**13 kérdésből álló Betegaktiváció Kérdőív® (PAM-13)**

Az alábbiakban néhány olyan állítás szerepel, melyeket az emberek az egészségüket kapcsolatosan szoktak mondani. Kérjük, jelölje be, hogy mennyire ért egyet - vagy nem ért egyet - azzal, hogy Önre jellemző ezek az állítások. Válassza tükrözzék azt, amit önmagára nézve igaznak tart, és ne azt, amiről azt gondolja, hogy mások elvárnának öntől.

Amelyik állítás nem alkalmazható Önre, annál jelölje meg a "nem jellemző" lehetőséget.

| Kérdés | Ósszességében az én felelősségem, hogy vigyázak a saját egészségemre | Egyáltalán nem értet egyet | Inkább nem értet egyet | Inkább egyetérték | Teljesen egyetérték | Nem jellemző |
|--------|-------------------------------------------------------------|-----------------|-----------------|-----------------|-----------------|-------------|
| 1      |                                                                 |                  |                  |                 |                 |             |
| 2      |                                                                 |                  |                  |                 |                 |             |
| 3      |                                                                 |                  |                  |                 |                 |             |
| 4      |                                                                 |                  |                  |                 |                 |             |
| 5      |                                                                 |                  |                  |                 |                 |             |
| 6      |                                                                 |                  |                  |                 |                 |             |
| 7      |                                                                 |                  |                  |                 |                 |             |
| 8      |                                                                 |                  |                  |                 |                 |             |
| 9      |                                                                 |                  |                  |                 |                 |             |
| 10     |                                                                 |                  |                  |                 |                 |             |
| 11     |                                                                 |                  |                  |                 |                 |             |
| 12     |                                                                 |                  |                  |                 |                 |             |
| 13     |                                                                 |                  |                  |                 |                 |             |

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Bizalmas. Csak érvényes PAM® Licencmegállapodás mellett használható.

Az engedélyezésért lépjen kapcsolatba az Insignia Health-szel az info@insigniahealth.com e-mail címen.
Below are some statements that people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally by circling your answer. There are no right or wrong answers, just what is true for you.

If the statement does not apply to you, circle N/A.

