

Examples of Simple 1-10 Scale to Assess Importance and Confidence

How **important** is it to you that you can control any symptoms or health problems you have so that they don't interfere with things you want to do?

Not at all												Totally
Important	1	2	3	4	5	6	7	8	9	10		Important

How **confident** are you that you can control any symptoms or health problems you have so they don't interfere with the things you want to do?

Not at all												Totally
Confident	1	2	3	4	5	6	7	8	9	10		Confident