



adherence. cartography.

Adherence is not a point. It's a landscape.



Instructions to Patient

We understand that life can make taking medication challenging. These questions ask about your experience over the past 4 weeks. Please answer honestly. There are no right or wrong answers.

Disrupted Routine

Do changes in your usual daily routine make it harder for you to take your medication as prescribed?

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

Timing Changes

Do you sometimes take your medication at a different time than usual (not because your doctor told you to)?

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

Contextual Barriers

Do changes in where you are (at work, with others, away from home) make it harder for you to take your medication?

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

Deviation from Prescribed Use

Do you ever change how you take your medication (skipping, taking less or more) without first checking with your healthcare provider?

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

Reliance on External Reminders

Do you need reminders — like an alarm, another person, or an app — to help you remember your medication?

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

Emotion-Driven Changes

Do your mood, stress, or emotions affect whether or how you take your medication?

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

Medication Unavailable

Are there times when you don't have your medication with you or can't access it when you need it?

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

Inconsistent Routine

Is your day-to-day routine inconsistent in ways that affect your ability to take your medication?

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