

**Cognitive Interviewing Evaluation of the
2007 Complementary and Alternative Medicine Module for the
National Health Interview Survey:**

Results of interviews conducted February 13 – March 1, 2006

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1. Introduction

The purpose of this report is to document the results of cognitive testing on the 2007 Complementary and Alternative Medicine (CAM) supplement of the National Health Interview Survey (NHIS). Many of the survey questions were similar to those tested for the 2002 NHIS supplement and are designed to measure the use of CAM practices that are practitioner-based and those that are self-practiced. A new series of questions measuring respondent perceptions about CAM, as well as new and expanded sections on the use of herbal supplements and vitamins were also tested.

The majority of this report is dedicated to presenting a question-by-question analysis of the CAM supplement. Comments are included for all questions; however, emphasis is placed on items that have the potential to generate response error, that is, they may not capture the information they were designed to measure. The discussion of these questions includes descriptions of how respondents interpreted question intent, explanations of why and how questions presented problems for respondents and, where appropriate, recommendations for question improvement. It is important to note that, due the length of the instrument and the complexity of the topic, not all questions were able to be thoroughly evaluated. The extent to which this affected any recommendations is indicated in the analysis.

The next section briefly describes the methodology of cognitive interviewing, outlines the interviewing procedures, and discusses how respondents were chosen to participate. The third section of the report presents general findings, question-by-question analysis, and recommendations for questionnaire modification.

2. Method

Intensive verbal probing was the primary cognitive interviewing method used for the project. With this technique, interviewers administer the survey question, obtain a response, then retrospectively probe the respondent for other information relevant to the question. This yields rich and detailed information on how respondents answered the question, what they were thinking when answering, and how they interpreted the meaning of the question. Shedding light on the question-response process, this information allows the analyst to determine whether the survey language is too complex in general, whether one word in particular is not understood by respondents, or whether respondents have the ability to recall the requested information. The

appropriateness of response categories can also be evaluated with this procedure, as can the ability of participants to draw upon their own experiences and knowledge to answer the questions effectively. Because the intensive interviewing method provides extensive detail on the question-response process, not only does it allow the interviewer to identify *which* questions and/or response categories are problematic, it also shows *why and how* questions are problematic, leading to possible strategies for improving question design.

Procedures

Interviewing took place in the National Center for Health Statistics (NCHS) Questionnaire Design Research Laboratory (QDRL). Because the new CAM supplement contains questions intended for both users and non-users of alternative health practices, our goal was to interview respondents who met both conditions. As a result, recruitment strategies varied by group.

The QDRL respondent database was helpful in obtaining non-users of CAM. On the other hand, a newspaper advertisement (in the Express, a free commuter newspaper) was combined with flyers advertising the study to target CAM users. Flyers were posted in area health food stores and other establishments catering to alternative health practices.

Prior to participation, respondents were screened over the telephone in order to identify key demographics such as age, educational attainment, and income level, as well as the extent of the caller's use of CAM. Once chosen, respondents filled out paperwork whereby they agreed to the interview being video- and audio-taped. The interviewer then explained the purpose of NCHS, described the survey, and told respondents the manner in which the interview would be conducted. After these introductory remarks, interviewers began by administering the survey questions. Upon recording an answer, the interviewer probed respondents' interpretation of key terms, the ease with which they chose a response category, and their experiences with alternative therapies. Through respondent narrative interviewers were able to ascertain whether or not a response error had occurred, and determine how respondents interpreted the intent of each question. Interviews were designed to last 70 minutes (10 minutes of which were devoted to paperwork), and a \$50 token of appreciation was given to participants.

In total, two versions of the instrument were tested. However, because of the complexity of the concepts being measured, the questionnaire did not undergo major revision during testing. We needed a considerable amount of data in order to effectively identify response problems, diagnose the cause, and suggest a remedy. Additionally, the complexity of the new sections in particular required that emphasis be placed on those sections during the interview at the expense of the sections that appeared on the 2002 supplement. Our analysis and recommendations reflect that emphasis.

Respondents

We conducted a total of 19 interviews. Respondents were selected with a purposive sample in mind. All NHIS survey respondents will receive at least some portion of the CAM questions; therefore, we were interested in participants who had never used CAM, those who used "lightly" (i.e., used one or two modalities), and those who used "heavily" (i.e., used many modalities). As interviewing progressed we discovered that nearly every respondent used some type of herbal

supplement. In order to understand how the herbal supplement questions would function for non-users, we scheduled later participants based on the criteria that they had never used these supplements. Testing the questions on different groups of users allowed us to better determine the chances of false positive (a “yes” response that should be “no”) and false negative (a “no” response that should be “yes”) responses and evaluate whether the questions were capturing the intended group of respondents.

Demographic diversity among respondents was also sought. The breakdown of respondent characteristics appears in Table 1.

Table 1: Demographic summary of respondents in total and for each instrument version

	<u>Version 1</u> (n=10)	<u>Version 2</u> (n=9)	<u>Total (%)</u> (N=19)
Age			
Under 35	5	4	9 (47%)
35 & Over	5	5	10 (53%)
Gender			
Female	6	5	11 (58%)
Male	4	4	8 (42%)
Race/Ethnicity			
Hispanic	2	0	2 (11%)
NH-White	2	2	4 (21%)
NH-Black	5	7	12 (63%)
Native American	1	0	1 (5%)
Education			
HS or less	3	5	8 (42%)
More than HS	7	4	11 (58%)
Income			
Under 20,000	5	5	10 (53%)
20,000 & Over	5	3	8 (42%)
DK	0	1	1 (5%)

3. Results

General Findings

Identity:

What became apparent throughout the course of testing is that many people recognize a personal identity associated with CAM use, and that this identity (or lack thereof) influences the way people interpret the questions, as well as the ease with which they can answer questions. Hence, participants both with and without a “CAM identity” demonstrated response difficulties that were directly related to this phenomenon, but the nature of these difficulties varied depending upon which identity the respondent had.

Health identities have several dimensions that can be represented by a four-fold typology (see figure 1). This typology should be considered only a heuristic device inductively created to help understand and organize the responses elicited from these particular respondents.

