

BSA-8™: Behavioral Snapshot Adherence – 8 Items

Taking medication as prescribed can be challenging for many reasons. This questionnaire captures a behavioral “snapshot” of how you manage your medications so your healthcare team can provide better support. All questions refer to your experiences in the past 7 days. Please answer honestly. There are no right or wrong answers.

1. Missed Doses

In the past week, have you missed taking any of your prescribed medication?

☐ No ☐ Yes, once ☐ Yes, more than once

2. Dose Modification (Self-Directed)

Have you changed how much of your medication you take, other than what your doctor instructed?

☐ No ☐ Yes, once ☐ Yes, more than once

3. Timing Deviation

Have you taken your medication at a time noticeably different from your usual or prescribed schedule?

☐ No ☐ Yes, once ☐ Yes, more than once

4. Full-Day Skip

Have you gone a full day without taking a medication that you were prescribed?

☐ No ☐ Yes, once ☐ Yes, more than once

5. Symptom-Driven Change

Have you skipped or changed doses because you felt better or worse (your symptoms or side effects)?

☐ No ☐ Yes, once ☐ Yes, more than once

6. Late / Remembered After Window

Have you only remembered to take a dose after the scheduled time, so it was late or effectively missed?

☐ No ☐ Yes, once ☐ Yes, more than once

7. Supply / Access Problem

Were there times you did not have your medication available (e.g., ran out, pharmacy delay, lost medication) when you needed it?

☐ No ☐ Yes, once ☐ Yes, more than once

8. Perceived Consistency

Has your overall medication-taking felt inconsistent or irregular compared with how you were instructed to take it?

☐ No ☐ Yes, once ☐ Yes, more than once

Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.