BRICS NINR Self-Regulation

BRICS NINR Index of Self-Regulation

BRICS Main and Form Administration

Main

1. Global unique identifier number

2. Subject identifier number

3. Age in years

4. Vital status
   - Alive
   - Dead
   - Unknown

5. Visit date

6. Site name

7. Days since baseline

8. Case control indicator

9. General notes text

Form Administration

10. Context Type
    - Follow-up 1
    - Follow-up 2
    - Follow-up 3
    - Follow-up 4
    - Follow-up 5
    - Other, specify

11. Context type other text
12. Data source
- Participant/subject
- Friend
- Chart/Medical record
- Family, specify relation
- Physician
- Other, specify

13. Data source other text

Index of Self Regulation

<table>
<thead>
<tr>
<th></th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Undecided</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>14. I think of the benefits of changing the ways that I take care of myself</td>
<td>❌</td>
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<td>15. I remind myself of the good that I am doing by changing the ways that I take care of myself</td>
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<tr>
<td>16. I remind myself of the importance of changing the ways that I take care of myself</td>
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<td>17. I keep track of how I am doing in changing the ways that I take care of myself</td>
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<td>18. I watch of signs of progress as I change the ways that I take care of myself</td>
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<td>19. I monitor myself to see if I am meeting my goals</td>
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<td>20. I have learned new habits that help me take care of myself</td>
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<td>21. I have learned to approach old situations in new ways</td>
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<td>22. I have learned to make changes that I can live with</td>
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