**Tell us about yourself**

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>19.</td>
<td></td>
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<tr>
<td>20.</td>
<td>Age: ________ years old</td>
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<tr>
<td>21.</td>
<td>Education level:</td>
<td></td>
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<tr>
<td>☐</td>
<td>8th grade or less</td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>Some high school</td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>Graduated high school or GED</td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>Some college or technical school</td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>Graduated from college</td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>Postgraduate school or degree</td>
<td></td>
</tr>
</tbody>
</table>

**Video Feedback**

22. 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  

23. How balanced was the video’s information about **patient management** versus **doctor managed care** for acute low back pain?  
☐ Clearly slanted towards patient management  
☐ A little slanted towards patient management  
☐ Completely balanced  
☐ A little slanted towards doctor managed care  
☐ Clearly slanted towards doctor managed care  

24. Overall, how would you rate the video?  
☐ Poor  
☐ Fair  
☐ Good  
☐ Very good  
☐ Excellent  

25. Please write comments about the video or booklet here:  
_________________________________________________________________________________  
_________________________________________________________________________________  
_________________________________________________________________________________

**ACUTE LOW BACK PAIN:**  
Personal Decision Form

There are several different ways to treat acute low back pain. 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?  
☐ Rest and wait  
☐ Stay active and take over-the-counter pain medication  
☐ Physical treatment such as massage  
☐ See doctor and find out why back hurts  
☐ I am not sure  

**NOW, PLEASE WATCH THE VIDEO**

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3939b 09/07
3. How useful is knowing the cause of your acute low back pain in order to manage it?
- Very useful
- Somewhat useful
- Not useful
- I am not sure

4. Will you damage your back if you continue your normal activities?
- Definitely
- Probably
- Probably not
- Definitely not
- I am not sure

5. What does the video say is the best thing you can do for your pain?
- Take medication
- Stay active
- Have physical therapy, spinal manipulation, or massage
- Rest
- I am not sure

6. How good are X-rays, MRIs, and other imaging tests at showing the cause of most acute low back pain?
- Very good
- Good
- Fair
- I am not sure

7. Acute low back pain:
- May get better with simple treatments
- May get better with no treatment
- Usually gets better within a few weeks
- I am not sure

8. How important is it to you . . .
   to have less pain? 8
   to avoid taking medication? 10
   to return to your usual activities? 10
   to avoid exercise? 4

9. Will you damage your back if you continue your normal activities?

10. Are there other values that are important for you for this decision?

11. Do you feel sure about the best choice for you?

12. Do you know the benefits and risks of each option?

13. At this time, which treatment option are you leaning toward?
   Rest and wait
   Stay active and take over-the-counter pain medication
   Physical treatment such as massage
   See doctor and find out why back hurts
   I am not sure

14. Do you think they show the cause of most acute low back pain?
   Very good
   Good
   Fair
   I am not sure

15. Do you think they show the cause of most acute low back pain?
   Usually gets better within a few weeks
   I am not sure

16. Are you clear which benefits and risks matter most to you?

17. Do you have enough support and advice to make a choice?

18. 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