Self-assessment about placebo effects:

Instructions: Check the correct answers. There can be zero to all answers correct. The questionnaire consists of 17 questions spread over 3 pages.

Do you know about the placebo effect?

- o Not at all
- o I have a couple notions
- o I have already heard about it
- o Yes, I know what it is

1. **The placebo :**
   - o Only has an effect on people who believe in it
   - o Only works if the patient ignores that the treatment is a placebo
   - o Has an effect if the patient knows it's a placebo

2. **The mechanism of the placebo effect is**
   - o Non-existent
   - o Psychological
   - o Psychological et physiological

3. **Placebo treatments are only effective on patients who are lying about their symptoms**
   - o True
   - o False

4. **A paracetamol tablet used to treat pain is a placebo**
   - o True
   - o False

5. **The placebo effect works in part through patient's expectancy**
   - o True
   - o False

6. **The placebo effect is effective only with optimistic patients**
   - o True
   - o False

7. **Placebo treatments can help in treating pain**
   - o True
   - o False

8. Placebo treatments can't resolve symptoms requiring specific medications

o   True   o   False

9. Analgesic placebo treatments only work on "imaginary" pain (i.e. pain that is not caused by a lesion or disease)

o   True   o   False

10. A tablet with no pharmacological substance is a placebo

o   True   o   False

11. The placebo effect work thanks to the context in which the care is administered

o   True   o   False

12. Physiological changes, such as the secretion of chemical molecules, occur in the brain when you receive a placebo

o   True   o   False

13. The placebo effect are imaginary and have effects only on our psyche and not on our body

o   True   o   False

14. The placebo effect only occurs during experiments, in clinical research

o   True   o   False

15. A placebo tablet can have secondary effects

o   True   o   False

16. There are no placebo effects during conventional medical treatment

o   True   o   False

17. The colour, shape and packaging of a placebo tablet can affect its effectiveness

o   True   o   False