

Self-Report: Patient Activation Scale

Record ID _____

Now, we would like to ask how you are managing your health and illness.

Below are some statements that people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally by circling your answer.

Your answer should be what is true for you and not what you think the doctor wants you to say.

When all is said and done, I am the person who is responsible for taking care of my health

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

Taking an active role in my own health care is the most important thing that affects my health

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I know what each of my prescribed medications do

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I am confident that I can tell when I need to go to the doctor or whether I can take care of a health problem myself

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I am confident I can tell my doctor concerns I have even when he or she does not ask

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I am confident I can follow through on medical treatments I may need to do at home

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I have been able to maintain (keep up with) lifestyle changes, like eating right or exercising

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I know how to prevent problems with my health

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I am confident I can figure out solutions when new problems arise with my health

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

I am confident I can maintain lifestyle changes, like eating right and exercising, even during times of stress

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Unknown

PAM_comments
