

**1. What do you consider a placebo?**

*Please use your own words:*

A placebo is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- I have heard the term, but I do not know what it means.
- I have not heard the term.

**2. If you know the term “placebo” or if you have heard it mentioned before:**

- The term is positive.
- The term is neutral, i.e. neither positive nor negative.
- The term is negative.
- I do not know.

**3. Do you think that physical complaints can get better simply by believing in the effectiveness of the therapy?**

- Yes, quite often.
- Yes, but rarely.
- No.
- I do not know.

***Please read carefully!***

Therapies can have **two modes of action**:

One mode of action is the **pharmacologic action**, i.e., the interaction of compounds in the body via biochemical pathways. For example, diabetics inject insulin to regulate their blood glucose levels.

Another mode of action is the **non-specific action**, which is also known as the placebo effect. In this case, the caring attention of the physician, the desire of the patient to recover and / or the associated circumstances of the therapy causes the patient to get better.

Psychotherapies are excluded from these definitions because they can not be assigned to either action.

**4. In which of the following situations would you like your physician to give you a therapy that in his or her view only works via non-specific action (placebo effect)?**

*Please mark only once per line.*

	<b>Yes</b>	<b>No</b>	<b>I do not know</b>
Because it was my request to receive this therapy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To gain a therapeutic advantage for me through the placebo effect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To still be able to offer me a treatment option if I would have an incurable disease and there would be no known working therapy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To offer a treatment to me in situations in which standard treatments can not be used (e.g. if I am hypersensitive or allergic) or which have major side effects.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If my complaints and test results are not attributable to a certain disease (non-specific complaints).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I would be a difficult patient with psychological peculiarities, i.e. a sick person who has constant unwarranted complaints.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To avoid drug addiction (e.g. over prescribed sleeping pills or pain relievers).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Others.... ( <i>please add</i> )	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**5. If your physician wants to give you a drug that has only a *non-specific action* in his view, is it necessary that he informs you about this fact?**

*Please mark only one answer:*

- Yes.
- I leave this decision to the physician.
- No.
- I do not know.

**6. Think about a pregnant woman who has heavy nausea over a 2-week period. The woman does not want to endanger her child by possible side effects of drugs. In this situation, the physician considers a therapy containing no active agent (*harmless sugar tablets*). The physician hopes that the woman will get better because she believes the therapy. Do you think it would be correct for the physician to offer the therapy to the woman with these words: “Try this therapy, it has very few side effects and can help with your nausea”?**

- I think it is correct.
- I do not think it is correct.
- I do not know.

*If you like, you can give a reason for your answer:*

**7. How would you judge the same situation if the physician tells the woman: “This is *an effective new agent* that works for nausea and has very few side effects.”**

- I think it is correct.
- I do not think it is correct.
- I do not know.

*If you like, you can give a reason for your answer:*

**8. Please judge the same situation when the physician is committed to homeopathic therapies and offers *homeopathic globules* with the words: “Try these homeopathic globules; they can help you with your nausea and have very few side effects”?**

- I think it is correct.
- I do not think it is correct.
- I do not know.

*If you like, you can give a reason for your answer:*

**9. How would you judge the situation in question 8 if the physician would *not be a follower of homeopathy* but he would give the woman the same homeopathic remedy?**

- I think it is correct.
- I do not think it is correct.
- I do not know.

*If you like, you can give a reason for your answer:*

**10. Consider that you have recurrent abdominal pain with distension and sometimes hard, sometimes soft bowel movements for half a year. Different tests exclude an organic disease, so the diagnosis is irritable bowel syndrome. There is no known therapy that can cure this disease by pharmacologic (substantial) effects at present. Only treatments for single symptoms are available, e.g. laxatives or anti-flatulent medications that produce unfortunate dissatisfying effects.**

**What should your physician propose to you *in addition* to the symptomatic medication?**

*Multiple answers are possible, please disregard the costs of the therapy:*

- A therapy that may work via its non-specific action.
- Psychotherapy, e.g. relaxation therapy or behaviour therapy.
- No additional therapy.
- I do not know.

**11. If you marked the first answer in question 10, what kind of therapy should be provided?**

*Multiple answers are possible, please disregard the costs of the therapy:*

- An inactive agent, e.g. a sugar tablet.
- An herbal remedy.
- A homeopathic remedy.
- Acupuncture.
- Other therapies not mentioned.
- Something that has worked for the physician in the past.
- I do not know.

**12. Consider a situation in which you find out that your physician treated you with an *herbal remedy* or a *multivitamin preparation* at an earlier date. These preparations have certain pharmacologic (substantial) effects in the body but they probably do not produce any effect on your symptoms. The therapy could have helped solely by your believing in the therapy. Your physician was aware of this, but he or she did not tell you clearly. Would you be disappointed with your physician for withholding this information?**

- Yes.
- No.
- I do not know.

*If you like, you can give a reason for your answer:*

**13. Would you be disappointed with your physician in question 12 if you found out that he or she treated you with a *sugar tablet* (instead of the herbal remedy or the multivitamin preparation)?**

- Yes.
- No.
- I do not know.

*If you like, you can give a reason for your answer:*

**Personal data:**

Year of birth: 19

Gender:  Female  Male

What is your highest educational achievement?

- No achievement of school
- Basic school
- Apprenticeship
- General qualification for university entrance
- Advanced professional training / technical school / advanced technical college
- Academy or university
- Professional training not finished.

State of health:

- I am **healthy**.
- I have an **acute disease or disorder**. (I have complaints that will probably disappear in the foreseeable future.)
- I have a **slight or moderate chronic disease or disorder**. (I have a long-lasting disease or disorder in which symptoms can occur repeatedly.)
- I have a **severe chronic disease or disorder**. (I have a disease or disorder which affects my quality of life permanently.)

Thank you very much for your help.