

Patient Self-Managed Care Perception & Confidence Scale Assessment

Tell us what you think about your healthcare and your ability to manage your health.

1. When all is said and done, I am the person who is responsible for managing my health.

Yes No Don't know

2. Taking an active role in my own healthcare is the most important factor in determining my health and ability to function.

Yes No Don't know

3. I am ready to take actions that will help prevent or minimize some symptoms or problems associated with my health.

Yes No Don't know

4. I know that each of my prescribed medications are, and what they are for.

Yes No Don't know

5. I feel comfortable discussing my concerns with healthcare professionals even when they do not ask.

Yes No Don't know

6. I know the different medical treatment options available for my health condition.

Yes No Don't know

Are you confident that you can...

Do all the things necessary to manage your condition on a regular basis?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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Know when to get medical care and when you can handle a health problem yourself?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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Get family and friends to help with the things you need?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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Set and achieve goals directly related to improving your health?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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