

**Coronary Artery Disease Treatment Adherence Scale (CADTAS)****Instructions:**

The following statements describe what people do to manage their Coronary artery disease. Please circle one number for each statement to show how often you do the following. As you answer the questions, please think about your activities in the past year. Please answer the 35 questions completely, honestly, and without interruptions.

	Items	Always (daily)	Often (3 to 4 per week)	Sometimes (1 to 2 times a week)	Rarely (up to 2 times a month)	At all
1	I use low fat diet.					
2	I use a low salt diet.					
3	I take my doctor's advice on choosing the type of food.					
4	I use grilled foods.					
5	I add salt to my food.					
6	I use fast food and canned food.					
7	In case of eating salad,I use high-fat sauce.					
8	I use Saturated oils, high-fat dairy products (butter, cream, milk and yogurt, and high-fat cheese).					
9	I use sheep's head and trotters, tripe and purtenance.					
10	I use foods like pizza, sausages and ham.					
11	I use the meat of lamb and beef.					
12	I use white meat (eg chicken and ostrich, etc.).					
13	I use fish or shrimp.					
14	I use salted nuts, such as seeds, pistachios and ...					
15	I use Salt snacks like chips and dumplings and so on.					
16	I use creamy sweets.					
17	I drink coffee, Nescafe, caffeine, tea.					
18	I drink Soft drinks and non-alcoholic beer.					
19	I drink alcoholic beverages (liquor, whiskey,) in large quantities.					
20	I use tobacco (cigarettes and hookahs, etc).					
21	I forget the appointment with the clinician.					

22	I forget some portion of my medications.					
23	If I get worse after taking medication, With my own discretion, I change the regulation as decreasing, increasing or stopping.					
24	If I want to leave home a few hours, I will take the necessary medicines with me.					
25	When I feel that the symptoms are resolved, I will stop my medications.					
26	I take my medications in a regular mode and at the exact prescribed hour of the day.					
27	I feel unable to continue to treat my illness.					
28	Without the doctor's permission, I use another medicine.					
29	I use an herbal remedy without a doctor's permission.					
30	I am going to see a doctor before finishing my medication.					
31	I take my heart medicines before going out for daily physical activity sports.					
32	I regularly doing aerobics sports for 30 minutes, 3 time a week, such as walking, cycling.					
33	I do warming exercise gust before and after any physical activity sports.					
34	I Count my pulse during any physical activity sports and before start it.					
35	I have low level of physical activity in my daily life.					
Dietary adherence thirteen items (1-13), healthy lifestyle adherence seven items (14-20).medication adherence eleven items (21-31), exercise adherence four items (32-35).						
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Primary CADTAS was generated with 62 items. During face and content validity assessments, the number of items was reduced from 62 to 53. Moreover, in construct validity assessment via exploratory factor analysis, eighteen items were deleted because their factor loading values were less than 0.3. The remaining 35 items were loaded on

four factors, namely medication adherence, dietary adherence, exercise adherence, and healthy lifestyle adherence.