

## Telehealth Attitudes Questionnaire

“Telehealth” is a relatively new (and helpful) method of providing health services. Instead of traveling to a clinic or office to receive in-person health services, patients use videoconferencing technology in their own communities (e.g., at their local medical clinic, church, etc.) or even in their own homes (on the internet) to speak with a health professional using a video-phone.

Please indicate how much you agree with the following statements about telehealth (use the following scale)

1 (Not at all)            2 (A little bit)            3 (Moderately)            4 (Quite a bit)            5 (Extremely)

1) I would feel comfortable and have confidence using “telehealth,” *if I needed...*

- a) ...to consult with a family physician because I was feeling ill \_\_\_\_\_
- b) ...to have an annual check-up with a family physician (even though feeling healthy) \_\_\_\_\_
- c) ...to consult with a pharmacist \_\_\_\_\_
- d) ...to consult with a dietician or nutritionist \_\_\_\_\_
- e) ...to consult with a dermatologist \_\_\_\_\_
- f) ...to consult with another type of a specialist \_\_\_\_\_

2) One type of telehealth is “telepsychiatry” (for problems with emotions, nerves, mental health, or use of alcohol or drugs). If I were suffering from any of these problems, *I would...*

- a) ...feel comfortable using telepsychiatry at a local clinic \_\_\_\_\_
- b) ...feel comfortable using telepsychiatry at a local church \_\_\_\_\_
- c) ...feel comfortable using telepsychiatry from my home \_\_\_\_\_
- d) ...prefer to *visit* a mental health professional, in person (instead of using telepsychiatry) \_\_\_\_\_
- e) ...prefer to use telepsychiatry (instead of visiting a mental health profession, in-person) \_\_\_\_\_
- f) ...use telepsychiatry if it would save me a 1-hour drive to a clinic \_\_\_\_\_
- g) ...use telepsychiatry if it would save me a 2-hour drive to a clinic \_\_\_\_\_
- h) ...use telepsychiatry in my community (e.g., clinic, church) if privacy was assured \_\_\_\_\_
- i) ...be less likely to use telepsychiatry for certain types of emotional problems \_\_\_\_\_

(Please list: \_\_\_\_\_)

3) What kinds of concerns would you have about using telepsychiatry?

(Please circle *all* that apply)

The technology may be too sophisticated (A)

It probably would not help my problems (B)

Fear of what others might think (C)

It wouldn't be as effective as in-person sessions (D)

4) Please indicate which types of the following technology you currently have in your home...

- a) Telephone?            Yes<sub>1</sub> / No<sub>2</sub>            c) Dial-Up Internet Access?            Yes<sub>1</sub> / No<sub>2</sub>
- b) Computer?            Yes<sub>1</sub> / No<sub>2</sub>            d) High-Speed (Cable/DSL) Internet Access?            Yes<sub>1</sub> / No<sub>2</sub>

The development and scoring of this scale are discussed in the paper below. The scale is free to use, without restriction.

Grubaugh, A. L., Cain, G. D., Elhai, J. D., Patrick, S. L., & Frueh, B. C. (2008). Attitudes toward medical and mental health care delivered via telehealth applications among rural and urban primary care patients. *Journal of Nervous and Mental Disease, 196*, 166-170.

Downloadable from: <https://www.jon-elhai.com/research#access>