

The Patient Activation Measure® (PAM®) 10 survey



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|-----|--|-------------------|----------|-------|----------------|-----|
| 1. | 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 | N/A |
| 2. | Taking an active role in my own health care is the most important thing that affects my health. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 3. | I know what each of my prescribed medications do. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 4. | 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. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 5. | I am confident that I can tell a doctor concerns I have even when he or she does not ask. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 6. | I am confident that I can follow through on medical treatments I may need to do at home. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 7. | I have been able to maintain (keep up with) lifestyle changes, like eating right or exercising. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 8. | I know how to prevent problems with my health. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 9. | I am confident I can figure out solutions when new problems arise with my health. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |
| 10. | I am confident that I can maintain lifestyle changes, like eating right and exercising, even during times of stress. | Disagree Strongly | Disagree | Agree | Agree Strongly | N/A |