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| (62) | Chronic illness self-management: Health maintenance efficacy |

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|  | Health maintenance efficacy | | | | | |
|  | Please select your situation in the past month | Never or rarely | Seldom | Average | Quite often | Very often |
| 1. | Being able to maintain contact and communication with others | 1 | 2 | 3 | 4 | 5 |
| 2. | Being able to manage your own health | 1 | 2 | 3 | 4 | 5 |
| 3. | Being able to take care of yourself | 1 | 2 | 3 | 4 | 5 |
| 4. | Having a clear understanding of your illness | 1 | 2 | 3 | 4 | 5 |
| 5 | Having a clear understanding of the treatment method | 1 | 2 | 3 | 4 | 5 |