

The logo features the text "ask-12" in a stylized, orange, sans-serif font with a blue outline. The word "ask" is lowercase, and "12" is uppercase. A registered trademark symbol (®) is positioned above the "k". The text is set against a blue, spherical background with a white highlight at the top, suggesting a globe or a planet. The entire logo is enclosed within a white circular border.

ask[®]-12

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 ($r=-0.20$; $P=0.059$).

*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.

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.



Taking Medicine—What Gets in the Way?

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

INCONVENIENCE/ FORGETFULNESS

Lifestyles

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1 I just forget to take my medicines some of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 I run out of my medicine because I don't get refills on time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Taking medicines more than once a day is inconvenient.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TREATMENT BELIEFS

Attitudes and Beliefs

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
4 I feel confident that each one of my medicines will help me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 I know if I am reaching my health goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help From Others

6 I have someone I can call with questions about my medicines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Talking With Healthcare Team

7 My doctor/nurse and I work together to make decisions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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BEHAVIOR

Taking Medicines

Have You...

	In the last week	In the last month	In the last 3 months	More than 3 months	Never
8 Taken a medicine more or less often than prescribed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 Skipped or stopped taking a medicine because you didn't think it was working?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 Skipped or stopped taking a medicine because it made you feel bad?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11 Skipped, stopped, not refilled, or taken less medicine because of the cost?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 Not had medicine with you when it was time to take it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

- Ask your patients to complete ASK-12 on paper, over the telephone, or at www.HealthCoach4Me.com.
- Identify potential barriers by reviewing any answers in darker blue boxes.
- 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.



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