In the DOCTOR/PATIENT encounter: (1=NO confidence, 7=EXTREMELY confident)

1) How COMFORTABLE are you discussing a patient’s medical and social history?
   1 2 3 4 5 6 7
2) How EFFECTIVE are you at discussing a patient’s medical and social history?
   1 2 3 4 5 6 7
3) How COMFORTABLE are you exploring a patient’s past experience with attempts at changing lifestyle?
   Exploring the patient’s BARRIERS-
   1 2 3 4 5 6 7
   Exploring the patient’s SUCCESSES-
   1 2 3 4 5 6 7
4) How EFFECTIVE are you at exploring a patient’s past experiences with attempts at changing lifestyle?
   Exploring the patient’s BARRIERS-
   1 2 3 4 5 6 7
   Exploring the patient’s SUCCESSES-
   1 2 3 4 5 6 7
5) How COMFORTABLE are you at assessing a patient’s willingness to make changes to their lifestyle?
   1 2 3 4 5 6 7
6) How EFFECTIVE are you at assessing a patient’s willingness to make changes in their lifestyle?
   1 2 3 4 5 6 7
7) How COMFORTABLE are you at developing a patient initiated and patient oriented action plan to change lifestyle?
   1 2 3 4 5 6 7
8) How EFFECTIVE are you at developing a patient initiated and patient oriented action plan to change lifestyle?
   1 2 3 4 5 6 7
9) How COMFORTABLE are you at reinforcing that self-management goal at a later encounter by phone or at a subsequent patient visit?
   1 2 3 4 5 6 7
10) How EFFECTIVE are you at reinforcing that self-management goal at a later encounter by phone or at a subsequent patient visit?
    1 2 3 4 5 6 7