

Perceived Medical Condition Self-Management Scale (PMCSMS)

This tool, which evaluates patient's self-measured ability to manage their chronic health condition, is available through this link from which it was originally published:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6172142/>

References

Wallston, K.A., Rothman, R.L., & Cherrington, A. (2007). Psychometric properties of the perceived diabetes self-management scale (PDSMS). *Journal of Behavioral Medicine*, 30(5), 395-401.

Wallston, K. A., Osborn, C. Y., Wagner, L. J., & Hilker, K. A. (2011). The Perceived Medical Condition Self-Management Scale applied to persons with HIV/AIDS. *Journal of health psychology*, 16(1), 109–115.

Characteristics

This 8-item scale is used to determine the extent to which patients feel that they are in control of their chronic disease. This scale is highly modifiable and can be applied to a variety of chronic diseases by simply modifying the wording in the scale to reflect the patient's condition; for example, for a patient with chronic kidney disease, the words "medical condition" would be omitted and replaced with "chronic kidney disease" in the title and in the questionnaire. Patients answer the 8 questions using a scale from 1-5, with 1 signifying "strongly disagree" and 5 signifying "strongly agree".

Reliability and Validity

According to Wallston, Osborn, Wagner, & Hilker, 2011, in a study of 125 individuals with HIV, the Cronbach's alpha coefficient for the scale applied to HIV patients was found to be .78. This result shows that this scale matches consistency when used to measure self-management ability with patients diagnosed with arthritis or diabetes. These correlational findings support construct validity.

Access and Cost Information

This scale is free to use without permission. This scale is available on REDCap; however, the scale that is uploaded to REDCap is titled "Perceived Diabetes Self Management Scale (PDSMS)". One can replace the term "Diabetes" for any other specific chronic disease(s) being studied to cater to a specific population or study.