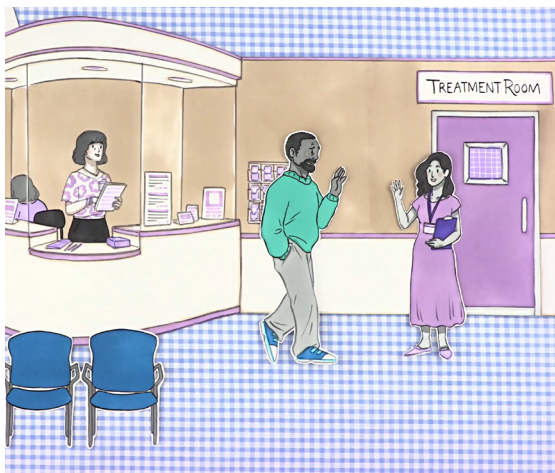


Any positive change is an achievement, and can give you confidence.

If there is little change, or your ratings get lower, we might use this as a starting point to discuss making some changes to your treatment.



By measuring quality of life, and quality of care over time, you and your clinician can work together towards making a meaningful and lasting difference to your wellbeing.

Don't forget you will receive a SMS message to your registered mobile number, with links to complete the questionnaire remotely from your phone. Also remember you can ask your clinicians about how you can use DIALOG as a part of your care, at any time.

For more information, visit our website:  
[www.hpft.nhs.uk/service-users/dialog-and-other-patient-reported-outcome-measures/](http://www.hpft.nhs.uk/service-users/dialog-and-other-patient-reported-outcome-measures/)



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Adapted with permission from South London and Maudsley NHS Foundation Trust

Images from and text based on a video produced by the Healthy London Partnership  
**March 2020**

[www.hpft.nhs.uk](http://www.hpft.nhs.uk)



Hertfordshire  
Partnership University  
NHS Foundation Trust

## DIALOG - Measuring what matters to you



**Our values**  
Welcoming Kind Positive Respectful Professional

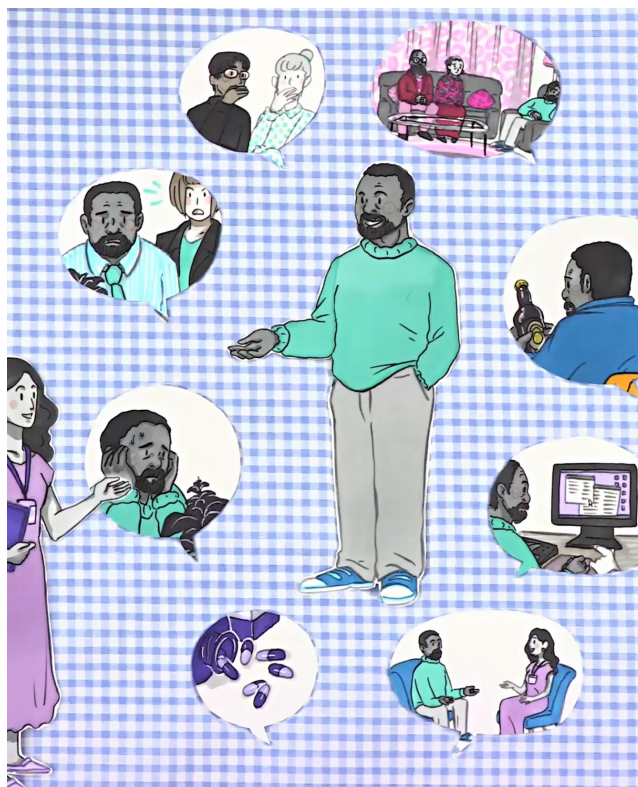
# DIALOG

Dialog is designed to measure how you rate your quality of life and your experience of the care you receive.

Your responses can help us to make sure we talk about what matters to you.

The DIALOG form is very simple and it only has 11 questions.

The first eight questions cover different areas of your life, and the last three are about your treatment.



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**DIALOG (patient-reported outcome measure)**

Name of service user..... NHS/PARIS ID .....

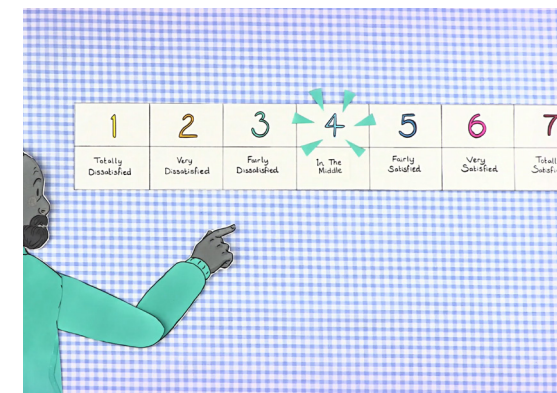
Date .....

	1	2	3	4	5	6	7	Additional help wanted Yes / No
How satisfied are you with your mental health?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your physical health?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your job situation, voluntary and other unpaid work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your accommodation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your leisure activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your friendships?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your partner/family?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your personal safety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with your medication?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with the practical help you receive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How satisfied are you with consultations with mental health professionals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*as one* Our values  
Welcoming Kind Positive Respectful Professional

DIALOG questions cover your satisfaction with:

1. Your mental health
2. Your physical health
3. With your job situation
4. Your accommodation
5. Your leisure activities
6. Your friendships
7. Your partner/family
8. Your personal safety
9. Your medication
10. The practical help you receive
11. Consultations with mental health professionals



You don't need to write out long responses or give too much detail.

Just choose a number from 1 to 7 that best matches how you feel, with one being totally dissatisfied and seven being totally satisfied.

## There are no wrong answers

DIALOG is a personal measure. There are no wrong answers so just try to be as honest as you can.

By filling in your answers at the beginning of your care, you can get a really good idea of where you are starting from in terms of quality of life.

Filling them in again later, during or at the end of your treatment, can be a useful record of where you are making progress and how well your treatment is working for you.