Figure 1: Typology of identities associated with health

		Health Focus	
		Maintain Health	Treat / Prevent Specific Problem
Locus Of Control	Passive		
	Active		

Along one axis is the “health focus” of the individual. Some people tend to focus on maintaining health, rather than on fixing health problems as they arise or even in preventing a *specific* disease or condition. In other words, the focal point of their orientation is health and the goal is to be as healthy as possible. Health is viewed as a continuum stretching to infinity, whereby individuals move into periods of greater or lesser health, but can never actually achieve perfect health.

Other people are more inclined to think about health as the prevention or treatment of illness. The idea is that if they are healthy (i.e., not sick) they cannot make themselves “healthier.” In a sense, health is not a matter of degree – it either is or it isn’t. Even though prevention is an aspect of their belief system, the focus is on *problems* with health (that is, on conditions or disease) rather than on health per se.

Along the second axis is the “locus of control” for the individual. Those with a passive orientation generally accept what other people tell them about their health and follow recommendations. The opinions they accept come from both loved ones and health professionals who may or may not have to show “proof” that what they are suggesting has merit.

Others have a more active orientation towards their health. People in this group are less likely to blindly accept what others – including loved ones or health professionals – tell them, and are more likely to personally seek out information to guide their decision-making process.

Individuals fall into one of the four typologies. Those who are characterized best by an active locus of control combined with a focus on maintaining health are the most likely to exhibit a “CAM identity.” The details of this identity were unable to be fully explored due to time constraints, however, it appears to be something similar to a vegetarian identity. Respondents (with or without this identity) had no particular word for it; nevertheless it was clear through respondent narrative that the identity exists.

The herbal supplement section was particularly vulnerable to problems related to identity. For example, those with a CAM identity had a difficult time with the questions related to prevention and treatment. To a large extent this is because their focus is predominantly on health maintenance, while the questions on prevention and treatment assume a disease- or condition-oriented focus. A better approach is to ask respondents whether they use herb X to maintain health, prevent a condition, or treat a condition and then ask appropriate follow-up questions. (Although the problem was pronounced in the herbal section, this recommendation applies for all sections that have this line of questioning.)

Interestingly, we also identified response problems for subjects with no CAM identity; and in fact, these difficulties were a direct outcome of *not* having this identity. If this group understood a question as asking about behaviors that indicate having a CAM identity, they would try to answer in a way that would make it clear they are not “CAM users.” For example, the first question in the section tried to ascertain whether respondents EVER took an herbal supplement. Moreover, the original introduction to this section asked people to include things like drinking an herbal tea to remedy a cold or flu. Many people answered yes. However, upon receiving a few more questions, those with no CAM identity wanted to be sure they weren’t labeled as “users” and sometimes even wanted to go back and change an answer. In sum, this concern affected the way they interpreted and answered the questions. Specifically, they were inclined to omit herbal supplements they had used. A disproportionate number of false negative responses were obtained from respondents who had no CAM identity, and didn’t want to be labeled as having one. To minimize this problem, recommendations are to word the questions in a way that is as “identity-neutral” as possible. {See the question-by-question section for the detailed analysis.}

Perceptions Section:

This section is fundamentally different from the others in the sense that the questions ask about attitudes or opinions rather than factual information. It proved to be a very challenging series of question for almost all respondents, regardless of their CAM identity. We detected several problems that formed the foundation of response difficulties in this section.

The first (and probably most prominent) one is a problem that attitude questions commonly fall prey to; that is, they ask respondents to answer a question without providing enough information. When this happens participants are more likely to respond with “it depends” than with a definitive answer. This phenomenon manifested in the section by the inability of many people to combine alternative therapies into one generic category and conventional medicine into another – which is what the questions required of them. This was especially problematic for (though not limited to) CAM users because they tended to see complexity in the issues. We found that people’s opinions are more nuanced than these questions allow for. The phrases “in general” and “on the whole” are meant to convey the idea that respondents should think about each approach to health (CAM vs. conventional) as a singular category, and then compare those two categories to each other. However, while this characterization of CAM and conventional medicine may be meaningful to researchers it is apparently not to respondents, and attempts to compel respondents to think in these terms ultimately failed, as evidenced by the confusion the perceptions questions engendered.

Moreover, a phrase such as “in general” created a series of responses that have very little validity because the meanings behind the answers vary. “In general” became a phrase that allowed the respondent to build complexity into an overly-simplified statement. Hence, while the phrase was intended to have respondents think in general terms about the topic, it actually provided a strategy by which people could fit their view into the statement. In other words, some subjects said that sometimes they agree and sometimes they disagree with the statement. In judging how to respond, the phrase “in general” allowed them to say “agree” because it means that sometimes they disagree too. However, others would choose “disagree” for the same reason (i.e., “in general” means that sometimes they agree). In essence, agree and disagree end up meaning the same thing. For others an answer of disagree meant that they were disagreeing with the premise of the statement. For still others, an answer of disagree meant that the opposite was true of what the statement was suggesting. In sum, the reliability and validity of these answers is very low – there is no consistent meaning behind the responses. {See the question-by-question analysis for details on each item.}

Some specific remedies to particular questions are suggested in the question-by-question section. However, this may not address the overarching problem as discussed here. While there is no easy solution, perhaps presenting respondents with a scenario including specific details over a general statement would improve the responses.

The second problem was the lack of an agreed-upon definition of alternative therapies. This was a major source of difficulty among non-CAM users (although even some who used CAM were sometimes confused by what to include). Non-users have little-to-no knowledge or experience with CAM, so this section is asking them about things they do not know – which violates a cardinal rule of good question asking. This section is probably better left to respondents who use CAM in some capacity.

Moreover, an opening statement providing a brief description of what is meant by alternative therapies might prove helpful. In fact, terminology shifted for both the “alternative” construct (e.g., alternative therapies, natural remedies, alternative medical therapies) and for the

“conventional” construct (e.g., conventional medical treatment, conventional medicine, chemical drugs, conventional medical doctors) – although respondents generally struggled less with interpreting language for the latter.

Question-By-Question Analysis

This section is dedicated to an individual review of findings for each question tested. Each item contains an analysis of the response process followed by recommendations for question improvement.

CONDITIONS

CON.1 Have you EVER been told by a doctor or other health professional that you had ... [READ LIST]

- ... Attention Deficit Disorder/Hyperactivity?
- ... Autism
- ... Bipolar Disorder
- ... Dementia, including Alzheimer’s disease
- ... gum disease
- ... Depression
- ... Fibromyalgia
- ... Irritable bowel syndrome
- ... Influenza or pneumonia
- ... Lupus
- ... Mania or psychosis
- ... Peripheral vascular disease, including Intermittent Claudication (cramping) or poor circulation in your legs
- ... Phobia or fears
- ... Schizophrenia

CON.2 Have you EVER had ...

