**Lifestyle Medicine Survey Tool for Undergraduate Medical Curriculum**

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| Item 1 | Lifestyle management recommendations are a valuable tool for prevention and management of chronic diseases. |
| Item 2 | Lifestyle management recommendations are a valuable use of limited patient-doctor time. |
| Item 3 | Lifestyle management education is worth your time in medical school curriculum.  |
| Item 4 | Obtaining a comprehensive lifestyle history |
| Item 5 | Assisting patients with setting lifestyle change goals to improve lifestyle intervention outcomes |
| Item 6 | Prescribing personalized lifestyle advice to patients with common medical conditions |
| Item 7 | Using motivational interviewing for improving the outcomes of lifestyle interventions. |

**Instructions:**

Students report their beliefs in lifestyle medicine by rating their agreement with items 1-3 and their level of confidence in lifestyle medicine skills with items 4-7.

The Likert scale for Items 1-3 is: 5=strongly agree; 4=agree; 3=neutral; 2=disagree; 1=strongly disagree.

The Likert scale for Items 4-7 is: 5=extremely confident; 4=quite confident; 3=moderately confident; 2=slightly confident; 1=not confident at all.