

This supplement provides the text of the survey questions used in this study, along with notes regarding online screen appearances.

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Introduction Screen and Consent Screens

[PN: TERM RESPONDENTS AT END OF SCREENER. IF TERMED, GO TO DEMOS]

[PN: INSERT LANGUAGE PREFERENCE QUESTION]

Thank you for your interest in this health survey. Please answer the following questions to confirm that you are eligible to participate in this survey.

BASE: ALL QUALIFIED RESPONDENTS

S1 What is your preferred language?

- 1 English
- 2 Spanish

BASE: ALL RESPONDENTS

S2 Are you...?

- 1 Male
- 2 Female
- 3 Transgender
- 4 Decline to answer

BASE: ALL RESPONDENTS

S3 What year were you born?

[NUMERIC DROP DOWN, RANGE 1900-2010]

[TERMINATE IF BORN AFTER 1997]

BASE: ALL RESPONDENTS

H1 [HIDDEN AGE CALCULATION]

BASE: ALL RESPONDENTS

S4 In what state or territory do you currently reside?

[SHOW DROP DOWN BOX WITH STANDARD US STATES & TERRITORIES]

BASE: ALL RESPONDENTS

H2 [HIDDEN REGION CALCULATION BASED ON STATE]

BASE: ALL RESPONDENTS

S5 Are you of Hispanic origin?

- 1 Yes
- 2 No
- 3 Unknown
- 4 Decline to answer

BASE: ALL RESPONDENTS

S6 What race(s) do you consider yourself? Please check all that apply.

- 1 White
- 2 Black
- 3 Asian
- 4 American Indian/Native American
- 5 Hawaiian/Pacific Islander
- 6 Other [TEXT BOX]
- 7 Unknown
- 8 Decline to answer [EXCLUSIVE, ANCHOR]

BASE: ALL RESPONDENTS

What is your approximate household income?

- 1 Under \$25,000
- 2 \$25,000-\$34,999
- 3 \$35,000-\$49,999
- 4 \$50,000-\$74,999
- 5 \$75,000-\$99,999
- 6 \$Greater than 100,000
- 7 Decline to answer

BASE: ALL RESPONDENTS

S7 Have you been diagnosed with any of the following conditions? Please select all that apply.

- 1 Arthritis/Joint pain
- 2 Asthma/Emphysema/Chronic Bronchitis (Breathing Problems)
- 3 Back pain
- 4 Depression
- 5 Diabetes
- 6 Hypertension (high blood pressure)
- 7 Hyperlipidemia (high cholesterol, high triglycerides)
- 8 Trouble sleeping/Insomnia
- 9 Osteoporosis
- 10 Headache
- 11 Hepatitis/Liver disease
- 12 Heart disease (heart attack, myocardial infarction, arrhythmia)
- 13 Stroke
- 14 Cancer
- 15 HIV/AIDS
- 16 Chronic Kidney disease
- 17 None of the above [TERMINATE] [EXCLUSIVE, ANCHOR]

[TERMINATE IF AT LEAST 2 OF OPTIONS 2, 4, 5, 6, 7 or 9 ARE NOT SELECTED, among above.]

BASE: ALL RESPONDENTS

H3 PREAMBLE ASSIGN

[PN: RANDOMLY ASSIGN RESPONDENT TO PREAMBLE 1 OR 2 USING LEAST FILL]

- 1 Preamble 1
- 2 Preamble 2

BASE: IF H3=1 PREAMBLE 1 (CONTRAST N-of-1 TRIAL WITH CLINICAL RESEARCH)**Info1**

Before you continue, we would like to explain to you what an N-of-1 trial is, and how it differs from usual clinical research trials.

Most clinical **research trials** involve a large number of patients. Patients **are assigned to one of two or more groups. Each group gets a different treatment.** For example, in this kind of trial:

- Patients who are experiencing pain might receive either Tylenol or Motrin for 2 weeks.
- Then, at the end of 2 weeks, the two groups would be compared to learn which group's pain was reduced the most, the Tylenol group or the Motrin group.
- The results can help doctors know **which treatment works the best for people who are similar to the types of people enrolled in the clinical research trial.**

A different research approach is called an **"N-of-1" trial**. It is called this because the number of patients in the study, indicated by the letter N, is just 1. In this type of trial, **an individual patient** is given the opportunity to **test two or more treatments, often in a random order.** For example, in an **N-of-1 trial**:

- A single patient who is experiencing pain might receive Tylenol for 2 weeks, followed by Motrin for 2 weeks, followed by Tylenol for another 2 weeks.
- Throughout the trial, the patient monitors the effects of the treatment.
- At the end of the trial, the patient and the doctor jointly review the results to see if the patient had less pain or side effects with Tylenol or Motrin.
- With this information, the patient can then decide with their doctor on which treatment is best for them. These patients **may learn that the treatment that is best for them is different than the treatment that is best for other patients.**

The following questions refer to this new kind of trial that we just discussed. From now on, we will refer to this new kind of trial as an **N-of-1 trial**.