- ... Problems with Acid reflux or heartburn
- ... Excessive use of alcohol or tobacco
- ... Regular Headaches
- ... Memory loss or loss of other cognitive functions
- ... Substance abuse, other than alcohol or tobacco

Comments: The original list included the choices of “dental problems, including cavities & gum disease,” “acid reflux/heartburn” and “headaches, other than migraine.” However, these choices seemed to be in a different class compared to the other conditions on this list. Many subjects viewed them as relatively minor and common (almost everyone has had a cavity or a headache) in relation to the other examples which are decidedly more serious. Hence, some subjects wondered if they should report these conditions when they had them.

Recommendations: The problematic categories were changed to reflect more serious conditions. ‘Dental problems, including cavities and gum disease’ was changed to simply ‘gum disease,’ ‘acid reflux/heartburn’ was changed to ‘problems with acid reflux or heartburn,’ and ‘headache, other than migraine’ was changed to ‘regular headaches.’ While our respondents interpreted “regular” headaches as those that occur frequently, it is possible that others may interpret

“regular” as “garden variety” or “typical” (i.e., not migraine). Sponsors could consider using the phrase “regularly occurring headaches” to clarify the meaning of regular.

Complementary and Alternative Medicine Supplement

Now I am going to ask you about some health services you may have used. First I will ask you about some specific services for which you would have seen a practitioner. Then I will ask you about some other health practices you may have done on your own.

Modalities that Require Practitioner

SHOW HAND CARD (PRACTITIONER MODALITIES)

PRT.1 Have you EVER seen a provider or practitioner for any of the following for your own health? **[MARK ALL THAT APPLY]**

- (0) None **[GO TO NEXT SECTION - HERBS]**
- (1) Acupuncture
- (2) Ayurveda
- (3) Biofeedback
- (4) Chelation Therapy
- (5) Chiropractic Care or Osteopathic Manipulation
- (6) Energy Healing Therapy such as Reiki, Therapeutic Touch, or Polarity Therapy
- (7) Folk Medicine and Home Remedies
- (8) Hypnosis
- (9) Massage such as Swedish, Bowen, Rolfing, or Reflexology
- (10) Naturopathy
- (11) Native American Healing or Traditional Latino Medicines, such as Botanicas, Curanderismo, Expiritismo, Hierbero, Santeria
- (12) Movement Therapies such as Feldenkreis, Alexander Technique, Pilates, or Trager Psychophysical Intergration

Comments: Due to the length of the instrument, combined with the fact that this section appeared in the 2002 CAM supplement, these questions were not extensively tested. However, a few issues did arise for several respondents. The first problem identified also surfaced in the 2002 cognitive testing. There it was found that respondents often do not consider home remedies to be practitioner based. The same was true here; some respondents spoke of home remedies as practices passed down through the family. Relying on their own definition of home remedy, participants were tempted to include the use of home remedy in their answer, even when a practitioner wasn't used. This would render the follow-up questions illogical, since many assume the use of a practitioner.

However, an open timeframe on a recall-dependent question is ill advised. Respondents who have been using CAM for a long time will be disproportionately burdened compared to more recent users. Estimates will be less reliable for this group.

PRT.3 DURING THE PAST 12 MONTHS, did you see a practitioner for _____?
(modality)

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY – VITAMINS**)

Comments: Six respondents were asked this question; none had trouble answering.

Recommendations: None.

PRT.4 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for _____?
(modality)

- (1) Only one time
- (2) 2-5 times
- (3) 6-10 times
- (4) 11-15
- (5) 16-20
- (6) More than 20 times

Comments: Three respondents were asked this question. Two answered with very little difficulty, but one respondent had a hard time with this calculation because her visits occurred earlier in the year, prior to a car accident. Essentially, she had to think back to when her accident was, remember how many times a week she was seeing a practitioner (for massage) and then do the math for the 4 months prior to her surgery.

Recommendations: To reduce calculation and recall challenges for respondents, consider changing the timeframe to the past month. If this is accepted, then PRT.3 should also adopt the past month timeframe.

[NEW]

PRT.5 On average, how much do you pay out-of-pocket for each visit to a practitioner for _____?
(modality)

\$ _____

Comments: This was asked of three respondents. Two had no problem – one because she knew the cost exactly, the other because she had no expenses (her insurance paid all costs). However, the third respondent had trouble because his definition of folk medicine didn't account for seeing

a practitioner (see PRT.1). As a result, he was including items he buys at the co-op for treatment, prevention, and things like soap, deodorant and toothpaste. He said they *all* fall under what is labeled as “folk medicine.” He doesn’t wait until he gets sick, and using CAM is like a lifestyle choice.

Recommendations: The problem disappears if folk medicine is dropped from the list. Otherwise, a definition of folk medicine must be provided in PRT.1. However, we have no data upon which to build an accurate definition.

PRT.6 Did you use _____ for a specific health
(modality)
problem or condition?

- (1) Yes (next question)
- (2) No (**GO TO PRT.12**)

Comments: Not extensively tested; no problems identified.

Recommendations: None.

PRT.7 For what health problems or conditions did you use [modality]?

Comments: Not extensively tested; no problems identified.

Recommendations: None.

[IF more than 1 condition, ask PRT.8; else go to PRT.9]

[NEW]

PRT.8 For which ONE of these health conditions did you use _____
the most? (modality)
_____ [CONDITION]

Comments: Not tested.

Recommendations: None.

PRT.9 How much do you think _____ helped
(modality)
your _____?

(condition for which modality used the most)

Would you say a great deal, some, only a little, or not at all?

Comments: Tested on three people. Two had no problem. One person had difficulty assessing causality. She said her symptoms depend on a lot of things, such as the weather. Sometimes massage helps a great deal, sometimes only a little. Only after I prompted her to give me a single answer did she say “some” as a way of averaging out the choices. However, she had to be coached to do this; she did not “average out” the categories automatically. This problem occurs for this question in other sections as well, and is, in fact more pronounced as testing was more extensive in those sections.

Recommendations: Only ask this type of question when the respondent is treating a specific condition, not when they are using the supplement for general health maintenance or for the prevention of disease. In the latter situations, causality is impossible to know.

