

TABLE E-1 Patient Activation Measure*

Below are statements that people sometimes make when asked about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally. *Your answers should be true for you and not what you think your doctor wants you to say.*

Item		Disagree Strongly	Disagree	Agree	Agree Strongly
1	When all is said and done, I am the person who is responsible for managing my health condition.				
2	Taking an active role in my own health care is the most important factor in determining my health and ability to function.				
3	I am confident that I can take actions that will help prevent or minimize some symptoms or problems associated with my health condition.				
4	I know what each of my prescribed medications do.				
5	I am confident that I can tell when I need to go get medical care and when I can handle a health problem myself.				
6	I am confident that I can tell a doctor concerns I have even when he or she does not ask.				
7	I am confident that I can follow through on medical treatments I need to do at home.				
8	I understand the nature and causes of my health conditions.				
9	I know the different medical treatment options available for my health condition.				
10	I have been able to maintain lifestyle changes for my health condition that I have made.				
11	I know how to prevent further problems with my health condition.				
12	I am confident that I can figure out solutions when new situations or problems arise with my health condition.				
13	I am confident that I can maintain lifestyle changes, like diet and exercise, even during times of stress.				

*The stages of activation include Stage I (believes taking an active role is important). Stage II (confidence and knowledge to take action), Stage III (taking action), and Stage IV (staying the course under stress). (Reproduced, with modification, from: Hibbard JH, Mahoney ER, Stockard J, Tusler M. Development and testing of a short form of the patient activation measure. *Health Serv Res.* 2005;40:1918-30. Reprinted with permission.)

TABLE E-2 Preoperative Disability and Physical and Mental Health Scores

Measure	Overall	Values by Patient Activation Stage				P Value*
		Stage I	Stage II	Stage III	Stage IV	
Current pain (<i>points</i>)						0.355
Mean and standard deviation	5.22 ± 0.30	6.13 ± 0.58	5.33 ± 0.68	4.68 ± 0.47	5.00 ± 0.74	
Range	0 to 9	0 to 9	1 to 9	0 to 9	0 to 9	
Oswestry Disability Index (<i>points</i>)						0.236
Mean and standard deviation	44.75 ± 16.81	47.60 ± 18.57	52.00 ± 16.88	41.18 ± 15.51	41.33 ± 15.99	
Range	14 to 76	18 to 76	24 to 72	14 to 72	18 to 74	
SF-12v2 Physical Health (<i>points</i>)						0.593
Mean and standard deviation	27.90 ± 9.28	25.24 ± 6.27	27.37 ± 7.33	28.87 ± 10.47	29.44 ± 11.26	
Range	13.55 to 53.69	19.24 to 44.03	19.51 to 46.78	13.55 to 53.69	16.28 to 53.66	
SF-12v2 Mental Health (<i>points</i>)						0.801
Mean and standard deviation	55.44 ± 9.55	53.96 ± 10.41	54.53 ± 8.66	56.97 ± 8.59	55.42 ± 11.11	
Range	35.45 to 72.42	35.45 to 72.42	42.58 to 70.73	41.38 to 69.21	38.20 to 72.36	

*Comparisons of characteristics among the stages were assessed with use of analysis of variance, and a priori comparisons among stages were assessed with use of the Tukey multiple-comparisons procedure.