

## Learning about how you view your health

Your answers to the following statements will help us understand how you view your health and how we can provide support that is right for you.

Date (DD/MM/YYYY)	
Name (Optional)	
NHS Number	

Please indicate how much you agree or disagree with each statement as it applies to you personally. Many people find that they do not agree with all the statements, which is normal. There are no right or wrong answers, just answer with what is true for you.

1. I am the person who is responsible for taking care of my health.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
2. Taking an active role in my own health care is the most important thing that affects my health.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
3. I am confident I can help prevent or reduce problems associated with my health.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
4. I know what each of my prescribed medications do.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
5. I am confident that I can tell whether I need to go to the doctor or whether I can take care of a health problem myself.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
6. I am confident that I can tell a doctor or nurse concerns I have even when he or she does not ask.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
7. I am confident that I can carry out medical treatments I may need to do at home.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
8. I understand my health problems and what causes them.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
9. I know what treatments are available for my health problems.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
10. I have been able to maintain lifestyle changes, like healthy eating or exercising.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
11. I know how to prevent problems with my health.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
12. I am confident I can work out solutions when new problems arise with my health.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
13. I am confident that I can maintain lifestyle changes, like healthy eating and exercising, even during times of stress.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A