# Work sheet Day 2 - Practical exercise adherence self-report

The following are possible questions in adherence self-report questionnaires. Evaluate them using the questions on page 4 and propose improvements.

|  |  |  |
| --- | --- | --- |
| Question | Comments | Suggestions for improvement |
| Do you ever forget to take your medication?  Yes / No |  |  |
| Sometimes if you feel worse when you take the medication, do you stop taking it?  Yes / No |  |  |
| My thoughts are clearer on medication.  Yes / No |  |  |
| Have you ever felt distressed for strictly following your […] treatment?  Yes / No |  |  |
| At times, if you feel worse when you take your […] medicine, do you stop taking it?  Yes / No |  |  |
| When you travel or leave home, do you sometimes forget to take your medication with you?  Yes / No |  |  |
| Have you ever forgotten to take your medication over the weekend?  Yes / No |  |  |
| Since your last visit, how many whole days have gone by in which you did not take your medication?  …. Days |  |  |
| In the last week, how many times did you fail to take your prescribed dose?  Never / 1-2 times / 3-5 times / 6-10 times / more than 10 times |  |  |
| Clinician assessment   |  |  | | --- | --- | | Complete refusal | 1 | | Partial refusal or only accepts minimum dose | 2 | | Accepts only because compulsory, or very reluctant / requires persuasion, or questions the need for medication often (e.g. every 2 days) | 3 | | Occasional reluctance (e.g. questions the need for medication once a week) | 4 | | Passive acceptance | 5 | | Moderate participation, some knowledge and interest in medication and no prompting required | 6 | | Active participation, readily accepts, and shows some responsibility for regimen | 7 | |  |  |

## How to evaluate a question

(after G.B. Willis, “Cognitive Interviewing: a ‘how to’ guide”, accessed 24 Oct 2019 at: <https://www.chime.ucla.edu/publications/docs/cognitive%20interviewing%20guide.pdf> )

**1) COMPREHENSION OF THE QUESTION:**

a) Question intent: What is the question asking? Any risk of being interpreted by respondents in a different way than intended?

b) Meaning of terms: Any words or phrases that might be unknown or confusing for the respondents?

**2) RETRIEVAL FROM MEMORY OF RELEVANT INFORMATION:**

a) Recallability of information: What types of information does the respondent need to recall in order to answer the question?

b) Recall strategy: What type of strategies may be used to retrieve information? (e.g. counting events one by one, estimating)

**3) DECISION PROCESSES:**

a) Motivation: Does the question motivate respondents enough to answer the question accurately and thoughtfully?

b) Sensitivity/Social Desirability: Any risk that respondents may want to look "better" concerning their adherence?

**4) RESPONSE PROCESSES:**

Mapping the response: Can the respondent match his or her internally generated answer to the response categories given by the survey question?