

## Tell us about yourself

17.  **Female**       **Male**

18. Age: \_\_\_\_\_ years old

19. Education level:

- 8<sup>th</sup> grade or less
- Some high school
- Graduated high school or GED
- Some college or technical school
- Graduated from college
- Postgraduate school or degree

## Video Feedback

20. How would you rate the length of the video?

- Should be much shorter
- Should be a little shorter
- About right
- Could be a little longer
- Could be much longer

21. How balanced was the video's information about surgery versus non-surgical treatment for herniated disc?

- Clearly slanted towards surgery
- A little slanted towards surgery
- Completely balanced
- A little slanted towards non-surgical treatment
- Clearly slanted towards non-surgical treatment

22. Overall, how would you rate the video?

- Poor
- Fair
- Good
- Very good
- Excellent

23. Please write comments about the video or booklet here:

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## ***HERNIATED DISC:***

### **Personal Decision Form**

There are several different ways to treat herniated disc. Each has possible benefits and risks. This form and video, together with your healthcare team, will help you make the decision that is best for you.

Please return this form with the video.

Your answers will tell us three important things:

Knowledge	
	How well we are doing our job of giving you information?
Values	
	What matters most to you?
Making Choices	
	How far along you are in decision making and what else you may need?

### **BEFORE WATCHING THE VIDEO, PLEASE ANSWER QUESTION 1 – 2**

1. Have you talked with a healthcare provider about this decision?
  - Yes
  - No
  
2. At this time, which treatment option are you leaning toward?
  - Non-surgical treatment
  - Surgery
  - I am not sure

### **NOW, PLEASE WATCH THE VIDEO**

## Knowledge



**AFTER WATCHING THE VIDEO,**  
please check  one answer for each question.

3. Over time, what usually happens to pain caused by a herniated disc?
- Tends to get worse  
 Stays about the same  
 Tends to get better  
 Very hard to predict—some get better, some get worse, and some stay about the same  
 I am not sure
4. If you have a herniated disc, which treatment approach is most likely to have you feeling better faster?
- Surgery  
 Non-surgical management  
 Both are about the same  
 I am not sure
5. If you have a herniated disc, which treatment approach is most likely to have you feeling better 10 years later?
- Surgery  
 Non-surgical management  
 Both are about the same  
 I am not sure
6. Do you have any questions? Please list them here:
- 
- 
- 
- 
- 

## Values



On a scale from 1 to 10, where  
1 is not at all important and 10 is very important:

- How important is it to you . . .
7. to relieve your symptoms quickly? 1 2 3 4 5 6 7 8 9 10
8. to avoid surgery? 1 2 3 4 5 6 7 8 9 10
9. to return to your usual activities? 1 2 3 4 5 6 7 8 9 10
10. Are there any other values that are important for you for this decision? Please list them here:

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## Making Choices

11. At this time, which treatment option are you leaning toward?
- Non-surgical treatment  
 Surgery  
 I am not sure
12. Do you feel sure about the best choice for you?  Yes  No
13. Do you know the benefits and risks of each option?  Yes  No
14. Are you clear which benefits and risks matter most to you?  Yes  No
15. Do you have enough support and advice to make a choice?  Yes  No
16. What do you plan to do next?
- Get the treatment I chose  
 Get more information  
 Talk now with a member of my healthcare team  
 At my next visit, talk with my healthcare provider  
 Other \_\_\_\_\_