Please click the forward arrow to continue.

BASE: IF H3=2 PREAMBLE 2 (CONTRAST N-of-1 TRIAL WITH CLINICAL RESEARCH)**Info2**

Before you continue, we would like to explain to you what an N-of-1 trial is, and how it differs from the usual way doctors choose treatments for patients.

The **usual way doctors choose treatments** for patients is **based on how other patients have responded to treatments in large clinical trials**. The treatments that worked the best for the average patient in those trials is usually chosen first by the doctor. For example:

- If a head-to-head trial comparing Tylenol and Motrin for pain showed that Tylenol was better for the average patient, the doctor might choose Tylenol first for their own patients with pain.
- Doctors then start the treatment for a patient's health condition or symptoms
- The patient reports back on how they are doing on these treatments at follow-up visits.
- Doctors might also take measurements at these follow-up visits to find out how the treatment is working.
- Doctors might do a trial of a different treatment or might add a second treatment if their patient is not improving enough with the first treatment.

A **different approach** to choosing treatments for patients is called an **"N-of-1" trial**. It is called this because the **number of individuals in the study, indicated by the letter N, is just 1**. In this approach to caring for patients, an individual patient is given the opportunity to carefully **test two or more treatments, often in a random order**. For example:

- A patient who is experiencing pain might receive Tylenol for 2 weeks, followed by Motrin for 2 weeks, followed by Tylenol for another two weeks
- Throughout the N-of-1 trial the patient monitors the effects of Tylenol and Motrin.
- At the end of the trial, the patient and the doctor jointly review the results to see if the patient had less pain or side effects with Tylenol or Motrin.
- With this information, the patient can then decide with their doctor on which treatment is best for them. These patients **may learn that the treatment that is best for them is different than the treatment that is best for other patients**.

The following questions refer to this new way of choosing treatments for patients that we just discussed. From now on, we will refer to this new kind of care as an **N-of-1 trial**.

Please click the forward arrow to continue.

BASE: ALL RESPONDENTS

Info3 Do you have any questions about this kind of study?

- 1 Yes, please specify: [text box]
- 2 No

*****END OF PREAMBLE SECTIONS*****

BASE: ALL RESPONDENTS

Info4 Before we go on, we would like to ask you about your preferences for making medical decisions.

Some patients want their doctors to make all of their medical decisions and others prefer to make their medical decisions on their own. Which of the following options best describes the role you prefer to play when making decisions about your medical care?

- 1 I want my doctor to decide what's best for me
- 2 I want my doctor to make the final decisions about my medical care after considering my ideas
- 3 I want my doctor and I to make the final decisions about my medical care together
- 4 I want to make the final decisions about my medical care after considering my doctor's ideas
- 5 I want to make the final decisions about my medical care with little input from my doctor

BASE: ALL RESPONDENTS

S8 Based on the above description, would you be interested in participating in one of these N-of-1 trials for one of your health conditions and/or symptoms?

- 1 Not at all interested
 - 2 Slightly interested
 - 3 Moderately interested
 - 4 Very much interested
- [TERM IF CODE 1 IS SELECTED]**

BASE: ALL RESPONDENTS

S9 Let's imagine that someone invited you to participate in an N-of-1 trial to help you find the best treatment for the health conditions or symptoms that bother you. On a scale of 1 to 4, with 1 being the **not at all interested** and 4 being **very interested**, please specify how much you would be interested in participating in an N-of-1 trial for the following health conditions.

[Only include the conditions they checked off in Question S7]

- 1 Not at all interested
 - 2 Slightly interested
 - 3 Moderately interested
 - 4 Very interested
- A. Arthritis/Joint pain
 - B. Asthma/Emphysema/Chronic Bronchitis (Breathing Problems)
 - C. Back pain
 - D. Depression
 - E. Diabetes
 - F. Hypertension (high blood pressure)
 - G. Hyperlipidemia (high cholesterol, high triglycerides)
 - H. Trouble sleeping/Insomnia

[TERM IF "NOT AT ALL INTERESTED" IS SELECTED FOR EACH CONDITION SHOWN]

[PN: DISPLAY CONSENT SCREEN AS SHOWN]

BASE: ALL QUALIFIED RESPONDENTS

CS1

Study Purpose: You are being asked to participate in a one-time research study. As part of the study, you will be asked to provide information and opinions. This study is titled *Engaging Stakeholders in Building Patient-Centered, N-of-1 Randomized and Other Controlled Trial Methods* and is funded by the Patient-Centered Outcomes Research Institute (PCORI). PCORI is funded by the US Congress. Dr. Nathalie Moise, from Columbia University in New York is the leader of this project. 500 patients across the country will be asked to participate in this study.

