

# Self Directed Learning Evaluation Form

To earn credit for self directed learning, articles must be carefully read and the following evaluation form completed. This should be kept in your CPD portfolio.

## Article details

<b>Title:</b>	Increased adherence to CPAP with a group cognitive behavioural treatment intervention: A randomized trial
<b>Authors:</b>	D Richards, D Bartlett, K Wong, J Malouff, R Grunstein
<b>Reference:</b>	<b>Sleep 2007: 30(5): 635-640</b>

## Educational value (5=definitely, 1=no)

I learned something new that was important	<input checked="" type="checkbox"/> 5	4	3	2	1
I verified some important information	5	<input checked="" type="checkbox"/> 4	3	2	1
I plan to discuss the information with colleagues	<input checked="" type="checkbox"/> 5	4	3	2	1
I plan to seek more information on this topic	5	4	<input checked="" type="checkbox"/> 3	2	1
My attitude about this topic has changed in some way	5	<input checked="" type="checkbox"/> 4	3	2	1
This information is likely to impact my practice	<input checked="" type="checkbox"/> 5	4	3	2	1

## Readability feedback

I understood what the authors were trying to say	<input checked="" type="checkbox"/> 5	4	3	2	1
I was able to interpret the tables/figures (if applicable)	<input checked="" type="checkbox"/> 5	4	3	2	1

## Summary of article

A randomised trial of group behavioural therapy to improve CPAP usage in CPAP naïve patients, the intervention did improve CPAP usage and uptake.

## Statement of completion

I attest to having completed the CPD activity

Signature: *A Sleepy*

Date: 24/10/07

Name: A Sleepy