[NEW]

PRT.10 Besides receiving _____ treatment, did you also
(modality)
receive conventional medical treatment for [*condition for which modality used the most*]?

- (1) Yes (next question)
- (2) No (**GO TO PRT.12**)

Comments: Three respondents were tested and had no trouble with this question. They interpreted conventional medical treatment as going to a physician or taking a prescription.

Recommendations: None.

[NEW]

PRT. 11 Did you receive conventional medical treatment for [*condition for which modality used the most*] before, at about the same time, or after trying _____?
(modality)

- (1) Before trying modality
- (2) At about the same time you began receiving modality treatments
- (3) After trying modality

Comments: Three respondents were tested; none had difficulty answering.

Recommendations: None.

[NEW]

PRT.12 Did any of the _____ treatments produce unexpected
(modality)
side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO PRT.14**)

Comments: Three respondents were tested; none had difficulty answering, though there was no time for extensive probing to verify their answers.

Recommendations: None.

[NEW]

PRT.13 What kinds of unexpected side effects did you experience?

Comments: This question not tested.

Recommendations: None.

[NEW]

PRT.14 DURING THE PAST 12 MONTHS, did you use _____
(modality)
for any of these reasons? Please say yes or no to each.

- | | | |
|--|-----|----|
| (1) To improve or enhance energy | yes | no |
| (2) For general wellness or general disease prevention | yes | no |
| (3) To improve or enhance immune function | yes | no |

Comments: Three respondents were tested. None had difficulty answering, though there was no time for extensive probing to verify their answers.

Recommendations: None.

[ASK PRT.14 IF R HAS INSURANCE; ELSE GO TO PRT.15]

PRT.14a DURING THE PAST 12 MONTHS, were any of the costs of using
_____ covered by insurance?
(modality)

- (1) Yes
- (2) No

Comments: Three respondents were tested. None had difficulty answering, though there was no time for extensive probing to verify their answers. For one respondent it was clear that all the costs were covered jointly by Medicaid and Medicare.

Recommendations: None. In fact, keep this question in favor of the insurance question in the perceptions section (PER.6) which is too vague. People who have never used CAM don't know if their insurance covers it anyway. Only people who have used a CAM therapy and have checked to see if their insurance covers the procedure can say whether or not it's covered by insurance.

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

PRT.15 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of _____?
(modality)

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY - VITAMINS**)

Comments: Three respondents were tested. None had difficulty answering, though there was no time for extensive probing to verify their answers.

Recommendations: None.

PRT.16 Which ones? [**MARK ALL THAT APPLY**]

- (1) Medical Doctor (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Doctor of Osteopathy (D.O.)
- (6) Other Health Care Provider

Comments: Three respondents were tested. None had difficulty answering, though there was no time for extensive probing to verify their answers.

Recommendations: None.

HERBS and Other Non-vitamin/non-mineral Dietary Supplements

Now I am going to ask you about some additional health practices. You may have done them on your own OR you may have seen a practitioner. The first practice I'll ask about is herbs, then I'll ask about vitamins and minerals.

SHOW HAND CARD HRB#1 (HERB LIST)

Some people use natural herbs (like St John’s wort, Echinacea, garlic pills and cranberry pills) and other non-vitamin dietary supplements (like omega 3 fatty acids, glucosamine and chondroitin) for a variety of health reasons. Some people drink an herbal tea to remedy a flu or cold. Others take a daily herb pill to help with a health condition or just to stay healthy.

Comments: Several issues are present in this section. First, the herb section was initially tested AFTER the vitamin section. Because respondents sometimes didn’t conceptually separate the two and tended to include herbs when answering for vitamins, we decided to move the herb section first, telling respondents that vitamins would be asked about next. This didn’t solve the problem entirely (one respondent was still thinking of her iron supplement when answering), but did greatly diminish it.

Second, this introduction is very long and not retained in memory by respondents. In fact, the only portion many respondents seemed to grasp was the sentence referencing herbal tea to remedy a cold or flu. When combined with a hand card containing well over 60 different examples, respondents were overwhelmed with the task at hand.

Recommendations: Because respondents are given a hand card explicitly showing the supplements to be considered, this introduction can be greatly simplified. We suggest the following:

“Now I am going to ask you about some additional health practices. The first practice I’ll ask about is herbs, then I’ll ask about vitamins and minerals.”

SHOW HAND CARD HRB#1 (HERB LIST)

“People use herbs and other non-vitamin supplements for a variety of reasons. Some people use them to treat a specific health condition, while others take them just to stay healthy.”

HRB.1 Have you EVER used natural herbs or other non-vitamin supplements for your own health?

- (1) Yes (2) No (**next modality**)

Comments: A significant problem with this section is the definition of a supplement. Respondents were extremely confused about what should and should not be included in their answers. Having the hand card did little to solve this problem. In fact, its length added to the confusion rather than adding clarity. The degree of respondent uncertainty is illustrated by five respondents either changing their answer or expressing a lack of confidence in their reply (“tea maybe...that would be it”; “not to my knowledge”). Respondents made judgments about how to answer on the basis of four definitional dimensions:

1. The form of the substance (e.g., food or pill)
2. the purpose for which it's taken (medicinal vs. taste)
3. where it's obtained (grocery store vs. herb shop)
4. how it's taken (ingested vs. applied to the skin)

Is a supplement a pill, powder, or liquid? Food? Taken only medicinally to treat a condition or to maintain health? Purchased only from a health food store? Only ingested or used for any bodily purpose (such as a cream)? Any and all of these interpretations were used by respondents to make sense of this section.

Self identity further complicates the problem of defining herbal supplements. This identity appears to be something akin to vegetarianism. For some people, using herbal, non-vitamin supplements carries meaning beyond simply using an herb for a specific purpose. As one respondent put it, using alternative therapies is a “way of life.” As a result, people who do not see themselves in this light define their supplement use differently from those they view as “users” of supplements. For example, one respondent who saw herself as a CAM user defined food as a non-vitamin supplement because food is a way of healing your body. For her, purpose took priority over form. On the other hand, a user who did NOT have a CAM identity chose not to include food as a supplement, even when used for the same purpose (that is, of healing the body). She kept referring to “some people who use a lot of these things” saying that she “wasn't like that,” and that she “preferred to get these things through her food.”