The purpose of this study is to obtain feedback from patients with more than one health problem about their preferences for participating in a new type of individual patient-focused approach to research and patient care called N-of-1 trials.

Procedures: You will be asked a series of questions during this survey. Some questions will ask you to choose a specific response while other questions will ask for your opinion or ideas. You will also be asked to provide some basic demographic information. These questions will take about 20 minutes to complete. Your responses will be saved and added to responses given by other study participants to create a summary of the interviews. No identifiable information will be provided to the research team and none of the investigators will be able to link your responses directly to you.

Risks/Discomforts: It is possible that some of the survey questions may make you feel uncomfortable. You may refuse to answer any question and/or request to take a break during the interview.

There is always a small, but potential risk of loss of confidentiality when participating in any research project. The research team will make every effort to protect your information, but this cannot be guaranteed. In addition to the risks and discomforts mentioned here, there may be uncommon or previously unknown risks. Please report any problems to the research team. If you have any concerns about this survey, you may call the Chesapeake IRB at 1-877-992-4724 (a toll-free number) or send an e-mail to adviser@chesapeakeirb.com.

Benefits: There is no direct benefit to you for participating in this study. However, the information you provide may help to change how doctors and scientists conduct research and clinical practice in the future, advancing and improving health care.

Compensation: You will receive panel points for completing this survey.

Confidentiality: The study team has enacted computer security measures to protect your information. The study only uses password-protected, encrypted computers to collect and store your information. A code will be used instead of your name. All of your study data will be kept in a secure location.

The sponsor, the sponsor's representatives, the Department of Health and Human Services, and Chesapeake IRB may have access to the study data.

Consent Withdrawal: Your participation in this research study is completely voluntary. You may choose to stop participating in the study at any time. There will be no penalty or loss of benefits to you.

Getting answers to your questions or concerns about the study: You can ask questions about this consent form or the study (before you decide to start the study, at any time during the study, or after completion of the study). Questions may include:

- Payment or compensation for being in the study, if any;
- Your responsibilities as a study subject;
- Eligibility to participate in the research;
- The study doctor's or study site's decision to exclude you from participation;
- Other questions, concerns, or complaints.

Contact the study investigator or study staff listed on the first page of this form with any questions, concerns or complaints. Also, if you have any questions about the survey, you may contact RTI investigators at tridenour@rti.org.

Getting answers to your questions about your rights as a research subject: This study has been reviewed by an Institutional Review Board (IRB). This Committee reviewed this study to help ensure that your rights and welfare are protected and that this study is carried out in an ethical manner.

For questions about your rights as a research subject, contact:

- By mail:
Study Subject Adviser
Chesapeake IRB
6940 Columbia Gateway Drive, Suite 110
Columbia, MD 21046
- or call toll free: 877-992-4724
- or by email: adviser@chesapeakeirb.com

Please reference the following number when contacting the Study Subject Adviser: Pro00016892.

If you have any questions about the survey, you may contact RTI investigators at tridenour@rti.org.

If you have read the previous screens and agree to participate, please click the Yes button, if not, click the No button.

- 1 Yes, I agree to participate. [\[go to Q98\]](#)
- 2 No, I do not agree to participate. [\[go on to Cs2\]](#)

BASE: DO NOT AGREE TO PARTICIPATE (CS1=2)

CS2 Are you sure you don't want to participate? Your opinions are important to us. Please select the Yes button to continue this survey; if not, select the No button to exit.

- 1 Yes, I agree to participate. *[continue with next section]*
- 2 No, I do not agree to participate ***[TERMINATE]***.

[If they do not agree to participate]

Thank you for your consideration. You have exited the survey.

