

What effect does information have on beliefs about management of knee osteoarthritis?

What did we do?



Recruited **735** people



Aged **45+** years



Did **not** have knee pain or osteoarthritis

Asked to imagine they were **visiting their GP** for a **hypothetical** knee problem and were randomised to 1 of 3 groups:



Group 1

Read a **general information pamphlet** about osteoarthritis



Group 2

Read general information pamphlet
+
Read a **treatment option table** with the pros and cons of each option



Group 3

Read general information pamphlet
+
Read treatment option table
+
Received a hypothetical **GP recommendation** to exercise

What did we find?



Group 3 had more favourable beliefs that **exercise was best** for their knee, compared to **Group 1**



Group 2 had less favourable beliefs about the necessity of **surgery and x-rays** for their knee, compared to **Group 1** and **Group 3**

What did we conclude?

The group that received a **GP exercise recommendation**, along with a **treatment option table** and a **general information pamphlet** about osteoarthritis, had the **most favourable views** regarding exercise being the best treatment option.



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