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## Chronic Conditions Self-Test

Now that you have the basics, take this self-test and score your responses. At the end of the test, you will find suggestions about what parts of this book will be most helpful to you based on your scores. Use the book as a workbook—skip around and take notes right in the book

as you follow your own path. You don't need to read every word in every chapter, but we suggest you read the first two chapters. Then use your self-test results and the table of contents to locate any additional information that you feel can help you.

## Chronic Conditions Self-Test

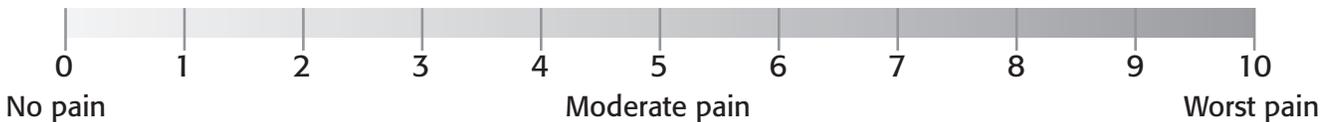
To help you figure out where you are with your chronic condition, please take this self-test. Score each section and write your score in the appropriate box. After you take the test, look at the key starting on page 19 for ideas about where to find some help.

### Eating

1. In the past week, how often did you eat a variety of foods (especially fruits, vegetables, and grains)?	Nearly all the time <input type="checkbox"/>	Most of the time <input type="checkbox"/>	Some of the time <input type="checkbox"/>	A little of the time <input type="checkbox"/>	Seldom <input type="checkbox"/>
2. In the past week, how often were you aware of how much and what types of food you ate?	Nearly all the time <input type="checkbox"/>	Most of the time <input type="checkbox"/>	Some of the time <input type="checkbox"/>	A little of the time <input type="checkbox"/>	Seldom <input type="checkbox"/>
3. In the past week, how often did you drink sweetened and sugary drinks (sodas, sweet ice tea, fruit drinks, etc.)?	More than once a day <input type="checkbox"/>	Once a day <input type="checkbox"/>	Nearly every day <input type="checkbox"/>	A few times <input type="checkbox"/>	Seldom <input type="checkbox"/>
4. In the past week, how often did you check that the fat you ate (including fat in baked goods and packaged foods) was heart healthy (such as fats that come from plants)?	Nearly all the time <input type="checkbox"/>	Most of the time <input type="checkbox"/>	Some of the time <input type="checkbox"/>	A little of the time <input type="checkbox"/>	Seldom <input type="checkbox"/>
5. In the past week, how often did you limit eating processed foods (such as microwaved meals, snack foods, bacon and cold cuts, and most fast food)?	Nearly all the time <input type="checkbox"/>	Most of the time <input type="checkbox"/>	Some of the time <input type="checkbox"/>	A little of the time <input type="checkbox"/>	Seldom <input type="checkbox"/>

### Pain

Circle the number that describes your pain in the past two weeks.



Write your PAIN score here (number circled):

### Fatigue

Circle the number that describes your fatigue in the past two weeks.



Write your FATIGUE score here (number circled):

**Physical limitations**

Please circle the number on each line that best describes your abilities.

At this moment, are you able to:	Without ANY difficulty	With SOME difficulty	With MUCH difficulty	UNABLE to do
1. Dress yourself, including tying shoelaces and doing buttons?	0	1	2	3
2. Get in and out of bed?	0	1	2	3
3. Lift a full cup or glass to your mouth?	0	1	2	3
4. Walk outdoors on flat ground?	0	1	2	3
5. Wash and dry your entire body?	0	1	2	3
6. Bend down to pick up clothing from the floor?	0	1	2	3
7. Turn faucets on and off?	0	1	2	3
8. Get in and out of a car?	0	1	2	3

Write your PHYSICAL LIMITATIONS score here. Add all the numbers you circled.

