

My confidence in making an informed choice

Below are listed some things involved in making an informed choice. Please show how confident you feel in doing these things by circling the number from 0 (not at all confident) to 4 (very confident) for each item listed below.

I feel **confident** that I can:

1. Get the facts about the medication choices available to me	not at all confident	0	1	2	3	4	very confident
2. Get the facts about the benefits of each choice	not at all confident	0	1	2	3	4	very confident
3. Get the facts about the risks and side effects of each choice	not at all confident	0	1	2	3	4	very confident
4. Understand the information enough to be able to make a choice	not at all confident	0	1	2	3	4	very confident
5. Ask questions without feeling dumb	not at all confident	0	1	2	3	4	very confident
6. Express my concerns about each choice	not at all confident	0	1	2	3	4	very confident
7. Ask for advice	not at all confident	0	1	2	3	4	very confident
8. Figure out the choice that best suits me	not at all confident	0	1	2	3	4	very confident
9. Handle unwanted pressure from others in making my choice	not at all confident	0	1	2	3	4	very confident
10. Let the clinic team know what's best for me	not at all confident	0	1	2	3	4	very confident
11. Delay my decision if I feel I need more time	not at all confident	0	1	2	3	4	very confident

Decision Self-Efficacy Scale © AM O'Connor 1995