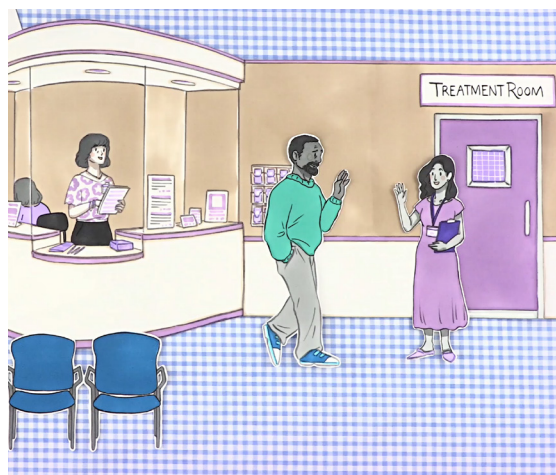


Any positive change is an achievement, and can give you confidence.

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.

Remember you can ask your clinicians about how you can use DIALOG as a part of your care, at any time.

Leaflet design: J Hoult
Text based on a video produced by
the Healthy London Partnership
March 2020

For more information please visit
[www.healthy london.org/resource/
dialog/](http://www.healthy london.org/resource/dialog/)

www.slam.nhs.uk



South London
and Maudsley
NHS Foundation Trust

DIALOG - Measuring what matters to you



DIALOG

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

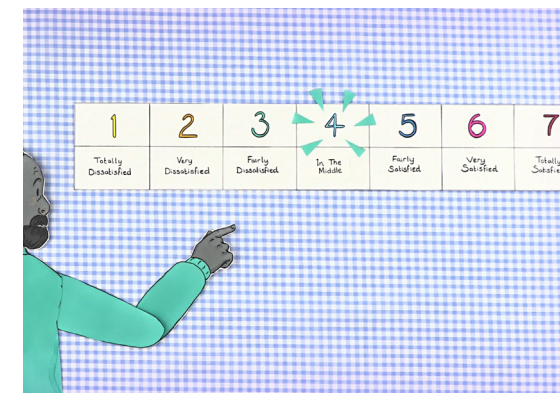
Your responses can help us to make sure we talk about what matters to you.

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.

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.

