

Health empowerment questionnaire

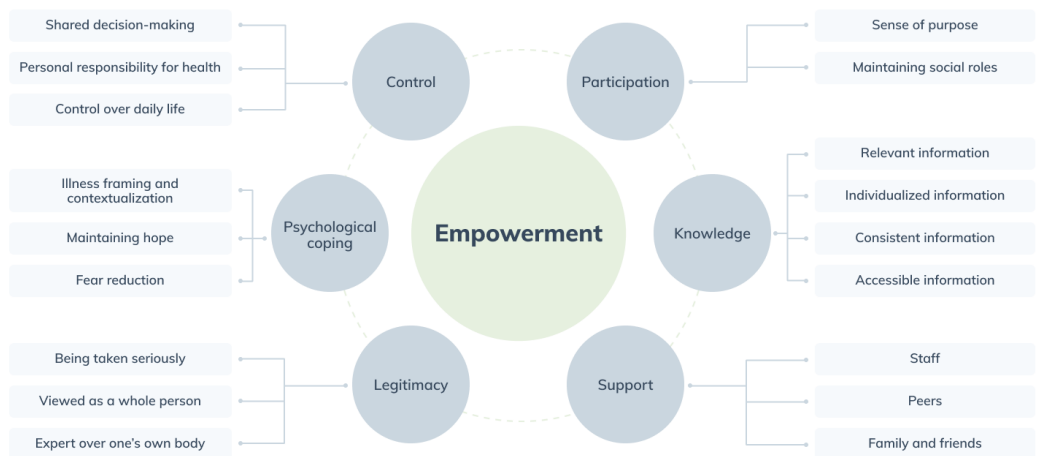
*Adapted from the Health Empowerment Scale ([Azcurra 2014](#))

Background

Being empowered to take control of your health is one of the most effective ways to ensure that you are successful in your wellness journey. Empowerment is defined as:

- Your self-awareness of your role in influencing your health, relationships, and environments
- Your perception of having control or having self-efficacy (i.e., the belief in your own capacity to successfully improve your health behaviors)
- Your ability to participate with equal and valued involvement in decisions ([Zimmerman 2000](#))

Health empowerment refers to your ability to manage your own health, involves making informed choices based on the information available to you, and focuses on fostering your own health experiences, desires, expectations, and beliefs. ([Agner 2018](#)) ([Verbrouck 2018](#))



([Agner 2018](#))

Measuring health empowerment can be helpful for understanding your current level of involvement with your health care plan and for your practitioner to understand how to best support you. Your practitioner may provide you with information or other tools to support making behavior changes designed to help increase your feelings of empowerment and improve your ability to self-manage your health. ([Verbrouck 2018](#))

For patients: How to complete the questionnaire

The eight-item Health Empowerment Scale (HES) should take two to five minutes to complete and is used to generate a self-efficacy score. ([Anderson 2003](#))([Michigan Diabetes Center 2021](#)) Your practitioner can use this score to better understand how to best support you to self-manage your health and your treatment plan.

Each statement below describes how a person might feel when approaching health-related challenges. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not how you have felt in the past or how you would like to feel.

Circle the number that best describes how much you agree or disagree with each statement. Each statement finishes the sentence “In general, I believe that...”

	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly agree
1. I know what part(s) of taking care of my health that I'm dissatisfied with.	1	2	3	4	5
2. I am able to turn my health goals into a workable plan.	1	2	3	4	5
3. I can try out different ways of overcoming barriers to my health care goals.	1	2	3	4	5
4. I can find ways to feel better about having health.	1	2	3	4	5
5. I know the positive ways I cope with health-related stress.	1	2	3	4	5
6. I can ask for support for having and caring for my health when I need it.	1	2	3	4	5
7. I know what helps me stay motivated to care for my health.	1	2	3	4	5
8. I know enough about myself as a person to make health care choices that are right for me.	1	2	3	4	5

Thank you for completing this questionnaire! Please return the form to your practitioner.