

(Self-)Assessment of Readiness Tool

NHS Type 2 Diabetes Path to Remission Programme

About the questionnaire: Information for healthcare providers

The aim of this tool is to support primary care to further screen eligible candidates for the NHS Type 2 Diabetes Path to Remission Programme on the basis of psychological readiness for the intervention, prior to undertaking a more extensive medications adjustment review.

An individual's answers to the questions on this tool should be considered an input to shared decision making.

The instrument can be used in two ways:

- Health care professional-led discussion within the context of a clinical consultation (e.g. diabetes review or opportunistic consultation)
- Self-assessment by patient within the context of an invitation to consider referral to the programme (e.g. letter / email / online / before a consultation).

The instrument requires the individual to indicate their level of agreement to seven statements, each of which assesses a different aspect of adherence to the programme. These concepts are based on psychological theory and evidence relevant to the uptake and adherence to dietary interventions. They include:

- Self-efficacy for adherence to formula-based low calorie diet (LCD)
- Beliefs about the benefits of significant weight loss
- Commitment to long term lifestyle change
- Social support for weight loss and weight maintenance
- Presence of stressful life events
- Acceptability of the programme
- Perceptions of emotional impact of intervention

The tool can be given to any individual who may be considered eligible for the programme **prior to medication review**. Individuals whose answers are mostly in the white zone (i.e. 'agree' or 'strongly agree') are likely to benefit from the programme. Individuals whose answers are in the grey zone (i.e. 'strongly disagree', 'disagree', 'neither agree nor disagree') are unlikely to benefit from the programme **at this time**.

When using the tool within a consultation, clinicians can ask participants about their answers, with particular exploration of those that fall in the grey zone. Joint decision-making is key and the tool can be used to facilitate a discussion to explore the patient's motivation and whether to progress to the next stage of a medication adjustment review. Clinicians may still progress patients with a mixture of grey and white answers if they are satisfied, following discussion, that the patient is highly motivated to take part and will experience no negative side effects (e.g. increase in eating disorder symptoms).