

## Motivation for Change Index (MFCI)

1. Because of my insomnia I cannot (Please list)

_____	_____
_____	_____
_____	_____
_____	_____

2. If there was a treatment we could use that would, as of tomorrow, fix your insomnia – in what way(s) would your life be better?

_____	_____
_____	_____
_____	_____

3. If there was a treatment we could use that would fix your insomnia, how many hours per week would you be willing to invest in the process?

\_\_\_\_\_ 1 hour    \_\_\_\_\_ 2 hours    \_\_\_\_\_ 4 hours    \_\_\_\_\_ 8 hours    \_\_\_\_\_ 10 hours

4. If there was a treatment we could use that would fix your insomnia BUT it would take time, how long would you be willing to wait?

\_\_\_\_\_ 1 week    \_\_\_\_\_ 2 weeks    \_\_\_\_\_ 4 weeks    \_\_\_\_\_ 8 weeks    \_\_\_\_\_ 10 weeks

5. If there was a treatment we could use that would fix your insomnia BUT to get better it would mean that you would get worse before you would get better, how much worse would you be willing to get?

\_\_\_\_\_ 10%    \_\_\_\_\_ 20%    \_\_\_\_\_ 40%    \_\_\_\_\_ 80%    \_\_\_\_\_ 100%

6. To make a difference in your life, how much improvement would represent a real accomplishment?

\_\_\_\_\_ 10%    \_\_\_\_\_ 20%    \_\_\_\_\_ 40%    \_\_\_\_\_ 80%    \_\_\_\_\_ 100%

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