Several respondents who had no CAM identity wanted to be sure they weren't labeled as “users.” This concern affected the way they interpreted and answered the questions. For instance, because of the “herbal tea to remedy a cold or flu” sentence in the introduction, several respondents initially answered “yes” to question HRB.1. However, by HRB.3 one respondent changed his answer to “no” because, he said, “tea is more mainstream...not so much a supplement.” To him, a supplement relates more to powder or pills that are bought from a “health food store.” Because this respondent's identity does not include being a regular user of herbal supplements, he did not want to answer yes to this question, and place himself in the category of “supplement user” – even though he does drink an herbal tea for medicinal purposes and makes his own herbal tea from boiling a ginger root for gastrointestinal health. Another respondent was inclined to answer “no” for similar reasons. However, when we took time to review the list (which he initially for the most part ignored), he mentioned that he has taken ginseng in liquid form and reluctantly changed his answer to yes. Another respondent literally said “I'm not a pill person.” Still another example is a person who answered no, yet has taken an “herbal energy pill,” lecithin, noni-juice and various herbal teas, including those with ginseng.

In the end, false negatives were elicited from respondents with this perspective; that is, the question is not capturing all people who use herbal supplements. Further, the data suggest herbal users may not be missed at random, representing a pattern that would lead to biased estimates.

Recommendations: First, the herb list should be reduced to a size similar to the vitamin list. The length alone was too much for many respondents to cognitively process, even without the self-identity issue complicating matters. The supplement form should also be made clear – indicate whether the substance can be food, pill, powder and/or liquid.

Second, we recommend using the word “taken” instead of “used.” Taken may help convey the idea that the supplement must be ingested. Further, it may also be a more identity-neutral term. “Used” almost suggests a pattern that is part of one’s identity (think “drug user”), while “taken” implies the opposite, that the behavior is not part of self-identity (“I’ve taken drugs, but I’m not a user”). The following wording is one possibility:

“Have you EVER taken any natural herbs or other non-vitamin supplements for your own health?”

The phrase “taken any” may help to convey the message that the ingestion of any herb for any reason should be included in the respondent’s answer.

HRB.2 How old were you when you first began using natural herbs or other non-vitamin supplements for your own health?

Under 18	45-54
18-24	55-64
25-34	65 or older
35-44	

Comments: The biggest challenge respondents faced in answering this question was not related to recall problems as much as to defining the phrase “when you first began using.” Some participants interpreted this question as asking about when they first EVER took an herbal supplement, which was sometimes in childhood. Other respondents interpreted this as when they first made their own decision to take a supplement, when they first began purchasing them on their own, or when they began using them regularly (regardless of who made the decision). For some of these respondents, taking a supplement in childhood was missed.

On the other hand, those respondents who were heavy users of supplements were more prone to recall problems. They have used so many supplements, often for a long period of time, that the ability to remember when it all began simply isn’t there. For these respondents, age categories are helpful, but not foolproof. (The first version tested asked for age in years.)

Recommendations: Because multiple interpretations create data that are not comparable, the underlying construct should be made clearer to respondents. For example, if “first time ever” is the intended meaning, then the question could be:

“How old were you the very first time you took an herbal or non-vitamin supplement for your own health?”

Using the word “took” in favor of “used” may imply that the question is not necessarily asking about regular use.

HRB.3 During the last 12 months have you used natural herbs or other non-vitamin supplements for your own health?

(1) Yes (2) No (**next modality**)

Comments: The original wording of this question was long and cumbersome (“During the last 12 months have you used natural herbs or other non-vitamin/non-mineral dietary supplements for your own health or treatment?”). The question was shortened, but still suffered many of the same problems as HRB.1.

Recommendations: Change the wording to reflect the changes to HRB.1.

“During the last 12 months have you taken any natural herbs or other non-vitamin supplements for your own health?”

HRB.4 On average, how much do you spend on natural herbs or other non-vitamin supplements per month?

Nothing	\$76-125
Under \$30	\$126-200
\$30-75	Over \$200

Comments: This question created judgment difficulties for many respondents. Light users found it challenging because their use can be infrequent or intermittent. The lack of any real pattern to buying supplements caused these respondents to provide admittedly very rough estimates, sometimes changing their answers the more they thought about it.

Heavy users with a CAM identity also had difficulty, but usually for different reasons. One person was trying to think of all the different forms of substances that she uses. Because this often includes food, she was trying to parse out money spent on food at the grocery store and add that amount to money she spends at the health food store. Another person who works at a herb shop gets many of her products for free (or at reduced cost) so she’s always trying new things. Still another person buys her products by mail order, at the health food store and at the grocery store. Trying to remember how much she spends at each place and then adding up those figure was impossible for her – in fact, when asked this question, she literally put her forehead down on the table in exasperation. In addition, many people use herbal supplements in combination with vitamins, and find it virtually impossible to separate out what they spend on each. Sometimes they did not even realize they were combining costs unless specifically asked if their answer included the cost of vitamins.

In sum, people are likely to vary the supplements they use (by either form or substance), rather than demonstrate consistent and steady use and buying that would be more conducive to estimating an average cost.

Recommendations: Part of the problem with this question is the fact that it asks people to calculate an average of what they typically use. This is very difficult for reasons discussed

above. It may prove easier for respondents to estimate what they've spent on herbal supplements in the past 30 days. This is more concrete information that is somewhat fresher in memory. Try changing the question to:

“How much did you spend on natural herbs or other non-vitamin supplements in the last 30 days?”

HRB.5 During the past 30 days did you use any of the following natural herbals and or other dietary supplements? **[MARK ALL THAT APPLY]**

Comments: The problems respondents had with this question mimic those described for HRB.1. However, heavy users and those with a CAM identity bore the extra burden of listing many supplements. The first response from one participant was “phew!” Three respondents mentioned at least half of the items on the hand card.

Also of note is the sentence structure vis-à-vis the desired response. The sentence is phrased as a yes/no question, yet expects the respondent to supply a list of herbs they use. This was administratively awkward.

Recommendations: A significantly shortened herb list will minimize the problem of heavy users running through an extensive list of what they have taken. To help define what is meant to be included, use a short list of the most analytically desired supplements (it should be no longer than the vitamin list), and tell respondents to pick items solely from this list. Ideally, the list should specify every form sponsors want respondents to consider. For example, if garlic is mentioned, indicate all forms that are acceptable for respondents to include (pill, liquid, food, etc.). We suggest changing this question to:

“During the past 30 days, did you take any of the herbs or other non-vitamin supplements listed on this card?”

