

Patient activation in adults attending scheduled appointments in general practice: a cross-sectional study.

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Supplementary table 1. Quality of life and satisfaction with health scores by patient activation levels among adult patients.

	Quality of Life score*			Satisfaction with Health score†		
	N= 1,159	Mean ± SD	<i>p</i>	N= 1,158	Mean ± SD	<i>p</i>
Patient Activation Measure (PAM-13) levels			<.001			<.001
Level 1 - Disengaged and overwhelmed	n= 67	3.4 ± .9		n= 67	2.9 ± 1.1	
Level 2 - Becoming aware, but still struggling	n= 74	3.6 ± .8		n= 74	3.2 ± .8	
Level 3 - Taking action and gaining control	n= 611	3.8 ± .8		n= 609	3.4 ± .9	
Level 4 - Maintaining behaviours and pushing further	n= 407	4.1 ± .7		n= 408	3.8 ± .8	

* Scored from 1-5; 1 = very poor, 2 = poor, 3 = neither poor nor good, 4 = good, 5 = very good.

† Scored from 1-5; 1 = very dissatisfied, 2 = dissatisfied, 3 = neither dissatisfied nor satisfied, 4 = satisfied, 5 = very satisfied.