BASE: ALL QUALIFIED RESPONDENTS**Q98**

Get code 1 if:

- Respondent is over 18 years of age (H1=18+)
- Resides in the US/selects state from dropdown at S3
- Has at least 2 of the following: Hypertension (high blood pressure), Hyperlipidemia (high cholesterol, high triglycerides), Diabetes, Asthma/COPD/breathing problems, Depression, Osteoporosis
- Has interest in N of 1 trial (S8>1)
- Has interest in N of 1 trials for any of their conditions listed (S9/ANY>1)
- Agrees to participate (Cs1=1 or Cs2=1)

Get code 2 if: all others

- 1 Qualified
- 2 Not qualified [THANK AND END SURVEY]

BASE: ALL QUALIFIED RESPONDENTS (Q98=1)**Q99 QUOTA SET**

1. QUALIFIED [Q98/1] [QUOTA=1,000]

Section 1: Treatment Options**BASE: ALL QUALIFIED RESPONDENTS****H5 ASSIGNED CONDITION**

[RANDOMLY ASSIGN ONE CONDITION FROM ONES SELECTED IN S7 AND SELECTS S9>1. USE LEAST FILL METHOD TO ENSURE EVEN DISTRIBUTION OF RESPONDENT TYPES]

1. Arthritis/Joint pain
2. Asthma/Emphysema/Chronic Bronchitis (Breathing Problems)
3. Back pain
4. Depression
5. Diabetes
6. Hypertension (high blood pressure)
7. Hyperlipidemia (high cholesterol, high triglycerides)
8. Trouble sleeping/Insomnia

[Participant randomly assigned to one condition from those ranked above]

BASE: ALL QUALIFIED RESPONDENTS

Q1 The following questions will pertain to treating [INSERT TREATMENT/SYMPTOM HERE FROM H5].

There are many approaches to managing medical conditions and symptoms that patients experience. Many doctors prescribe medications that you obtain from a pharmacist. These medications have been tested and shown to be safe and effective in treating a specific condition and/or symptoms. Patients also use complementary or alternative medicine to treat their health conditions and symptoms. Complementary medicine is defined here as health care approaches developed outside of mainstream Western, or conventional, medicine. They can be used by themselves or along with traditional medicine approaches. They include use of natural/herbal supplements, relaxation techniques like deep breathing, yoga and meditation, chiropractic manipulation and massage.

BASE: ALL QUALIFIED RESPONDENTS

Q1 Which of the following complementary treatments, if any, do you use to treat [INSERT DISEASE/SYMPTOM HERE FROM H5]? Please check all that apply.

[RANDOMIZE]

- 1 Yoga, Tai Chi, or Qi Gong
- 2 Deep breathing/progressive relaxation strategies
- 3 Meditation/Guided Imagery
- 4 Acupuncture/Ayurveda/Homeopathic treatment/Naturopathy
- 5 Natural products/Herbal Medicines/Functional foods/Nutritional supplements (e.g., ginseng, echinacea, garlic, ginko biloba)
- 6 Vitamins/megavitamin therapy
- 7 Chiropractic care
- 8 Massage
- 9 Prayer (for yourself or by others)
- 10 Special Diet-based therapies (vegetarian diet, macrobiotic diet, Atkins diet, Pritikin diet, Ornish diet, Zone diet)
- 11 Other complementary treatments [ANCHOR]

BASE: ALL QUALIFIED RESPONDENTS

Q2 Another approach to treating some medical conditions is known as lifestyle treatments which are defined as health behaviors usually recommended by your physician, like low salt diet, reduced alcohol consumption and exercise. Which of the following lifestyle treatments do you use to treat [INSERT DISEASE/SYMPTOM HERE FROM H5]? Please check all that apply.

[RANDOMIZE]

- 1 Low salt diet or low fat diet or reducing calorie intake
- 2 Exercise
- 3 Reduce alcohol consumption
- 4 Quit smoking
- 5 Other [ANCHOR]

BASE: ALL QUALIFIED RESPONDENTS

Q3 How many different types of medications (prescriptions and other the counter drugs) in total do you take each day?

1 In Total: [NUMERIC TEXT BOX, RANGE 1-50]

2 For [INSERT DISEASE/SYMPTOM HERE FROM H5]: [NUMERIC TEXT BOX, RANGE 1-50]

[PN: VALUE INSERTED FOR CODE 2 CANNOT BE GREATER THAN CODE 1]

BASE: ALL QUALIFIED RESPONDENTS

Q4 If you were participating in an N-of-1 trial for [INSERT DISEASE/SYMPTOM HERE FROM H5], which types of treatment would you be interested in testing? Check all that apply.

