

DHTA1

SESSION 3

1.3 Health self-management

SELF ASSESSMENT

Printable version





www.id-health.eu

Partners

stift tilbeck
WILLKOMMEN.



SELF ASSESSMENT TEST



This is a simple test, just 4 questions to check if you've grasped the essential concepts. Put a check mark  in the box next to the correct answer

1. Which of these aspects is important for health self-management?		
QUESTION 1	Having self-esteem and wanting to feel good	<input type="checkbox"/>
	Being handsome to succeed	<input type="checkbox"/>

2. What would you advise your friend if he has a stomach ache?		
QUESTION 2	Take two aspirins	<input type="checkbox"/>
	Ask for advice and see a doctor.	<input type="checkbox"/>

3. Which of these two options indicates that a person is interested in managing their own health?

QUESTION 3	Write down your symptoms and keep a schedule of your medical appointments.	
	Ignore the symptoms and don't worry too much.	

4. Which of these two options do you think is better?

QUESTION 4	I'll go to the doctor alone, that way nobody will find out what's wrong with me.	
	I'm asking for a family member to come with me, so they can help me understand what's happening to me and the doctor's instructions.	

Answer key

QUESTION 1	Having self esteem...	
	Being handsome...	✓
QUESTION 2	Take two aspirins...	
	Ask for advice...	✓
QUESTION 3	Write down the symptoms...	✓
	Ignore the symptoms...	
QUESTION 4	I'll go to the doctor alone...	
	I'm asking for a family member...	✓