
READINESS TO MANAGE ARTHRITIS QUESTIONNAIRE

Please read the following questions and all the possible answers carefully. Choose the best response for each question and place a tick (✓) on the appropriate line.

1. Taking medications *as prescribed* means taking the amount of medication(s) at the time(s) recommended by your physician.

Do you take your medication(s) as prescribed?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

2. According to Canada's Food Guide, a healthy, well balanced diet includes eating 3 meals a day that include choices from a variety of vegetables, fruits, grain products, low-fat dairy products, leaner meats, poultry and fish, as well as dried peas, beans and lentils.

Do you consistently eat a healthy, well balanced diet based on the above guidelines?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

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3. Recognized treatments for reducing arthritis pain include pain medications, antidepressants, exercise, use of ice/heat, and relaxation and distraction techniques.

Do you use any of these strategies (or others) regularly in an attempt to keep your pain under control?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

4. Engaging in physical activity for good health involves stretching, strengthening, and moderate aerobic exercise 3 - 4 times a week for at least 20 minutes.

Do you do any of these physical activities (or others) on a regular basis?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

5. Managing fatigue involves using strategies such as pacing activities to save energy, planning ahead, and setting priorities.

Do you use any of these strategies (or others) regularly to manage your fatigue?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

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6. Using splints, foot orthoses/arch supports, and adaptive equipment can reduce the stress placed on joints and make everyday tasks at home and/or at work easier and more efficient.

Do you use any of these joint protection strategies (or others) regularly in an attempt to avoid joint pain?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

7. Communicating effectively involves using strategies such as expressing your feelings, listening, being honest about your own needs, saying “no”, and seeking more information.

Do you use any of these strategies (or others) to communicate more clearly and effectively?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

8. Strategies for becoming knowledgeable about your arthritis and its treatment include reading books/articles, obtaining information on the Internet, and talking to health care professionals and people with arthritis.

Do you use any of these strategies (or others) on a regular basis to gain knowledge about your arthritis and its treatment?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

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9. Changing negative thinking and using problem-solving techniques are effective ways for managing stress.

Do you practice any of these stress-management techniques (or others) on a regular basis?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

10. Techniques for getting a restful night of sleep include using different pillows, positioning, and developing good habits related to going to bed at night and getting up in the morning.

Do you use any of these strategies (or others) regularly in an attempt to get a restful night of sleep?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

11. Strategies such as deep breathing or relaxation exercises can help you deal with the frustration or irritability that can result from living with arthritis.

Do you use any of these strategies (or others) regularly to control your frustration or anger?

- a) _____ No, and I do NOT intend to in the next 6 months.
- b) _____ No, but I intend to in the next 6 months.
- c) _____ No, but I intend to in the next 30 days.
- d) _____ Yes, I have been, but for less than 6 months.
- e) _____ Yes, I have been for more than 6 months.

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