[RANDOMIZE]

1 Complementary medicine treatments [PN: INCLUDE HOVER OVER BOX THAT WILL SHOW LIST FROM Q1]

2 Lifestyle treatment [PN: INCLUDE HOVER OVER BOX THAT WILL SHOW LIST FROM Q2]

3 Prescription medications

4 Other [ANCHOR]

BASE: ALL QUALIFIED RESPONDENTS

Q5 How satisfied are you with the current management of your [INSERT CONDITION/SYMPTOM HERE FROM H5]

1 Not at all satisfied

2 Slightly satisfied

3 Moderately satisfied

4 Very much satisfied

BASE: ALL QUALIFIED RESPONDENTS

Q6 Please indicate how interested you would be in an N-of-1 trial for each of the following:

1 Not at all interested

2 Slightly interested

3 Moderately interested

4 Very much interested

A) Learn if one treatment was better than another treatment

B) Learn if a new treatment was better than no treatment at all

Learn if one of your current treatments could be stopped without any worsening of your condition

Section 2: Areas for Conjoint Analysis --

BASE: ALL QUALIFIED RESPONDENTS

Q7 An important goal of N-of-1 trials is to give patients the tools they need to carefully test different treatments and learn which one is best for them. There are different ways that N-of-1 trials can be conducted. Some different ways N-of-1 trials can be conducted are listed below.

- **Patients choose** which treatments to test or **doctors choose the** treatments.
- Patients compare different types of treatments such as **prescription medications, lifestyle behaviors such as diet and exercise or complementary medicine treatments such as herbal supplements or acupuncture.**
- Patients **compare treatments** to each other or **compare a treatment to no treatment** to learn if any of the treatments are better than nothing.

Other ways that N-of-1 trials might differ are:

- Patients **know which treatments** they are taking or the identity of **treatments is kept hidden** until the end of the N-of-1 trial. Keeping the identity of treatments hidden can help patients' be more objective in evaluating the effects of the treatment
- Patients spend **a little bit of time tracking** the effects of treatments or they spend **a lot of time tracking.**
- Patients conduct the N-of-1 trial at **no cost to them** or **pay** for part of the cost of the N-of-1 trial
- Patients' **personal doctors conduct** the N-of-1 trial or a service conducts the trial **without input from personal doctors.**

BASE: ALL QUALIFIED RESPONDENTS

Q8 Now we would like to find out about your preferences for conducting N-of-1 trials. Over the next several screens, you will see two options.

If you were participating in an N-of-1 trial, which of the following two options (Option A or Option B) would you prefer. Please check one option.

[PN: BELOW IS THE FULL LIST. INCLUDE 15 DIFFERENT SCREENS TO SHOW ONE ROW AT A TIME. INCLUDE "SCREEN X OF 15" COUNTER AT TOP OF EACH SCREEN. RANDOMIZE THE ROWS THAT SHOW FOR A TOTAL OF 15 DIFFERENT SCREENS. USE LEAST FILL TO SHOW OPTIONS AND SPLIT EVENLY BETWEEN RESPONDENTS]

Option A

Option B

1	○ You get to choose which treatments to compare and the treatment options include lifestyle behaviors	○ Your doctor chooses which treatments to compare and the treatment options include prescription medications
2	○ You get to choose which treatments to compare and the treatment options include complementary medicine	○ Your doctor chooses which treatments to compare and the treatment options include prescription medications
3	○ You get to choose which treatments to compare and the N-of-1 trial is conducted without your doctor's involvement	○ Your doctor chooses which treatments to compare and the N-of-1 trial is conducted entirely by your doctor
4	○ You get to choose which treatments to compare and the identity of the treatments is kept hidden until the end of the N-of-1 trial	○ Your doctor chooses which treatments to compare and you know which treatments you are taking
5	○ You get to choose which treatments to compare and you spend 30 minutes each day tracking the effects of the treatment	○ Your doctor chooses which treatments to compare and you spend 5 minutes each day tracking the effects of the treatment
6	○ You get to choose which treatments to compare and you track the effects of treatment 3 times per day	○ Your doctor chooses which treatments to compare and you track the effects of treatment 1 time per day
7	○ You get to choose which treatments to compare and the N-of-1 trial lasts 12 weeks	○ Your doctor chooses which treatments to compare and the N-of-1 trial lasts 2 weeks
8	○ You get to choose which treatments to compare and you pay \$100	○ Your doctor chooses which treatments to compare and there is no cost
9	○ One of the treatment types you are comparing is complementary medicine	○ One of the treatment type that you are comparing is a lifestyle approach (exercise/diet)
10	○ The treatment options include prescription medication and the N-of-1 trial is conducted without your doctor's involvement	○ The treatment options include lifestyle behaviors and the N-of-1 trial is conducted entirely by your doctor
11	○ The treatment options include prescription medication and you spend 30 minutes each day tracking the effects of the treatments	○ The treatment options include lifestyle behaviors and you spend 5 minutes each day tracking the effects of the treatments
12	○ The treatment options include prescription medication and you track the effects of treatment 3 times per day	○ The treatment options include lifestyle behaviors and you track the effects of treatment 1 time per day
13	○ The treatment options include prescription medication and the N-of-1 trial lasts 12 weeks	○ The treatment options include lifestyle behaviors and the N-of-1 trial lasts 2 weeks

