

Patient Activation Measure

Instructions: Below are some statements that people sometimes make when they talk about their health. Please indicate how much you disagree or agree with each statement as it applies to you personally by checking your answer. Your answers should be what is true for you and not just what you think others expect of you. If the statement does not apply to you, check "N/A."

	Disagree strongly	Disagree	Agree	Agree strongly	N/A
1. When all is said and done, I am the person who is responsible for managing my health.					
2. Taking an active role in my own health care is the most important factor in determining my health and ability to function.					
3. I am confident that I can take actions that will help prevent or minimize some symptoms or problems associated with my health.					
4. I know what each of my prescribed medications does.					
5. I am confident that I can tell when I need to go get medical care and when I can handle a health problem myself.					
6. I am confident I can tell a doctor concerns I have even when he or she does not ask.					
7. I am confident that I can follow through on medical treatments I need to do at home.					
8. I understand the nature and causes of my health problems.					
9. I know the different medical treatment options available for my health condition.					
10. I have been able to maintain the lifestyle changes for my health that I have made.					
11. I know how to prevent further problems with my health.					
12. I am confident I can figure out solutions when new situations or problems arise with my health.					
13. I am confident I can maintain lifestyle changes, like diet and exercise, even during times of stress.					

13 items with a 5-point Likert response scale. The raw scores are summed and transformed to 0-100 metric (0 = lowest activation level, 100 = highest).

Activation Level 1 (PAM Score < 47) Patients tend to be overwhelmed and unprepared to play an active role in their own health.

Activation Level 2 (PAM Score 47.1 – 55.1) Level 2: Patients lack knowledge and confidence for self-management.

Activation Level 3 (PAM Score 55.2 – 67) ,Level 3: Patients are beginning to take action, but lack confidence and skill to support behaviors.

Activation Level 4 (PAM Score >67) People have adopted many of the behaviors to support their health, but may not be able to maintain them in the face of life stressors.