

ACS4. CHRONIC ILLNESS RESOURCES SURVEY

USE WHEN YOU WANT TO EVALUATE:

Outcomes :

- ✓ Capacity to access care and support

Intervention types:

- ✓ Activities to help people living with HIV/AIDS, hepatitis C or related communicable diseases access resources and services

Worked well with these populations:

- ✓ People infected with or affected by HIV or hepatitis C

Interventions for:

- ✓ HIV
- ✓ Hep C

DESCRIPTION

Multiple-component questionnaire assessing level of support for living with HIV or hepatitis C in several domains Personal, Family and friends, Neighborhood/community, Organizations, Work, Physician/health team (the latter not included here). Each domain can be measured separately. This is the short version (22 questions); there is also a long version (64 questions). Scores measured at one time point predict self-management behaviors and quality of life several months later (good predictive validity).

WHY THIS TOOL MIGHT BE USEFUL FOR COMMUNITY-BASED PROGRAMS

- ✓ Suitable for before and after testing of a program's effects
- ✓ Questions fit together well and produce stable results (reliable)
- ✓ Short scale, easily completed and analysed
- ✓ Could easily be programmed to be given electronically

Developed in:

- ✓ English

ADMINISTRATION, DESIGN, SCORING and ANALYSIS CONSIDERATIONS

ADMINISTRATION

- Choose the sections that are relevant to your intervention.
- The time frame of over the past 3 months can be adjusted to what is most appropriate for your intervention, acknowledging that recall will be most accurate after 3 or 6 months, not longer.
- This questionnaire in the shorter version should take about 15 minutes to fill out each time.
- Tell participants why you are using the questionnaire, being clear that it is to evaluate the intervention to help make it better, and not to evaluate or judge them.
- Participation should be voluntary, so tell participants that it is ok if they do not complete the questionnaire, and assure participants that there are no negative consequences if they don't want to complete it. Give them a way to do something else at the same so that the confidentiality of this decision is protected. (For further information on ethical considerations in carrying out evaluations, see [Ethics Resources](#))
- If used in a group setting, ensure that people feel safe and provide reminders about confidentiality. Ensure that no one can see each other's answers (screen or paper), and put completed questionnaires into a sealed envelope.

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DESIGN OPTIONS

Measuring before and after intervention (this is the best option because it measures actual change)

1. **WHEN TO USE:** Have the questionnaires filled out before the intervention or at the very beginning of it, and again after, as close to the end as possible (often the very last session is not suitable because it may be a celebration, or have low attendance).
2. **LINKING RESULTS:** Include a way to match the same person's pre and post questionnaires while protecting confidentiality, for example using a [password](#) or unique identifier that respondents generate and remember.
3. **SCORING:** Create each person's total domain scores by calculating his or her [average](#) of the questions in each domain.
4. **ANALYSIS:** Compare the pre and post scores for each individual for each domain, noting how many people improve, how many stay the same, and how many get worse.

Measuring change only after the end of an intervention: (this is the second best option, because people often over-evaluate the effect of the intervention)

1. Adapt the questionnaire so that it asks people what their answer is now and what it was before the intervention

For example, for question 1 under Friends-family ask: "*Over the **past 3 months**, to what extent have family or friends exercised with you?*" AND "*To what extent has that increased over the past three months?*" (see an [example](#))

2. **SCORING:** Create each person's total domain scores by calculating his or her [average](#) of the questions in each domain.
3. **ANALYSIS:** Compare the pre and post scores for each individual, noting how many people say they improve, how many stay the same, and how many get worse.

ACS3. CHRONIC ILLNESS RESOURCES SURVEY (Brief version)

Over the past 3 months, to what extent ...	Not at all		A moderate amount		A great deal
Family and Friends					
Have family or friends exercised with you?	1	2	3	4	5
Have you shared healthy recipes with friends or family members?	1	2	3	4	5
Family or friends bought food or prepared food for you that was especially healthy or recommended?	1	2	3	4	5
How important is <i>family and friend</i> support in managing your illness?	1	2	3	4	5
Personal (helpful things you did for yourself)					
Have you focused on the things you did well to manage your illness instead of those you did not?	1	2	3	4	5
Have you thought about or reviewed how you were doing in accomplishing your disease management goals?	1	2	3	4	5
Have you arranged your schedule so that you could more easily do the things you needed to do for your illness?	1	2	3	4	5
How important are <i>personal</i> things, like those above, that you do for yourself, in managing your illness?	1	2	3	4	5
Neighborhood					
Have you walked or exercised outdoors in your neighborhood?	1	2	3	4	5
Have you walked or done other exercise activities with neighbors?	1	2	3	4	5
How important are <i>neighborhood</i> resources in managing your illness?	1	2	3	4	5
Community					
Have you eaten at a restaurant that offered a variety of tasty, nutritious food choices?	1	2	3	4	5
Have you gone to parks for picnics, walks, or other outings?	1	2	3	4	5
How important is <i>community environment</i> to you in managing your illness?	1	2	3	4	5
Community Organizations					
Have you attended free or low-cost meetings (for example, church groups, hospital programs) that supported you in managing your illness?	1	2	3	4	5
Have you volunteered your time for local organizations or causes?	1	2	3	4	5
Have you attended wellness programs or fitness facilities?	1	2	3	4	5
How important are <i>community and health organizations</i> to you in managing your illness?	1	2	3	4	5
Work (If you are <i>not</i> currently employed, skip this section)					
Have you had a flexible work schedule that you could adjust to meet your needs?	1	2	3	4	5
Has your workplace had rules or policies that made it easier for you to manage your illness ?	1	2	3	4	5
Have you had control over your job in terms of making decisions and setting priorities?	1	2	3	4	5
How important are <i>worksites support and resources</i> to you in	1	2	3	4	5

managing your illness?					
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Source: Glasgow, R. et al **A Social–Ecologic Approach to Assessing Support for Disease Self-Management: The Chronic Illness Resources Survey.** Journal of Behavioral Medicine, Vol. 23, No. 6, 2000.