14	○ The treatment options include prescription medication and there is no cost	○ The treatment options include lifestyle behaviors and you pay \$100
15	○ The treatment options include prescription medication and the N-of-1 trial is conducted entirely by your doctor	○ The treatment options include complementary medicine and the N-of-1 trial is conducted without your doctor's involvement
16	○ The treatment options include prescription medication and you know which treatments you are taking	○ The treatment options include complementary medicine and the identity of the treatments is kept hidden until the end of the N-of-1 trial
17	○ The treatment options include prescription medication and you spend 5 minutes each day tracking the effects of the treatments	○ The treatment options include complementary medicine and you spend 5 minutes each day tracking the effects of the treatments condition
18	○ The treatment options include prescription medication and you track the effects of treatment 3 times per day	○ The treatment options include complementary medicine and you track the effects of treatment 1 time per day
19	○ The treatment options include prescription medication and the N-of-1 trial lasts 12 weeks	○ The treatment options include complementary medicine and the N-of-1 trial lasts 2 weeks
20	○ The treatment options include prescription medication and there is no cost	○ The treatment options include complementary medicine and you pay \$100
21	○ The N-of-1 trial is conducted entirely by your doctor and the identity of the treatments is kept hidden until the end of the N-of-1 trial	○ The N-of-1 trial is conducted without your doctor's involvement and you know which treatments you are taking
22	○ The N-of-1 trial is conducted entirely by your doctor and you spend 30 minutes each day tracking the effects of the treatments	○ The N-of-1 trial is conducted without your doctor's involvement and you spend 5 minutes each day tracking the effects of the treatments condition
23	○ The N-of-1 trial is conducted entirely by your doctor and you track the effects of treatment 3 times per day	○ The N-of-1 trial is conducted without your doctor's involvement and you track the effects of treatment 1 time per day
24	○ The N-of-1 trial is conducted entirely by your doctor and the N-of-1 trial lasts 12 weeks	○ The N-of-1 trial is conducted without your doctor's involvement and the N-of-1 trial lasts 2 weeks
25	○ The N-of-1 trial is conducted entirely by your doctor and there is no cost	○ The N-of-1 trial is conducted without your doctor's involvement and you pay \$100
26	○ You know which treatments you are taking and you spend 30 minutes each day tracking the effects of the treatments	○ The identity of the treatments is kept hidden until the end of the N-of-1 trial and you spend 5 minutes each day tracking the effects of the treatments condition
27	○ You know which treatments you are taking and you track the effects of treatment 3 times per day	○ The identity of the treatments is kept hidden until the end of the N-of-1 trial and you track the effects of treatment 1 time per day

28	○ You know which treatments you are taking and the study lasts 12 weeks	○ The identity of the treatments is kept hidden until the end of the N-of-1 trial and the study lasts 2 weeks
29	○ You know which treatments you are taking and there is no cost	○ The identity of the treatments is kept hidden until the end of the N-of-1 trial and you pay \$100
30	○ You spend 30 minutes each day tracking the effects of the treatment on your symptoms or health condition	○ You spend 5 minutes each day tracking the effects of the treatment on your symptoms or health condition
31	○ You spend 30 minutes each day tracking the effects of the treatments and there is no cost	○ You spend 5 minutes each day tracking the effects of the treatments condition and you pay \$100
32	○ You spend 5 minutes each day tracking the effects of the treatments condition and you track the effects of treatment 3 times per day	○ You spend 30 minutes each day tracking the effects of the treatments and you track the effects of treatment 1 time per day
33	○ You spend 5 minutes each day tracking the effects of the treatments condition and the study lasts 12 weeks	○ You spend 30 minutes each day tracking the effects of the treatments and the study lasts 2 weeks
34	○ You track the effects of treatment 1 time per day and the study lasts 12 weeks	○ You track the effects of treatment 3 times per day and the study lasts 2 weeks
35	○ You track the effects of treatment 1 time per day and there is no cost	○ You track the effects of treatment 3 times per day and you pay \$100
36	○ The study lasts 12 weeks	○ The study lasts 2 weeks
37	○ The study lasts 2 weeks and you pay \$100	○ The study lasts 12 weeks and there is no cost
38	○ You pay \$100.	○ The study is conducted at no cost.
39	○ You track the effects of treatment 1 time per day	○ You track the effects of treatment 3 times per day
40	○ You spend 5 minutes each day tracking the effects of the treatments condition	○ You spend 30 minutes each day tracking the effects of the treatments
41	○ You know which treatments you are taking	○ The identity of the treatments is kept hidden until the end of the N-of-1 trial
42	○ The N-of-1 trial is conducted entirely by your doctor	○ The N-of-1 trial is conducted without your doctor's involvement
43	○ The treatment options include prescription medication	○ The treatment options include complementary medicine
44	○ The treatment options include lifestyle changes	○ The treatment options include complementary medicine
45	○ The treatment options include prescription medication	○ The treatment options include lifestyle changes

