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INSTRUMENT TITLE: *Smith Self-Efficacy for Medication Adherence*

SOURCE ARTICLE: Smith, S. R., Rublein, J. C., Marcus, C., Brock, T. P., & Chesney, M. A. (2003). A medication self-management program to improve adherence to HIV therapy regimens. *Patient Education and Counseling*, 50(2), 187-199.

RESPONSE OPTIONS: Respondents were asked to rate their level of confidence for taking medications on schedule in a variety of situations by using a scale from 0 (i.e., cannot do at all) to 10 (certain can do).

SURVEY ITEMS:

How confident are you that you can take your medications on schedule…
. . . when you are at home?
. . . even though the pills may be big and difficult to swallow?
. . . even though the medications are very expensive?
. . . in the absence of scheduling aids (e.g. pill box, calendars)?
. . . when nobody helps you get ready?
. . . while at work?
. . . during the weekend?
. . . when the medicine is causing mild side effects?
. . . even if it causes you to have a dry mouth?
. . . when feeling very healthy?
. . . when it is prescribed to be taken with lots of water?
. . . when the time of intake does not coincide with your meal times?
. . . when you are in the middle of a project?
. . . when the medicine gives you a mild stomachache?
. . . when nobody reminds you about the time at which you should take the medication?
. . . when you have visitors at home?
. . . after you have gotten very angry with a friend?
. . . when you are in pain?
. . . while watching an exciting program on television?
. . . when you feel very ill?
. . . when you feel very sad?

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. . .while unknown people are watching you (e.g. in a restaurant)?

. . . when you feel sick to your stomach?

. . . when you are having an argument with your partner?

. . . when you are at a party?

. . . while taking a long walk?

. . . while visiting a bar?

. . . if it means taking it in front of people who do not know you are HIV-infected?

How confident are you that you can . . .

. . . pick up your prescription refills at the pharmacy before running out of pills?

. . . arrange for someone to take you to a 2 h clinic appointment, and take you back home again, if you are not feeling well enough to get there by yourself?

. . . ask questions of the pharmacist, when everyone in the pharmacy seems busy?

How confident are you that you can stick to your medication schedule . . .

. . . when you are in a fun-loving mood?

. . . even when your daily routine is disrupted?

. . . when you are traveling across time zones?

. . . when you are having difficulty swallowing?

. . . when it means changing your eating habits?

. . . for the next 7 days?

. . . for the next 14 days?

. . . for the next 30 days?

. . . for the next 2 months?