

| Self-Efficacy Measure for Sleep Apnea (SEMSA)

Name

Date of Birth

Today's Date

	1	2	3	4
	Very low	Low	High	Very high
Factor 1: Risk Perception				
Having OSA (obstructive sleep apnea), my chances of falling asleep driving				
Having OSA, my chances of having an accident				
Having OSA, my chances of having a heart attack				
Having OSA, my chances of falling asleep during day				
Having OSA, my chances of having high blood pressure				
Having OSA, my chances of difficulty concentrating				
Having OSA, my chances of being depressed				
Having OSA, my chances of problems sexual performance				

Factor 2: Outcome expectancies	1 Very low	2 Low	3 High	4 Very high
If I use CPAP (continuous positive airway pressure)... I will be more active				
If I use CPAP... desire and sexual performance improved				
If I use CPAP... job performance improve				
If I use CPAP... my relationship improve				
If I use CPAP I will feel better				
If I use CPAP... decrease chance driving accident				
If I do not use CPAP I will be less alert				
If I use CPAP then I will not snore				
If I use CPAP... my partner will sleep better				
Factor 3: Treatment Self-Efficacy	1 Very low	2 Low	3 High	4 Very high
I would use CPAP (continuous positive airway pressure)... if it made my nose stuffy				
I would use CPAP... if have to wear a tight mask				
I would use CPAP... if it were a bother				
I would use CPAP... if it made me feel embarrassed				
I would use CPAP... if it made me feel claustrophobic				
I would use CPAP... if it took longer to get ready for bed				
I would use CPAP... if had to pay for some of the cost				
I would use CPAP... even when I traveled				
I would use CPAP... if it disturbed my partner				