BASE: ALL QUALIFIED RESPONDENTS

Q9 The following list all of the N of 1 trial components in one option (Option A and Option B). Over the next few screens, please review each option and select your preferred option.

[PN: INCLUDE 3 DIFFERENT SCREENS TO SHOW ONE TASK AT A TIME. INCLUDE “SCREEN X OF 3” COUNTER AT TOP OF EACH SCREEN. RANDOMIZE THE ORDER IN WHICH THE TASKS ARE DISPLAYED. USE LEAST FILL TO SELECT TASK VERSIONS (15 IN TOTAL).]

[SHOW ON EACH SCREEN] The following list all of the N of 1 trial components in one option (Option A and Option B). If these were your only options, which would you choose?

[PN: There are 15 versions of the 3 tasks below, for a total of 45 tasks. The full list of tasks are attached in a separate document. **Participants will be randomly assigned to 3 tasks. EXAMPLE OF VERSION 1 BELOW.]**

Version 1:

Task 1

Treatment options include **complementary medicine**

You are asked to answer questions or enter monitoring data **3 times per day.**

Your doctor chooses which treatments to compare

The N-of-1 trial is conducted **without your doctor’s involvement.**

You pay **\$100.**

You know which treatments you are taking

Treatment options include **prescription medications**

You track the effects of treatment **1 time per day.**

You get to choose which treatments to compare

The N-of-1 trial is conducted **entirely by your doctor.**

There is **no cost.**

The **identity of treatment is kept hidden** until the end of the N-of-1 trial

You spend **30 minutes each day** tracking the effects of the treatment on you.

The N-of-1 trial lasts **2 weeks**.

○ Option A

You spend **5 minutes each day** tracking the effects of the treatment on you.

The N-of-1 trial lasts **12 weeks**.

○ Option B

Version 1: Task 2

Treatment options include **lifestyle behaviors**

You track the effects of treatment **1 time per day**.

You get to choose which treatments to compare

The N-of-1 trial is conducted **without your doctor's involvement**.

There is **no cost**.

The **identity of treatment is kept hidden** until the end of the N-of-1 trial

You spend **30 minutes each day** tracking the effects of the treatment on you.

The N-of-1 trial lasts **2 weeks**.

Treatment options include **complementary medicine**

You are asked to answer questions or enter monitoring data **3 times per day**.

Your doctor chooses which treatments to compare

The N-of-1 trial is conducted **entirely by your doctor**.

You pay **\$100**.

You know which treatments you are taking

You spend **5 minutes each day** tracking the effects of the treatment on you.

The N-of-1 trial lasts **12 weeks**.

○ Option A

○ Option B

Version 1: Task 3

Treatment options include **lifestyle behaviors**

You track the effects of treatment **1 time per day**.

Your doctor chooses which treatments to compare

The N-of-1 trial is conducted **entirely by your doctor**.

You pay **\$100**.

The **identity of treatment is kept hidden** until the end of the N-of-1 trial

You spend **30 minutes each day** tracking the effects of the treatment on you.

The N-of-1 trial lasts **12 weeks**.

○ Option A

Treatment options include **prescription medications**

You are asked to answer questions or enter monitoring data **3 times per day**.

You get to choose which treatments to compare

The N-of-1 trial is conducted **without your doctor's involvement**.

There is **no cost**.

You know which treatments you are taking

You spend **5 minutes each day** tracking the effects of the treatment on you.

The N-of-1 trial lasts **2 weeks**.

