

Health Behavior Motivation Scale

I will make the recommended lifestyle changes (such as exercising more, reducing fat and salt in my diet, reducing stress, not smoking, etc.) because:

Autonomous motivation

- Q1.** staying healthy as much as I can is a personal challenge.
- Q2.** I believe that making such changes will improve my health.
- Q3.** I feel that changing my lifestyle is a good way to improve my health.
- Q4.** It is exciting for me to keep myself healthier.

Controlled motivation

- Q5.** I feel guilty if I don't tell my doctor what I need to.
- Q6.** I want my doctor to think I am a good patient.
- Q7.** I feel bad if I don't tell my doctor about my health.

Perceived support from the physician

- Q8.** I feel that my doctor provides me with options and choices.
- Q9.** I feel that my doctor understands me.
- Q10.** My doctor trusts me in my ability to make changes.
- Q11.** My doctor encourages me to ask questions.
- Q12.** My doctor tries to understand my views before suggesting new ways of doing things.