Survey Overview
ASK-12 is a condensed tool that offers quick identification of patient-specific barriers.\textsuperscript{1,2}

### About ASK-12

- ASK-12 was developed to increase effectiveness of the intervention by quickly identifying the most prevalent factors that influence medication adherence.
- ASK-12 contains the questions most often identified as barriers by patients taking the ASK-20.
- Three domains – Inconvenience/forgetfulness, Treatment beliefs, Behavior – may help streamline decision-making by the healthcare provider for quick conversation-building regarding medication adherence.

### Derivation of the ASK-12

- This survey was derived from the ASK-20 using a study population of 112 patients with either asthma or diabetes.
- Items were extracted using exploratory factor analysis.\textsuperscript{2}
  - Analysis identified 3 subscales highlighting behavior, treatment beliefs, and inconvenience/forgetfulness.
  - Subscales allow for separate assessment of adherence-related behavior and barriers.

### The items that were dropped from ASK-20 include:\textsuperscript{2}

- My use of alcohol gets in the way of taking my medicines.
- I worry about how medicine will affect my sexual health.
- I sometimes forget things that are important to me.
- I have felt sad, down, or blue during the past month.
- I understand my doctor’s/nurse’s instructions about the medicines I take.
- I am able to read and understand pill bottle labels.
- I have to take too many medicines a day.
- It is hard for me to swallow the pills I have to take.

*These items may still be useful when studying a more defined population based on criteria such as disease condition, specific ethnicity, or age-group.*
Reliability and Concurrent Validity

- ASK-12 total score demonstrated adequate internal consistency reliability with a Cronbach’s alpha of 0.75.
- The ASK-12 demonstrated correlations with self-report measures and objective measures.
  - The 12 items scale demonstrated a strong correlation between ASK-12 total score and the Morisky Adherence Survey (-0.74).
  - The ASK-12 total score was significantly correlated with the proportion of days covered as indicated by insurance claims (r=-0.20; P=0.059).

ASK-12 Score

- There are two ways to interpret ASK-12. A score assists in the overall evaluation and interpretation when using the survey as a pre-post measure in a study.
- Score can range from 12-60 with higher score representing greater barriers to adherence.
- As with ASK-20, the barriers total count (average number of barriers identified) can be used as a pre-post measure.
- In a clinical setting it is not necessary to score the instrument, only review the items in the dark blue boxes and begin a conversation about taking medicines.

Summary

- The ASK-12 is a convenient, brief measure that can be used to identify potential barriers to adherence that may limit treatment effectiveness.2

Discuss with your patient any potential barriers.

- If several barriers are identified, ask the patient which one matters most to him or her.

Provide ASK resources (www.takingmeds.com) to address specific adherence barriers.

- Consider any social support or services that may benefit the patient.
- Counsel and follow up with the patient as needed.