

Appendix 1. The 13-item Self-efficacy for Appropriate Medication Use Scale (SEAMS-13)

	Not confident	Somewhat confident	Very confident
How confident are you that you can take your medicines correctly.....			
1. When you take several different medicines each day.	☐	☐	☐
2. When you take medicines more than once a day.	☐	☐	☐
3. When you are away from home.	☐	☐	☐
4. When you have a busy day planned.	☐	☐	☐
5. When they cause some side effects.	☐	☐	☐
6. When no one reminds you to take the medicine.	☐	☐	☐
7. When the schedule to take the medicine is not convenient.	☐	☐	☐
8. When your normal routine gets messed up.	☐	☐	☐
9. When you are not sure how to take the medicine.	☐	☐	☐
10. When you are not sure what time of day to take your medicine.	☐	☐	☐
11. When you are feeling sick (you know, like having a cold or the flu).	☐	☐	☐
12. When you get a refill of your old medicines and some of the pills look different than usual.	☐	☐	☐
13. When a doctor changes your medicines.	☐	☐	☐