	(23,256)	\$	(22,497)	\$	(164,237)	\$	(64,713)
gain/(loss))	_	(61)	. <u> </u>	1,016	. —	(84)		1,016
Comprehensive loss	\$_	(23,317)	\$	(21,481)	\$	(164,321)	\$	(63,697)

CONDENSED CONSOLIDATED BALANCE SHEET DATA

(in thousands of U.S. Dollars)

	 2016	 2015*
<u>ASSETS</u>	(unaudited)	
Cash and cash equivalents	\$ 98,142	\$ 171,718
Other current assets	17,174	21,795
Advances for vessels under construction and acquisitions and other vessel		
costs	46,863	44,514
Vessels' net book value	1,403,912	1,440,803
Other fixed assets, net	23,114	23,489
Compensating cash balance	23,000	21,500
Due from related parties, non-current	45,417	43,750
Equity method investments	6,014	62,487
Other non-current assets	5,027	6,909
Total assets	\$ 1,668,663	\$ 1,836,965
LIABILITIES AND STOCKHOLDERS' EQUITY		
Long-term debt, net of deferred financing costs	\$ 598,181	\$ 600,071
Other liabilities	13,893	18,528
Total stockholders' equity	1,056,589	1,218,366
Total liabilities and stockholders' equity	\$ 1,668,663	\$ 1,836,965

* The balance sheet data as of December 31, 2015 have been derived from the audited consolidated financial statements at that date.

OTHER FINANCIAL DATA (unaudited)

	•	Three months ended December 31,				Year ended December 31,			
		2016		2015		2016		2015	
								(audited)	
Net Cash provided by/(used in) operating									
activities	\$	(2,392)	\$	1,493	\$	(20,998)	\$	23,945	
Net Cash provided by/(used in) investing activities		4,676		(78,219)		(41,619)		(155,637)	
Net Cash provided by/(used in) financing activities	\$	(12,524)	\$	26,424	\$	(10,959)	\$	104,009	