Self-Care Assessment

Disclaimer: This Self-Care Assessment is based on the 20-item Self-Care Inventory tool, a theory-based instrument developed by Michela Luciani and colleagues to assess self-care behaviors in both healthy and ill individuals.

Name: _____ **Date of birth:** _____

Age: _____ **Gender:** _____

Contact information: _____ **Date of assessment:** _____

Think about how you have been feeling in the last month as you complete this survey.

	1 Never	**2**	**3** Sometimes	**4**	**5** Always		
Item	**1**	**2**	**3**	**4**	**5**		
Section A: Listed below are common self-care behaviors that people may do. How often or routinely do you do the following?							
1. Make sure to get enough sleep?							
2. Try to avoid getting sick (e.g., get flu shot, wash your hands)?							
3. Do physical activity (e.g., take a brisk walk, use the stairs)?							
4. Eat a balanced and varied diet?							
5. See your healthcare provider for routine health care (e.g. routine check ups, dentist, gynecologist)?							
6. If/when prescribed, take prescribed medicines without missing a dose?							
7. Do something to relieve stress (e.g., meditation, yoga, music)?							
8. Do you avoid tobacco smoke (both active and passive smoking)?							
Section B: Listed below are common things that people monitor. How often or routinely do you do the following?							
9. Monitor your health status?							
10. If/when prescribed, monitor for medicine side-effects?							
11. Pay attention to changes in how you feel?							
12. Monitor whether you tire more than usual doing normal activities?							
13. Monitor for symptoms?							

Think about the last time you had a symptom. This can be a symptom of anything – a cold, a bad night sleep, an illness. It could also be a reaction to a medicine.

14. How quickly did you recognize it as a symptom of an illness, health problem or medicine side effect?

0	1	2	3	4	5
I did not recognize the symptom	Not quickly		Somewhat quickly		Very quickly

	1 Not likely	2	3 Sometimes likely	4	5 Always likely					
Item						**1**	**2**	**3**	**4**	**5**
Section C: Listed below are behaviors that people use to control their symptoms. When you have symptoms, how likely are you to use one of these?										
15. Change what you eat or drink to make the symptom decrease or go away?										
16. Change your activity level (e.g. slow down, rest)?										
17. Take medicine to make the symptom decrease or go away?										
18. Tell your healthcare provider about the symptom at the next office visit?										
19. Call your healthcare provider for guidance?										
Think of things you did the last time you had a symptom…										
20. Did the things you did make you feel better?										

0	1	2	3	4	5
I did not do anything	Not sure		Somewhat sure		Very sure

For Clinicians Only

Total score: _____

Scoring

- Calculate a raw score for each scale by summing the responses to the items within that scale1. For example, sum the responses for the 8 items in the Self-Care Maintenance scale12. The score should be calculated if a respondent answers ≥50% of the items in a multi-item scale. If the respondent answered <50% of the items, the score for that scale should be considered missing.

- Transform each raw scale score to a standardized score ranging from 0 to 100. This conversion uses a formula that sets the lowest possible score to 0 and the highest possible score to 100, with intermediate scores representing the percentage of the total possible score achieved

Formula:

$$[(RawScore - MinimumPossibleScore)/(TotalPossibleScore)] * 100$$

Interpretation

- The standardized scores for each scale range from 0 to 100. Higher scores indicate better self-care.

- A cut-off point of 70 has been suggested for self-care adequacy.

- Scores between 60 and 84 suggest that you may have good self-care skills and lifestyle balance strategies in place but could benefit from preparing for stressful times.

Healthcare professional information

Name: _____ **License ID number:** _____

Signature: _____ **Date of assessment:** _____

Luciani, M., De Maria, M., Page, S. D., Barbaranelli, C., Ausili, D., & Riegel, B. (2022). Measuring self-care in the general adult population: Development and psychometric testing of the Self-Care Inventory. BMC Public Health, 22(1). https://doi.org/10.1186/s12889-022-12913-7