

Survey Overview



ASK®-12 is a self-administered patient survey that offers quick identification of 12 specific, actionable barriers to medication adherence.^{1,2}

About ASK-12

- ASK-12 was developed to increase effectiveness of the patient intervention by quickly identifying the most prevalent factors that influence medication adherence.
- ASK-12 contains the questions most often identified as barriers by patients taking the ASK-20.
- Three domains Inconvenience/forgetfulness, Treatment beliefs, Behavior may help streamline decision-making by the healthcare provider for quick conversation-building regarding medication adherence.

Derivation of the ASK-12

- This survey was derived from the ASK-20 using a study population of 112 patients with asthma, type 2 diabetes, or congestive heart failure. The shorter survey is intended to be more practical for use in busy clinical settings while enhancing the psychometric performance of the survey.
- Items were extracted using exploratory factor analysis.²
 - Analysis identified 3 subscales highlighting behavior, treatment beliefs, and inconvenience/forgetfulness.
 - Subscales allow for separate assessment of adherence-related behavior and barriers.

The items that were dropped from ASK-20 include²:

- My use of alcohol gets in the way of taking my medicines.
- I worry about how medicine will affect my sexual health.
- I sometimes forget things that are important to me.
- I have felt sad, down, or blue during the past month.
- I understand my doctor's/nurse's instructions about the medicines I take.
- I am able to read and understand pill bottle labels.
- I have to take too many medicines a day.
- It is hard for me to swallow the pills I have to take.

These items may still be useful when studying a more defined population, based on criteria such as disease condition, specific ethnicity, or age-group.

Reliability and Concurrent Validity²

- The ASK-12 total score demonstrated adequate internal consistency reliability with a Cronbach's alpha of 0.75.
- The ASK-12 demonstrated correlations with self-report measures and objective measures.
 - The 12-items scale demonstrated a strong correlation between ASK-12 total score and the Morisky Adherence Survey (-0.74).
 - The ASK-12 total score was significantly correlated with the proportion of days covered* as indicated by insurance claims (r=-0.20; P=0.059).

ASK-12 Score

- There are 2 ways to interpret ASK-12. A score assists in the overall evaluation and interpretation when using the survey as a pre-post measure in a study.
- Score can range from 12-60, with higher scores representing greater barriers to adherence.
- As with ASK-20, the barriers total count (average number of barriers identified) can be used as a pre-post measure.
- In a clinical setting it is not necessary to score the instrument; only review the items in the darker blue boxes, and begin a conversation about taking medicines.

Summary

- The ASK-12 is a convenient, brief survey that can be used to quickly identify potential barriers to adherence that may limit treatment effectiveness.²
- The survey may alert providers to adherence barriers that could have otherwise gone unnoticed.

References: 1. Hahn SR, Park J, Skinner EP, et al. Development of ASK-20 adherence barrier survey. Curr Med Res Opin. 2008; 24(7): 2127-2138. 2. Matza LS, Park J, Coyne KS, et al. Derivation and validation of the ASK-12 adherence barrier survey. Ann Pharmacother. 2009;43:1621-1630.

^{*}Proportion of Days Covered (PDC) is the number of days covered by prescription fills for at least 1 therapy, divided by the number of days in the treatment period.



Taking Medicine—What Gets in the Way?

Think about all of the medicines you take. Mark one answer for each item below.

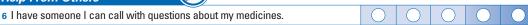
INCONVENIENCE/ FORGETFULNESS

TOTIGETTOEINEGO	Strongly			p.	Strongly
Lifestyles	Agree	Agree	Neutral	Disagree	Disagree
1 I just forget to take my medicines some of the time.					
2 I run out of my medicine because I don't get refills on time.		0	0		0
3 Taking medicines more than once a day is inconvenient.					

TREAT	MENT	BELIEFS

Attitudes and Beliefs	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
4 I feel confident that each one of my medicines will help me.		\bigcirc			
5 I know if I am reaching my health goals.					

Help From Others



Talking With Healthcare Team



BEHAVIOR

Taking Medicines	In the last	In the	In the last	More than	Never
Have You	week	month	3 months	3 months	
8 Taken a medicine more or less often than prescribed?					\bigcirc
9 Skipped or stopped taking a medicine because you didn't think it was working?					\bigcirc
10 Skipped or stopped taking a medicine because it made you feel bad?					\bigcirc
11 Skipped, stopped, not refilled, or taken less medicine because of the cost?		0	0	0	\bigcirc
12 Not had medicine with you when it was time to take it?		0	0		\bigcirc

If you checked any answers in the darker blue boxes, talk with your doctor or other healthcare provider.

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Using ASK-12

- 1 Ask your patients to complete ASK-12 on paper, over the telephone, or at www.HealthCoach4Me.com.
- 2 Identify potential barriers by reviewing any answers in darker blue boxes.
- 3 Discuss with your patient any potential barriers.
 - · If several barriers are identified, ask the patient which one matters most to them.
- Provide ASK resources (www.HealthCoach4me.com) to address specific adherence barriers.
 - Consider any social support or services that may benefit the patient.
 - Counsel and follow up with the patient as needed.