English version of Antecedents and Self-efficacy on Adherence Schedule (ASonA)

	Not at all				Very much	
1. Do you accept your health condition?	0	1	2	3	4	A
2. Do you accept the limitations of your health condition?	0	1	2	3	4	A
3. Does your family assist you with your health condition?	0	1	2	3	4	A
4. Do your friends assist you with your health condition?	0	1	2	3	4	A
5. Are there positive impacts in following clinical prescriptions (pharmacological and non-pharmacological)?	0	1	2	3	4	A
6. Do you have enough knowledge (paper information, doctor's advice, etc.) to manage your health condition?	0	1	2	3	4	A
7. Are you able to manage your health aggravations?	0	1	2	3	4	SE
8. Are you able to follow medicine prescriptions, as indicated by the doctor (hours/dose/frequency)?	0	1	2	3	4	SE
9. Are you able to follow a healthy lifestyle, as prescribed and/or advised, as concerns:						
9.a – physical activity?	0	1	2	3	4	SE
9.b – food recommendations (salt consumption, fat food limitations, liquids consumption and body weight control)?	0	1	2	3	4	SE
9.c – moderation of alcohol consumption?	0	1	2	3	4	SE
9.d – smoking avoidance?	0	1	2	3	4	SE

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	Not at all				Very much	
10. When I think about my health condition, I feel...						
10.a Anxious	4	3	2	1	0	Aff*
10.b Down or depressed	4	3	2	1	0	Aff*
10.c Stressed	4	3	2	1	0	Aff*
10.d Worried	4	3	2	1	0	Aff*
10.e Trustful	4	3	2	1	0	Aff
10.f Able/Competent	4	3	2	1	0	Aff
10.g Serene	4	3	2	1	0	Aff
10.h Optimistic	4	3	2	1	0	Aff

For an operator: sum the scores in the following way or use Excel file for correction ASonA-A (Antecedents): items from number 1 up to number 6 (0-24).

ASonA-SE (Self-efficacy): items from number 7 up to number 9d (0-24). Subdimensions ASonA-SE: self-management (0-4), medicines (0-4), physical activity (0-4), food recommendations (0-4), alcohol (0-4) and smoking (0-4).

ASonA-Aff (General Positive Affectivity towards health condition): items from number 10a up to number 10h (0-32), range 0-4 for each item, except first 4 items that are inversed 10a-d (*depressed, anxious, stressed, worried).

ASonA-A (0-24) = ...	ASonA-SE (0-24) = ...	ASonA-Aff (0-32) = ...

ASonA-T (0-80, A + SE + Aff) = ...