**Health worries**

Please circle the number on each line that best describes your worries

How much time during the past two weeks (circle one number on each line) . . .	None of the time	A little of the time	Some of the time	A good bit of the time	Most of the time	All of the time
1. Were you discouraged by your health problems?	0	1	2	3	4	5
2. Were you fearful about your future health?	0	1	2	3	4	5
3. Was your health a worry in your life?	0	1	2	3	4	5
4. Were you frustrated by your health problems?	0	1	2	3	4	5

Write your HEALTH WORRIES score here. Add all the numbers you circled.

**What do you do for fun?**

Write your answer here:

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**Self-Test Scoring Instructions****Eating**

There is no overall score. Here are some suggestions for each item.

If your answer is:

**Question 1:** Nearly all the time or most of the time, you are probably getting enough fruits and vegetables. If you marked any of the other answers, consider slowly adding more fruits and vegetables to your diet. See Chapter 10, *Healthy Eating*, for more information.

**Question 2:** Nearly all the time or most of the time, you are probably aware of how much you are eating. This is a key self-management skill. Eating more than you need and often want can lead to weight gain and being overweight. Even if you are doing well, you might be interested in learning more about portion sizes and how this affects healthy eating. See page 236. If you marked any of the other answers, consider learning more about how much you are eating and how this can affect your health. For more information, read pages 236, 248, and 249.

**Question 3:** Seldom—good for you. Sugary drinks add weight and calories. If you marked any of the other answers, you might consider cutting down on the number of sugary drinks and the amount you drink when you have these drinks. To learn more about sugary drinks, see pages 243–244.

**Question 4:** Nearly all the time or most of the time, you have taken the first step toward eating healthy fats and avoiding unhealthy fats. If you marked any of the other answers, consider learning more about fats, such as how much fat to eat and how to tell healthy from unhealthy fats. See pages 239–240.

**Question 5:** Nearly all the time or most of the time, you are doing well and know that processed foods are often unhealthy foods. If you marked any of the other answers, consider reading page 237 about food labels so that you can make better decisions and avoid processed foods.

## Pain

Enter your score from the self-test here:

If your score is:

1–4 Pain is probably not your main concern. Although you may want to work on pain management, you may want to address other concerns first. Even if you start with a topic other than pain management, the good news is that almost all of the tools in this book will help your pain when used regularly.

5–7 Pain is probably an important concern for you. You might want to start with the pain management tools on pages 95–98. There are things you can do to help pain, including relaxation and exercise. The good news is by working on pain management day by day, you can do a lot to reduce your pain.

8–10 For you, pain is probably a major problem. A good place to start is with the pain self-management tools on pages 95–98. You should also let your doctor know about your pain level. You may need some medication or a change in medication. By the way, are you taking your meds as prescribed? If not, this might help. The good news is by working on pain management day by day, you can do a lot to reduce your pain and your need for pain medication.

## Fatigue

Enter your score from the self-test here:

If your score is:

1–4 Fatigue is probably not your main concern. Although you may want to work on fatigue management, you may want to address other concerns first. Even if you start with a topic other

than fatigue management, the good news is that almost all of the tools in this book will help your fatigue when used regularly.

5–7 Fatigue is probably an important concern for you. You might want to start with the fatigue management tools on page 92. The good news is by working on fatigue management day by day, you can do a lot to reduce your fatigue.

8–10 For you, fatigue is probably a major problem. A good place to start is with the fatigue self-management tools on page 92. You should also let your doctor know about your fatigue level. Some medications can cause fatigue, so you might want to check with your pharmacist. You might need to change your medications. By the way, are you taking your meds as prescribed? If not, this might help. The good news is by working on fatigue management day by day, you can do a lot to reduce your fatigue.

## Physical Limitations

Enter your score from the self-test here (add all your numbers):

If your score is:

0–9 You have a few problems with physical limitations. Learn more about exercises that are suggested for people with your specific condition in Chapter 4, *Understanding and Managing Common Conditions*. Remember that endurance exercise is also important.

