

Nathan's Treatment Scale - Recommendation (NTS-R)

For clinicians to tell patients how strongly they recommend a treatment

- 5** ↑↑ I think this treatment is necessary to help your medical issue.
- 4** ↑ I recommend this treatment, but another choice is reasonable.
- 3** ↔ I think the different options are about equally reasonable.
- 2** ↓ I don't recommend this treatment, but I can go along with it.
- 1** ↓↓ I cannot go along with this treatment, even if you want it.

Clinicians: Document Recommendation #X and/or Acceptance #Y as: (RX, AY).

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Nathan's Treatment Scale - Acceptance (NTS-A) v.1.1

For patients to tell clinicians how willing they are to try a treatment

- 5** ↑↑ I definitely want this treatment.
- 4** ↑ I will try this treatment, but I have concerns.
- 3** ↔ I haven't decided if I want this treatment.
- 2** ↓ I want to try another option first.
- 1** ↓↓ I cannot agree to this treatment.

Patients: Suggest these scales to your clinician to make treatment discussions easier and more efficient.

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