

Motivation and Attitudes Towards Changing Health (MATCH)

DIRECTIONS: We are interested in learning more about people's thoughts and feelings about their health problems. How much do you agree or disagree with the following statements when thinking about your current health problems (for example, diabetes, asthma, cancer, or chronic pain):

	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)
1. I want to find a better way to take care of my health problems.					
2. I don't have the time to take care of my health problems the way I think I should.					
3. I see few benefits to putting time and energy into managing my health problems now.					
4. I am ready to do more to better manage my health problems now.					
5. I am able to fit the tasks of managing my health problems into my life.					
6. Working to manage my health problems has little payoff or benefit.					
7. I am interested in finding new ways to better manage my health problems.					
8. It is not really worth it to do all the things that I am asked to do to manage my health problems.					
9. I am able to make the changes in my life that are needed to improve my health.					

SCORING for the MATCH:

WILLINGNESS: Calculate the mean/average of items 1,4,7.

ABLE: Calculate the mean/average of items 5, 9, 2 (Item 2: REVERSE SCORED)

Note: Reverse scored item (5=1, 4=2, 3=3, 2=4, 1=5)

WORTHWHILE: Calculate the mean/average of items: 3, 6, 8 (all three items REVERSE SCORED*)

Note: Reverse scored item (5=1, 4=2, 3=3, 2=4, 1=5)

TOTAL SCALE: Calculate mean/average of Willingness, Able, and Worthwhile

Note regarding missing data: Calculate based on available data if 66% or greater responses are available for a given subscale (i.e. two of the three items). A subscale is missing data if only one of the three items have available data. A total scale is missing data if any subscale is missing.