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

|                          | Survey n | Survey % | Repeat Survey n | Repeat Survey % | General population 2011* n | General population 2011* % |
|--------------------------|----------|----------|-----------------|-----------------|---------------------------|----------------------------|
| **Total**                | 900      | -        | 100             | -               | -                         | -                          |
| **Age group**            |          |          |                 |                 |                           |                            |
| 40-49                    | 173      | 19       | 16              | 16              | 26                        |                            |
| 50-59                    | 200      | 22       | 22              | 22              | 28                        |                            |
| 60-69                    | 348      | 38       | 38              | 38              | 23                        |                            |
| 70+                      | 149      | 20       | 24              | 24              | 23                        |                            |
| **Gender**               |          |          |                 |                 |                           |                            |
| Male                     | 425      | 47       | 50              | 50              | 44                        |                            |
| Female                   | 475      | 53       | 50              | 50              | 56                        |                            |
| **Education**            |          |          |                 |                 |                           |                            |
| Primary                  | 251      | 28       | 47              | 47              | 35                        |                            |
| Secondary                | 326      | 36       | 32              | 32              | 49                        |                            |
| Tertiary                 | 323      | 36       | 21              | 21              | 16                        |                            |
| **Region**               |          |          |                 |                 |                           |                            |
| Central Hungary          | 316      | 35       | 30              | 30              | 29                        |                            |
| Central Transdanubia     | 110      | 11       | 14              | 14              | 11                        |                            |
| Western Transdanubia     | 101      | 9        | 10              | 10              | 10                        |                            |
| Southern Transdanubia    | 101      | 9        | 10              | 10              | 10                        |                            |
| Northern Hungary         | 89       | 10       | 8               | 8               | 12                        |                            |
| Northern Great Plain     | 100      | 11       | 19              | 19              | 15                        |                            |
| Southern Great Plain     | 118      | 13       | 9               | 9               | 13                        |                            |
| **Type of settlement**   |          |          |                 |                 |                           |                            |
| Capital                  | 209      | 23       | 22              | 22              | 17                        |                            |
| Town                     | 513      | 57       | 49              | 49              | 52                        |                            |
| Village                  | 178      | 20       | 29              | 29              | 31                        |                            |
| **Income**               |          |          |                 |                 |                           |                            |
| 1st quintile             | 103      | 13       | 17              | 17              | 19                        |                            |
| 2nd quintile             | 119      | 16       | 17              | 17              | 19                        |                            |
| 3rd quintile             | 85       | 11       | 13              | 13              | 14                        |                            |
| 4th quintile             | 137      | 18       | 13              | 13              | 14                        |                            |
| 5th quintile             | 320      | 42       | 30              | 30              | 33                        |                            |
| Missing                  | 136      | 15       | 10              | 10              |                           |                            |
| **Self-rated health**    |          |          |                 |                 |                           |                            |
| Very good                | 51       | 6        | 6               | 6               | 6                         |                            |
| Good                     | 305      | 34       | 32              | 32              |                           |                            |
| Fair                     | 449      | 50       | 47              | 47              |                           |                            |
| Bad                      | 79       | 9        | 13              | 13              |                           |                            |
| Very Bad                 | 13       | 1        | 1               | 1               |                           |                            |
| Missing                  | 3        | 0        | 1               | 1               |                           |                            |
| **Chronic morbidity**    |          |          |                 |                 |                           |                            |
| Yes                      | 560      | 64       | 68              | 68              | 70                        |                            |
| Missing                  | 31       | 3        | 3               | 3               |                           |                            |
| **GALI**                 |          |          |                 |                 |                           |                            |
| Not limited              | 579      | 65       | 53              | 53              | 54                        |                            |
| Limited but not severely | 274      | 31       | 43              | 43              | 43                        |                            |
| Severely limited         | 43       | 5        | 3               | 3               | 3                         |                            |
| Missing                  | 4        | 0        | 1               | 1               |                           |                            |
| **Exclusion**            |          |          |                 |                 |                           |                            |
| PAM-13 NA items >3       | 51       | 6        | 2               | 2               |                           |                            |
| All PAM-13 items „disagree strongly” | 18   | 2        | 4               | 4               |                           |                            |
| All PAM-13 items „agree strongly” | 23   | 3        | 5               | 5               |                           |                            |
| PAM-13 completion time < 52s | 7     | 0        | 0               | 0               |                           |                            |
| Other reasons            | 22       | 2        | 4               | 4               |                           |                            |
| Excluded in first administration | - | - | 10 | 10 | | |
**Electronic Supplementary Material 3.**
Zrubka Z, Vékás P, Németh P, Dobos A, Hajdu O, Kovács L, Gulácsi L, PenteK M, *Validation of the PAM-13 instrument in the Hungarian general population*. European Journal of Health Economics 2021.

**Health-related information seeking and online behaviours**

**Item 1:** over the past 12 months how frequently have you sought for health-related information?

|                  | Low activity |          | High activity |          |
|------------------|--------------|----------|---------------|----------|
|                  | N            | %        | N             | %        |
| None             | 65           | 8.3      | 0             | 0.0      |
| Few times past year | 195         | 25.0     | 0             | 0.0      |
| Bimonthly        | 53           | 6.8      | 0             | 0.0      |
| Monthly          | 0            | 0.0      | 107           | 13.7     |
| Several times per month | 0     | 0.0      | 214           | 27.5     |
| At least once a week | 0           | 0.0      | 145           | 18.6     |
| Total            | 313          | 40.2     | 466           | 59.8     |

**Item 2:** over the past 12 months how frequently have you participated in patient education or counseling about disease management or lifestyle?

|                  | Low activity |          | High activity |          |
|------------------|--------------|----------|---------------|----------|
|                  | N            | %        | N             | %        |
| None             | 608          | 78.0     | 0             | 0.0      |
| Few times past year | 0           | 0.0      | 119           | 15.3     |
| Bimonthly        | 0            | 0.0      | 17            | 2.2      |
| Monthly          | 0            | 0.0      | 17            | 2.2      |
| Several times per month | 0     | 0.0      | 12            | 1.5      |
| At least once a week | 0           | 0.0      | 6             | 0.8      |
| Total            | 608          | 78.0     | 171           | 22.0     |