

SURE Acronym	Items	Answer
1) Sure of myself	Do you feel sure about the best choice for you?	Yes / No
2) Understand information	Do you know the benefits and risks of each option?	Yes / No
3) Risks/ benefits ratio	Are you clear about which benefits and risks matter most to you?	Yes / No
4) Encouragement	Do you have enough support and advice to make a choice?	Yes / No

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