(108) Chinese version of C-PIH HK: Adherence Scale

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Please circle the number that most closely fits your answer | Never | Rarely | Occasionally | Sometimes | Moderately | Usually | Frequently | Almost always | Always |
| 1. | I take medications or carry out the treatments asked by my doctor/health worker | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 2. | I share in decisions made about my health condition(s) with my doctor or health worker | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 3. | I attend appointments as asked by my doctor or health worker | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 4. | I keep track of my symptoms and early warning signs (e.g., blood sugar levels, peak flow, weight, shortness of breath, pain, sleep problems, mood) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 5. | I take action when my early warning signs and symptoms get worse | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |