

From the meetings I attended there was interest in sharing measurement strategies and lessons learned. Our group from Oregon Research Institute (I am a long distance co-investigator on Deborah Toobert's project) has developed three measures that might be of interest to other groups. They are listed below- copies of each in the hands of the resource center, which can share them- they are in the public domain and you do not need permission to use or adapt them. If you are interested in validation articles on any of these, contact Deborah Toobert at ORI ([Deborah@ori.org](mailto:Deborah@ori.org)) or Russ Glasgow.

a. The Chronic Illness Resources Survey- do NOT be fooled by the title. This is a 22 item questionnaire that asks respondents to report on the RECEIPT of different types and levels of COMMUNITY SUPPORT RESOURCES. To date, it has been used with different chronic illness groups, but is also applicable to general adult population by removing the few illness related questions and focusing on the scales that assess dietary and physical activity related MULTI-LEVEL support used.

b. The 'Self-Management Challenges' questionnaire- this is a barriers based self-efficacy scale. It presents the respondent with a list of common challenges and asks them to rate their confidence that they can stick to their self-management plan when face with that challenge.

c. The Problem-Solving Situations Scale- this scale is diabetes specific, but could be adapted easily for prevention purposes. It presents several scenarios of about a paragraph that each describe a frequent challenge to self-management in detail.....then asks the respondent to WRITE how they would respond to the situation- specifically what they would do. (This is adapted from an earlier role play instrument in which we had respondents enact how they would cope with the situation). It does require coders to be trained to score the 'essays' that result.

I also look forward to hearing about instruments and assessment procedures that other teams may have developed or be using to assess related behaviors and constructs.