

Sacha's PAM and Survey Responses

PAM level: 4
Score: 86.3
Depression screen:

Health status responses

Health conditions:
Overall Health: Did not answer
Steps to improve:
Smoker (uses tobacco products): False
Fruit and Vegetables (servings per day): Unknown
Activity:

Depression responses

Little Interest in doing things –
Feeling down, depressed or hopeless –

PAM responses

1. When all is said and done, I am the person who is responsible for taking care of my health. - **Agree Strongly**
2. Taking an active role in my own health care is the most important thing that affects my health. - **Agree Strongly**
3. I am confident I can help prevent or reduce the problems associated with my health condition. - **Agree Strongly**
4. I know what each of my prescribed medications do. - **Agree Strongly**
5. I am confident I can tell whether I need to go to the doctor or whether I can take care of a health problem myself. - **Agree Strongly**
6. I am confident that I can tell a doctor my concerns I have even when he or she does not ask. - **Agree Strongly**
7. I am confident I can follow through on medical treatments I need to do at home. - **Agree Strongly**
8. I understand my health problems and what causes them. - **Agree Strongly**
9. I know what treatments are available for my health problems. - **Agree**
10. I have been able to maintain (keep up with) lifestyle changes like eating right or exercising. - **Agree Strongly**
11. I know how to prevent further problems with my health condition. - **Agree Strongly**
12. I am confident I can figure out solutions when new problems arise with my health condition. - **Agree Strongly**
13. I am confident I can maintain lifestyle changes, like eating right and exercising, even during times of stress. - **Agree**