○ Option B

Section 3: OUTCOMES

BASE: ALL QUALIFIED RESPONDENTS

Q10 When participating in an N-of-1 trial, you will often monitor the treatment effect. For instance, if you were to compare Tylenol to Motrin when treating pain, you might monitor your level of pain and the side effects related to the medications in a diary. If you were participating in an N-of-1 trial for INSERT TREATMENT/SYMPTOM HERE FROM H5, which of the following would you be interested in monitoring during the trial?

Please rate your interest in monitoring the following on a scale from 1 to 4, where 1 is not at all interested and 4 is very much interested.

- 1 Not at all interested
- 2 Slightly interested
- 3 Moderately interested
- 4 Very much interested

[Participant ONLY responds to questions about the one selected condition to which they were randomized to in H5]:

[RANDOMIZE ATTRIBUTES WITHIN CONDITIONS]

[Hypertension (high blood pressure)]

- | | |
|--|---------|
| 1. <u>My blood pressure readings</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with high blood pressure (headaches, chest pain)</u> | 1 2 3 4 |

[Sleep problems]

- | | |
|--|---------|
| 1. <u>My sleep quality (number of hours of sleep)</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with [INSERT DISEASE] other than sleep quality (bad mood, trouble concentrating)</u> | 1 2 3 4 |

[Diabetes]

- | | |
|---|---------|
| 1. <u>My blood sugar levels</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with diabetes (dizziness, nerve pain)</u> | 1 2 3 4 |

[Hyperlipidemia (High Cholesterol)]

- | | |
|---|---------|
| 1. <u>My cholesterol/lipid levels</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with [INSERT DISEASE]</u> | 1 2 3 4 |

[Arthritis, Joint Pain]

- | | |
|--|---------|
| 1. <u>My level of pain</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with [INSERT DISEASE] other than level of pain (stiffness, tingling)</u> | 1 2 3 4 |

[Back Pain]

- | | |
|--|---------|
| 1. <u>My level of pain</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with [INSERT DISEASE] other than level of pain (stiffness, tingling)</u> | 1 2 3 4 |

[Breathing problem such as Asthma, Emphysema, or Chronic Bronchitis,]

- | | |
|---|---------|
| 1. <u>My shortness of breath</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with [INSERT DISEASE] other than shortness of breath (chest tightness, cough)</u> | 1 2 3 4 |

[Depression]

- | | |
|---|---------|
| 1. <u>My mood</u> | 1 2 3 4 |
| 2. <u>Side effects of treatments</u> | 1 2 3 4 |
| 3. <u>Ability to perform usual daily tasks/activities</u> | 1 2 3 4 |
| 4. <u>Symptoms associated with [INSERT DISEASE] other than mood (difficulty concentrating, poor appetite)</u> | 1 2 3 4 |

[All participants receive the following question]

BASE: ALL QUALIFIED RESPONDENTS

Q11 After completing an N-of-1 trial, which of the following do you most hope to have achieved (circle one)?
[RANDOMIZE]

- 1 I will have identified the best treatment for my health condition/symptoms
- 2 I will have reduced the number of medications I am taking
- 3 I will have improved my health condition/symptoms
- 4 I will have reduced my side effects from medications
- 5 I will have improved my quality of life/functionality/ability to perform daily tasks
- 6 Other (Please Specify): _____ [ANCHOR]

Section 4: Demographics**BASE: ALL RESPONDENTS**

D1 The last few questions are for classification purposes.

BASE: ALL RESPONDENTS

D2 Were you born in the United States?

- 1 Yes
- 2 No
- 3 Decline to answer

BASE: ALL RESPONDENTS

D3 What is the highest grade or year of school you have completed?

- 1 Less than high school
- 2 Some high school
- 3 High school diploma/GED
- 4 Trade school/Vocational school
- 5 Some college
- 6 College graduate
- 7 Graduate school/professional school
- 8 Decline to answer

BASE: ALL RESPONDENTS

D4 What is your current employment status?

- 1 Working full-time (35-40hrs per week)
- 2 Working part-time (20-34hrs per week)
- 3 Working, but less than 20hrs per week
- 4 Retired
- 5 Homemaker with child or elder care responsibilities
- 6 Not employed, looking for work
- 7 Not employed, enrolled in school
- 8 Not employed, personal choice
- 9 Decline to answer

BASE: ALL RESPONDENTS

D6 What type of health insurance do you have? (Select all that apply)

- 1 Medicare
- 2 Medicaid
- 3 Private health insurance/ HMO
- 4 Other (Please specify) [TEXT BOX]

5 No health insurance/I pay out of pocket [EXCLUSIVE, ANCHOR]

BASE: ALL RESPONDENTS

D7 Have you ever been a participant in a clinical trial?

- 1 Yes
- 2 No
- 3 Decline to respond