

## Appointment-Keeping Behavioral Snapshot – 8 items (AK-BSA-8™)

Attending and scheduling healthcare appointments can be challenging. The following questions ask about your experience in the past week. There are no right or wrong answers; please answer honestly. Your responses provide a snapshot of your appointment-keeping behavior.

### 1. Missed Scheduling

In the past week, have there been times when you forgot to schedule a follow-up or routine healthcare appointment as planned?

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

### 2. Planned but Missed

In the past week, were there days when you intended to schedule or attend an appointment but didn't follow through?

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

### 3. Symptom-Driven Skip

Have you ever skipped or canceled an appointment without notifying your provider because you felt your health was under control or better than expected?

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

### 4. Contextual Lapse

When you were away from home, busy, or engaged in other activities, did you sometimes forget about scheduled appointments?

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

### 5. Recent Attendance

For your most recent scheduled appointment, did you attend as planned?

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

### 6. Intentional Delay

When your health felt stable, did you decide not to schedule a recommended check-in or follow-up appointment?

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

### 7. Burden Perception

Did you feel frustrated, overwhelmed, or burdened by how often appointments were required for your care?

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

### 8. Timing / Date Consistency

In the past week, did you have difficulty remembering the time or date of any scheduled appointment?

☐ 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.**