HOW DOES FEELING INFORMED RELATE TO BEING INFORMED?
A DISCUSSION OF RESULTS FROM THE DECISIONS STUDY

Bonnie Spring, PhD, ABPP
MAIN FINDINGS

- Feeling informed is NOT associated with amount of factual knowledge about (CA screening, medications, surgery)

- Almost 50% overestimated their factual knowledge
1. OVERCONFIDENCE – IT’S NOT JUST ABOUT MEDICAL KNOWLEDGE

- **Self-overestimation** as a Western propensity
  
  - Social psychology research (Heine, Gruppen, Dunning, Kruger)
  - *Waiting for Superman*
  - Self-efficacy, self-esteem movements

- **Meta-cognitive problem!**
Challenge for shared decision-making and provider–patient alliance

- Giving corrective feedback
- Hard to learn when you don’t know what you don’t know
- Shared decision-making is facilitated by a positive provider/patient relationship
3. OR **DO THEY KNOW THE GIST?**

- Question: “If 100 people had hip replacement surgery about how many would have relief?”

- High numeracy requirement of questions

- Valerie Reyna, Fuzzy Trace Theory
  - Experts know gist, not details

- Trust in doc correlates w/ confidence