“[IF YES] Please tell me which items on this list you took.”

SHOW Hand Card HRB#2 (HERB REASONS)

HRB.6 If you had to pick only one, which of these is the MAIN reason you used
_____?

(herb)

(1) to stay healthy

(2) to have more energy

(3) to feel or look better

(4) prescription or over the counter drugs
are too expensive

HRB.9 Did you use _____ for a health problem or condition?

- (1) Yes (next question)
- (2) No (**GO TO HRB.15**)

Comments: This line of questioning was initially separated into two paths, one asking about use for prevention, the other use for treatment. However, this proved difficult for some respondents. Those with a CAM identity sometimes had a holistic approach that makes it difficult to disentangle prevention from treatment. One person said it's impossible to prevent some things, and you can't treat the flu with just herbs. Plus, many factors play a role in health, such as genetics and behavior (apart from taking herbs). She uses green tea "for a healthier life, not for a specific problem."

The follow-up questions were especially problematic for people who were not thinking of a specific condition they are trying to prevent, but rather are trying to stay healthy in general – a problem more likely experienced by those with a CAM identity. If this was the case, they tended (after considerable thought) to answer yes to "did you use _____ to PREVENT a health problem or condition?" This could be viewed as response error because prevention is not really the reason they take the herb in question – they take it to maintain health. While prevent and maintain could be defined as conceptually similar, they are in fact quite different. The focus of each is the inverse of the other: prevention focuses on a disease; maintenance focuses on health.

In addition, when questions started asking about how helpful the herb was in preventing that condition, respondents had a difficult time answering because they ostensibly didn't know. In that regard, the treatment questions worked better if people said yes to the initial question "did you use _____ to TREAT a health problem or condition." However, even then, respondents often used multiple remedies and had no way of knowing which one did the trick. Caution should be used in asking respondents to assess causality, because this is frequently information they don't have.

Recommendations: This question should include the reasons of maintain health, prevent a condition or treat a condition in a yes/no format for each. Then follow-up questions should be administered appropriately, depending on the respondent's answers.

HRB.10 For what specific health problem or conditions did you use
_____ ?
(herb)

Comments: Not extensively tested, but no immediate problems detected.

Recommendations: None.

[if more than 1 condition, ask HRB.11; else If only 1 condition go to HRB.12]

HRB.11 For which ONE of these health problems or conditions did you use
_____ the most?
(herb)

_____ [CONDITION]

Comments: Not tested.

Recommendations: None.

HRB.12 How much do you think the use of _____
helped your _____? (herb)

Would you say a great deal, some, only a little, or not at all?

Comments: This form not tested. (When this question was for prevention only, it did not work well – if there was no specific condition, it was hard for the interviewer to fill in the (condition) blank, and causality was difficult for the respondent to assess.)

Recommendations: Only ask this type of question when the respondent is treating a specific condition, not when they are using the supplement for general health maintenance or for the prevention of disease. In the latter situation, causality is impossible to know.

HRB.13 Besides using _____,
(herb)
did you also receive conventional medical treatment for
_____?
(condition)

- (1) Yes (next question)
- (2) No (**GO TO HRB.15**)

Comments: Not extensively tested, but no immediate problems detected. (One person interpreted conventional medical treatment as receiving a prescription from a doctor.)

Recommendations: None.

HRB.14 Did you receive this conventional medical treatment before, at the same time, or after you began using _____?
(herb)

Comments: Not extensively tested, but no immediate problems detected.

Recommendations: None.

HRB.15 Did you use _____ because it was suggested or recommended?
(herb)

- (1) Yes (next question)
- (2) No (**GO TO HRB.17**)

Comments: This was tested on only seven subjects, but some interpretation problems were evident. While one person thought of family members and another thought of a doctor, two read about the product on the store shelves and wondered if that counted as a recommendation. They both ultimately decided that it didn't count, but the potential for confusion is clearly present.

Recommendations: Since "suggested or recommended" is open to interpretation, consider shortening the list in HRB.16 and combining it with HRB.15 into a yes/no format similar to HRB.7.

HRB.16 Who made the suggestion or recommendation that you use _____?
(herb)

- (1) Medical doctor
- (2) Other conventional health care provider
- (3) Alternative therapies provider
- (4) Family member or friend
- (5) Worker at health foods store
- (6) Heard about in media
- (7) Heard about on Internet

Comments: See HRB.15.

Recommendations: See HRB.15.

HRB.25 Did _____ cause any unexpected side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO HRB.29**)

Comments: Not tested.

Recommendations: None.

HRB.26 What kinds of side-effects did you experience?

Comments: Not tested.

Recommendations: None.

HRB.27 Did you report the side-effects to any organization or health provider?

- (1) Yes (next question)
- (2) No (**GO TO HRB.29**)

Comments: Not tested.

Recommendations: None.

HRB.28 To whom did you report the side effects?

- (1) Manufacturer
- (2) FDA
- (3) Poison Control Center
- (4) Emergency Room Staff
- (5) My Regular Health Care Provider
- (6) Alternative therapies Provider
- (7) Other

Comments: Not tested.

Recommendations: None.

SHOW HAND CARD (COVENTIONAL MEDICAL PROFESSIONAL)

HRB.29 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of _____?

(herb)

- (1) Yes
- (2) No (**GO TO NEXT MODALITY - VITAMINS**)
- (3) Did not go/talk to any of these

Comments: Not tested.

Recommendations: None.

- HRB.30 Which ones? [**MARK ALL THAT APPLY**]
- (1) Medical Doctor (M.D.) (including specialists)
 - (2) Nurse Practitioner/Physician Assistant
 - (3) Psychiatrist
 - (4) Dentist (including specialists)
 - (5) Doctor of Osteopathy (DO)
 - (6) Other Health Care Provider

Comments: Not tested.

Recommendations: None.

VITAMINS

The next questions are about any vitamins and minerals you may take.

SHOW HAND CARD VIT#1 (VITAMIN LIST)

VIT.1 Have you EVER used vitamins or minerals for your own health?

- (1) Yes (2) No (**next modality**)

Comments: This section did not suffer from the identity issue to the same extent as the herb section; nor was it plagued by problems of definition. There exists more agreed-upon notions of what a vitamin is when compared to herbal supplements, and vitamins are seen as more mainstream in general.

