

# LebenWell Behavioral Health Coaching, LLC

## PERCEIVED HEALTH COMPETENCE SCALE

### INSTRUCTIONS:

This is a questionnaire designed to determine the way in which different people view certain important issues related to their health. Each item is a belief statement with which you may agree or disagree. Under each statement is a scale that ranges from strongly disagree (1) to strongly agree (5).

Please try to respond to each item separately in your mind from each other item. Choose your answers thoughtfully and make your answers as true FOR YOU as you can. Please answer every item. There are no “right” or “wrong” answers, so choose the most accurate answer for YOU—not what you think most people would say or do.

Strongly Disagree

Strongly Agree

1-----2-----3-----4-----5

- \_\_\_\_\_ 1. I handle myself well with respect to my health.
- \_\_\_\_\_ 2. No matter how hard I try, my health just doesn't turn out the way I would like.
- \_\_\_\_\_ 3. It is difficult for me to find effective solutions to the health problems that come my way.
- \_\_\_\_\_ 4. I succeed in the projects I undertake to improve my health.
- \_\_\_\_\_ 5. I'm generally able to accomplish my goals with respect to my health.
- \_\_\_\_\_ 6. I find my efforts to change things I don't like about my health are ineffective.
- \_\_\_\_\_ 7. Typically, my plans for my health don't work out well.
- \_\_\_\_\_ 8. I am able to do things for my health as well as most other people.

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