**Data set Patient activation for self-management**

This data set belongs to the manuscript “Patient and disease characteristics associated with activation for self-management in patients with diabetes, chronic obstructive pulmonary disease, chronic heart failure and chronic renal disease: a cross-sectional survey study”.

The dataset is based on a survey consisting of patient characteristics and different health related questionnaires.

For explanations of the variables see the table below.

|  |  |
| --- | --- |
| Number |  |
| Gender |  |
| Length cm |  |
| Bodyweight kg |  |
| Education |  |
| Financial\_distress |  |
| Smoking |  |
| PAM 1- 13 | Patient activation measure questionnaire, question 1-13 |
| SF1-12 | 12-item short form health survey, question 1-12 |
| HADS 1-14 | Hospital anxiety and depression scale question 1-14 |
| IPQ 1-8 | Brief illness perception questionnaire, question 1-8 |
| SSupp 1-12 | Multidimensional scale of perceived social support, question 1-12 |
| NYHA | NYHA class 1-4 |
| GOLD\_stadium | Gold-stadium I-IV |
| GFR\_mlmin | Glomerular filtration rate in participants with chronic renal disease |
| Ethnicity | 1= Dutch, 2= other |
| Living\_situation | 1=Living alone, 2= Living not alone |
| Age |  |
| BMI |  |
| activation\_score | Total score of the PAM (patient activation measure) |
| PAM\_levels | Different levels of the PAM (1-4) |
| SF12\_total\_score | Total score of SF-12 (health survey) |
| SF\_phys | SF-12 Physical health component |
| SF\_ment | SF-12 Mental health component |
| HADS\_Depression | Hospital anxiety and depression scale depression |
| HADS\_Anxiety | Hospital anxiety and depression scale Anxiety |
| IPQ\_Total\_score | Total score of Brief illness perception questionnaire |
| SUPP\_Total\_Family | Subscore of Multidimensional scale of perceived social support |
| SUPP\_Total\_Friends | Subscore of Multidimensional scale of perceived social support |
| SUPP\_Total\_SignificantOther | Subscore of Multidimensional scale of perceived social support |
| SUPP\_Total\_score | Total score of Multidimensional scale of perceived social support |
| Disease | 1= DM-II, 2=COPD, 3= HF, 4=CRD |
| Education\_level | 1= lower education, 2= middle, 3=higher |
| Care\_allowance | 1= receiving care allowance, 2= no care allowance |
| Disease\_duration |  |
| Medication\_DM | 1=tablet, 2=combi, 3=insuline, 4=geen |
| Disease\_severity |  |
| GFR | Glomerular filtration rate: 0=<15, 1=15-39, 2=40-59 |
| Charlson | This is a comorbidity score (Charlsons comorbidity index) |