10–19 You have some physical limitations. Learn more about exercises that are suggested for people with your specific condition in Chapter 4, *Understanding and Managing Common Conditions*.

20–27 You have many physical limitations. The good news is that consistent exercise can probably help you. First, decide which limitations are most important to you, and then start the appropriate exercise to address that specific issue.

## Exercises for Specific Limitations

### Exercises if you have trouble dressing.

- If you have trouble reaching your feet, try:  
Knee-to-Chest Stretch, page 188; Low-Back Rock and Roll, page 190; Hip Hooray, page 192; Achilles Stretch, page 195
- If you have trouble using your arms and hands for buttons and zippers, try:  
Thumb Walk, page 184; Pat and Reach, page 187

### Exercises if you have trouble getting in and out of bed.

Pelvic Tilt, page 189; Low-Back Rock and Roll, page 190; either Curl-Up or Roll-Out for abdominal strengthening on pages 190 and 191

### Exercises if you have trouble lifting a full cup or glass to your mouth.

- If you have trouble gripping the cup or glass, try:  
Thumb Walk, page 184
- If you have trouble lifting the cup or glass, try:  
Wand Exercise, page 186

### Exercises if you have trouble walking.

Back Kick, page 193; Hamstring Stretch, page 195; Achilles Stretch, page 195; Towel Grabber, page 196

### Exercises if you have trouble washing and drying your body.

- If you have trouble reaching your feet, try:  
Knee-to-Chest Stretch, page 188; Low-Back Rock and Roll, page 190; Hip Hooray, page 192; Achilles Stretch, page 195
- If you have trouble using your arms and hands, try:  
Thumb Walk, page 184; Pat and Reach, page 187

### Exercises if you have trouble bending down to pick something up from the floor.

Good Morning, page 186; Knee-to-Chest Stretch, page 188; Power Knees, page 193; Hamstring Stretch, page 195; Achilles Stretch, page 195

### Exercises if you have trouble turning faucets on and off.

Thumb Walk, page 184; Wand Exercise, page 186; Pat and Reach, page 187

### Exercises if you have some trouble getting in and out of the car.

Low-Back Rock and Roll, page 190; Hip Hooray, page 192; Back Kick, page 193; Power Knees, page 193

For most people with chronic conditions, endurance exercise such as walking, swimming, and dancing should be part of their physical activity plan. Learn more in Chapter 7, *Being Physically Active*, and Chapter 8, *Exercising to Make Life Easier*.

## Health Worries

Enter your score from the self-test here:

If your score is:

**0–4** You are not very worried about your long-term health conditions. You might want to start with a tool other than the one dealing with troubling emotions. The good news is that no matter where you start, your worries will probably become less.

**5–12** You have some worries about your long-term health conditions. This is not unusual. You might want to start by reading Chapter 5, *Understanding and Managing Common Symptoms and Emotions*. No matter where you decide to start in the book, almost all self-management activities help you to address your worries.

**13–20** You are worried about your long-term health conditions. This is not at all unusual, but you may be worrying more than you need. Read Chapter 5, *Understanding and Managing Common Symptoms and Emotions*. You might also

want to discuss your worries with your doctor or a counselor such as a psychologist or social worker. The good news is that most people's worries become less as they learn about their condition and start to take an active part in self-management.

## What Do You Do for Fun?

If you answered this question positively, go on to the next chapter.

If you had a very difficult time answering this question or did not answer it at all, it may be that you are experiencing some depression. This is not at all unusual for someone with one or more chronic conditions. Start by reading about depression on page 110–116. It is also a good idea to discuss your worries with your doctor or a counselor such as a psychologist or social worker. The good news is that most people's worries become less as they learn about their condition and start to take an active part in self-management.

For a complete list of suggested further readings, useful websites, and other helpful resources, please see

[www.bullpub.com/resources](http://www.bullpub.com/resources).