Recommendations: None.

VIT.2 How old were you when you began using vitamin and mineral supplements for your own health?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 or older

Comments: Recall was a minor problem, especially when respondents were offered the choice of categories. However, judging what “when you began using vitamins” means was problematic and inconsistent among participants. The main source of confusion was whether or not to include childhood. Some people did, others didn’t. Those who didn’t include childhood interpreted the question to mean when they first made the decision as an adult, when they first started taking vitamins regularly, or when they first took a vitamin for a specific purpose (one respondent remembers taking them for a cold; another for improved sports performance).

Recommendations: We recommend a remedy here similar to the one suggested for herbs. Because multiple interpretations create data that are not comparable, the underlying construct should be made clearer to respondents. For example, if “first time ever” is the intended meaning, then the question could be:

“How old were you the very first time you took a vitamin or mineral supplement for your own health?”

VIT.3 During the last 12 months, have you used vitamins or minerals for your own health?

(1) Yes (2) No (**next modality**)

Comments: The first version of this question ended with “for your own health or treatment.” This was problematic in the first round because the conjunction “or” conveys the idea to some participants that they must choose one or the other – health or treatment. We deleted the word treatment.

In the second round we detected at least one subject with response error. She answered “no” even though she occasionally takes a multi-vitamin. She did not include this because she felt the question required that she be on a daily or weekly regimen of vitamin use. Because she often forgets to take her vitamin, she said no.

Recommendations: In the herb question, the word “used” was potentially problematic to the extent that it communicates a consistent pattern of use, hence linking the user to a specific identity. A similar problem may exist here, not so much for self-identity as for implying regularity of use. Consequently, we recommend wording that is similar to its herbal counterpart:

“During the last 12 months have you taken any vitamins or minerals for your own health?”

The phrase “taken any” may help to convey the message that the ingestion of any vitamin for any reason should be included in the respondent’s answer – in other words that use need not be consistent or regular.

VIT.4 On average, how much do you spend on vitamins and minerals per month?

- Nothing
- Under \$30
- \$30-75
- \$76-125
- \$126-200
- Over \$200

Comments: Problems emerged here that are similar to those observed in the herb section. This question is particularly difficult if respondents take vitamins irregularly (vs. consistently everyday), if they buy different vitamins (rather than the same set every time), if they buy from different places, or if they also take herbs (because they cannot separate the cost of each).

As a result, participants admitted to providing very rough – as one person put it “ballpark figure” – estimates. One respondent said she literally couldn’t remember what a bottle of multi-vitamins costs. Others changed their answers as they thought about it (“none really...maybe \$20”).

Recommendations: Part of the problem with this question, as with the herb question, is that it asks people to calculate an average of what they typically use. This is very difficult for reasons discussed above. It may be easier for respondents to estimate what they’ve spent on vitamins and minerals in the past 30 days. This is more concrete information that is somewhat fresher in memory. Try changing the question to:

“How much did you spend on vitamins and minerals in the last 30 days?”

VIT.5 During the past 30 days did you use any of the following vitamins and minerals for your own health? If you take a multi-vitamin or mineral, include it as one supplement. If you take a SINGLE vitamin or mineral that is NOT part of a combination multi-vitamin, please include it separately.

Comments: The original wording to this question was excessively verbose, causing a tremendous amount of confusion. It read, “During the past 30 days did you use any of the following vitamins and minerals for your own health or treatment? Be sure to include ALL vitamins that you use. If you take a SINGLE vitamin or mineral supplement, such as niacin, that is not part of a combination multi-vitamin/mineral supplement, include it separately.”

Three respondents who were heavy users simply could not answer the question because they didn’t know how it was asking them to formulate their answer. The following passage is a good example.

“So how do they want me to characterize this? I’ve taken them all, but not separately.”
[Interviewer re-reads the question.] “Include it separately...what are they asking?”
[Interviewer asks what he thinks they’re asking.] “They want to know if I’ve used these, and the answer is yes. How do they want me to split it up? I don’t know.”

Respondents who took only one vitamin had less trouble with the question, because they didn't have to worry about how to report the different supplements they take. To help clarify, the question was shortened.

In addition to the length being excessive, the question is posed as a yes/no question, yet is actually asking for a list of vitamins they take.

Recommendations: We suggest changing this to match the yes/no format, much like that of the herb question.

“During the past 30 days did you take any of the vitamins and minerals listed on this card?”

“[IF YES] Please tell me which items on this list you took. If you take a multi-vitamin or mineral, include it as one supplement. If you take a SINGLE vitamin or mineral that is NOT part of a combination multi-vitamin, please include it separately.”

Further testing would be beneficial to determine whether respondents are confused about the form of the vitamin (pill, liquid, powder, even vitamins added to food, e.g., calcium added to orange juice).

SHOW HAND CARD VIT#2 (VITAMIN REASONS)

VIT.6 If you had to pick only one, which of these is the MAIN reason you used
_____?
Vitamin/mineral

- (1) It's good for me
- (2) to get all needed vitamins and minerals
- (3) because I don't eat right
- (4) to have a dietary insurance policy
- (5) to stay healthy
- (6) to have more energy
- (7) to feel or look better
- (8) prescription or over the counter drugs are too expensive

Comments: The beginning clause was initially absent from this question. However, the word MAIN alone did not communicate the idea that respondents were to pick just one reason. Adding “if you had to pick only one” seemed to fix this problem.

Another problem was with the response options. As one respondent put it, many of the options “blend together” so it's difficult to choose one. Another said that the first and second choice “almost mean the same thing.”

VIT.12 How much do you think the use of _____
helped your _____? (vitamin/mineral)
(condition)

Would you say a great deal, some, only a little, or not at all?

Comments: Similar to the herb section, this question asks respondents something they don't know. As one respondent replied, "that's difficult to answer...I honestly don't know." She hasn't had a cold in a long time, but she doesn't know if she would have contracted one without taking vitamin C. She just keeps taking it in case it *is* helping. Another respondent said he still has symptoms, just maybe not as many while taking vitamins. He thinks they help sometimes, but he doesn't know how much.

Recommendations: Suggest only asking this question for treatment reasons, not prevention-based reasons.

