

REPORTED ADHERENCE TO MEDICATION: RAM scale**I sometimes forget to take my medicines**

- Strongly disagree
- Disagree
- Uncertain
- Agree
- Strongly agree

I sometimes alter the dose my medication to suit my own needs of

- Strongly disagree
- Disagree
- Uncertain
- Agree
- Strongly agree

Some people forget to take their medicines. How often does this happen to you?

- Never
- Rarely
- Sometimes
- Often
- Very often

Some people I have talked to say that they miss out a dose their medication or adjust it to suit their own needs. How often do you do this?

- Never
- Rarely
- Sometimes
- Often
- Very often

THE COMPLIANCE QUESTIONNAIRE RHEUMATOLOGY (CQR)

1. If the rheumatologist tells me to take the medicines, I do so.
2. I take my anti-rheumatic medicines because I then have fewer problems.
3. I definitely don't dare to miss my anti-rheumatic medications.
4. If I can help myself with alternative therapies, I prefer that to what my rheumatologist prescribes.
5. My medicines are always stored in the same place, and that's why I don't forget them.
6. I take my medicines because I have complete confidence in my rheumatologist.
7. The most important reason to take my anti-rheumatic medicines is that I can still do what I want to do.
8. I don't like to take medicines. If I can do without them, I will.
9. When I am on vacation, it sometimes happens that I don't take my medicines.
10. I take my anti-rheumatic drugs, for otherwise what's the point of consulting a rheumatologist?
11. I don't expect miracles from my anti-rheumatic medicines.
12. If you can't stand the medicines you might say: "throw it away, no matter what.
13. If I don't take my anti-rheumatic medicines regularly, the inflammation returns.
14. If I don't take my anti-rheumatic medicines, my body warns me.
15. My health goes above everything else and if I have to take medicines to keep well, I will.
16. I use a dose organizer for my medications.
17. What the doctor tells me, I hang on to.
18. If I don't take my anti-rheumatic medicines, I have more complaints.
19. It happens every now and then, I go out for the weekend and then I don't take my medicines**.

The answers are scored on a 4-point Likert scale with anchors:

1. don't agree at all
2. don't agree
3. agree
4. agree very much.