

Instrument Use Agreement

I, _____, am requesting to use the _____ instrument in _____.

I agree to these Terms and Conditions:

- Not to change the self-care instrument in anyway without explicit permission of the instrument author.
- To calculate scores in the manner prescribed (see website and publications).
- To properly cite the instrument in all publications using it, referring to the original publication.
- Not to include the instrument itself in any publication because that transfers the copyright to the journal publisher.

Note that we encourage all users of our self-care instruments to always measure confidence because confidence has been shown repeatedly to be associated with success in performing self-care. If the instrument you have chosen does not include items addressing confidence (usually the last section of the instrument), please request permission to use the Self care Self efficacy scale (available on the website).

The instrument authors agree to these Terms and Conditions:

- You have permission to use this instrument in your research now and in perpetuity, if the terms and conditions of this agreement continue to be met.

Signature of User: _____ Date: _____

Signature of Instrument Author: _____ Date: _____