VIT.13 Besides using _____,
(vitamin/mineral)
did you also receive conventional medical treatment for
_____?
(condition)

- (1) Yes (next question)
- (2) No (**GO TO VIT.15**)

Comments: We didn't have time to adequately test this, but for at least two respondents this was an odd question. One participant was taking iron upon her doctor's recommendation and another person was taking calcium after menopause (also upon the advise of her doctor). Both of these therapies already seem like conventional medical treatment, which caused them to wonder exactly what conventional medical treatment is.

Recommendations: Since vitamin use is not tied to a CAM identity the same way herb use is, and because using vitamins is common enough to be considered "conventional" by most people's standards, consider dropping this question.

VIT.14 Did you receive this conventional medical treatment before, at the same time, or
after you began using _____?
(vitamin/mineral)

- (1) Before
- (2) At the same time
- (3) After you began

Comments: Not extensively tested; no problem identified.

Recommendations: None.

VIT.15 Did you use _____ because it was suggested or recommended?

(vitamin/mineral)

(1) Yes (go to next question)

(2) No (**GO TO VIT.17**)

Comments: Not extensively tested; no problem identified.

Recommendations: None.

VIT.16 Who made the suggestion or recommendation that you use _____?

(vitamin/mineral)

(1) Medical doctor

(2) Other conventional health care provider

(3) Alternative therapies provider

(4) Family member or friend

(5) Worker at health foods store

(6) Heard about in media

(7) Heard about on Internet

Comments: Not extensively tested; no problem identified.

Recommendations: None.

VIT.25 Did _____ cause any unexpected side-effects that required medical attention?

(1) Yes (next question)

(2) No (**GO TO VIT.27**)

Comments: Not extensively tested.

Recommendations: None.

VIT.26 What kinds of side-effects did you experience?

Comments: Not extensively tested.

Recommendations: None.

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

VIT.27 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of _____?

- 1) Yes (next question)
- 2) No (**GO TO NEXT SECTION - HOMEOPATHY**)
- 3) Did not go/talk to any of these

Comments: Not extensively tested.

Recommendations: None.

VIT.28 Which ones? [**MARK ALL THAT APPLY**]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Doctor of Osteopathy (DO)
- (6) Other Health Care Provider

Comments: Not extensively tested; no problem identified.

Recommendations: None.

Self-Practiced Modalities

HOMEOPATHIC TREATMENT

People who use homeopathy to treat health problems take small pills or drops that are placed under the tongue. These pills or drops are often prescribed by practitioners of homeopathy.

HOM.1 Have you EVER used homeopathic treatment for your own health?

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY - DIETS**)

Comments: This section was not extensively tested due to time constraints.

Recommendations: None.

[NEW]

HOM.2 How old were you when you first used homeopathic treatments for your own health?

_____ [AGE IN YEARS]

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.3 DURING THE PAST 12 MONTHS, did you use homeopathic treatment for your own health?

(1) Yes (next question)

(2) No (**GO TO NEXT MODALITY - DIETS**)

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

HOM.4 On average, how much do you spend on homeopathic medicines per month?

\$ _____

Comments: Not tested due to time constraints. But note that the one person we probed on this question had a difficult time... "Maybe \$15, not much." She said for homeopathy you make purchases based on what you need, which changes over time. Additionally, the prices vary depending on the type of pill one buys – some are very cheap, others quite expensive.

Recommendations: Sponsors may want to consider changing this question to match the vitamin and herb format. It may prove easier for respondents to estimate what they've spent on homeopathic medicine in the past 30 days. This is more concrete information that is somewhat fresher in memory and doesn't ask respondents to calculate an average. Try changing the question to:

"How much did you spend on homeopathic medicine in the last 30 days?"

HOM.5 Did you use homeopathic treatment for a specific health problem or condition?

(1) Yes (next question)

(2) No (**GO TO HOM.11**)

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.6 For what health problems or conditions did you use homeopathic treatment?

Comments: Not tested due to time constraints.

Recommendations: None.

[IF MORE THAN 1 CONDITION ASK HOM.7; ELSE GO TO HOM.8]

[NEW]

HOM.7 For which ONE of these health problems or conditions did you use homeopathic treatment the most?

_____ [CONDITION]

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.8 How much do you think homeopathic treatment helped your
_____?
(condition for which homeopathic treatment used the most)

Would you say a great deal, some, only a little, or not at all?

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

HOM.9 Besides receiving homeopathic treatment, did you also receive conventional medical treatment for [*condition for which homeopathic treatment used the most*]?

- (1) Yes (next question)
- (2) No (**GO TO HOM.11**)

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

HOM.10 Did you receive this conventional medical treatment for [*condition for which homeopathic treatment used the most*] before, at about the same time, or after trying homeopathic treatment?

- (1) Before trying homeopathy
- (2) At about the same time you began receiving homeopathy
- (3) After trying homeopathy

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.11 Did any of the homeopathy treatments produce unexpected side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO HOM.13**)

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.12 What kinds of side effects did you experience?

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

HOM.13 DURING THE PAST 12 MONTHS, did you use homeopathic treatment for any of these reasons? Please say yes or no to each.

- | | | |
|--|-----|----|
| (1) To improve or enhance energy | yes | no |
| (2) For general wellness or general disease prevention | yes | no |
| (3) To improve or enhance immune function | yes | no |

Comments: Not tested due to time constraints.

Recommendations: None.

[ASK HOM.13a IF R HAS HEALTH INSURANCE; ELSE GO TO HOM.14]

HOM.13a DURING THE PAST 12 MONTHS, were any of the costs of using homeopathy covered by insurance?

- (1) Yes
- (2) No

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.14 Have you EVER seen a practitioner for homeopathic treatment?

- (1) Yes (next question)
- (2) No (**GO TO HOM.18**)

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.15 DURING THE PAST 12 MONTHS, did you see a practitioner for homeopathic treatment?

- (1) Yes (next question)
- (2) No (**GO TO HOM.18**)

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.16 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for homeopathic treatments?

- (1) Only one time
- (2) 2-5 times
- (3) 6-10 times
- (4) 11-15
- (5) 16-20
- (6) More than 20 times

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.17 On average, how much do you pay out-of-pocket for each visit to a practitioner for homeopathic treatments?
\$ _____

Comments: Not tested due to time constraints.

Recommendations: None.

SHOW HAND CARD (MEDICAL PROFESSIONALS)

HOM.18 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of homeopathic treatment?

- (1) Yes (go to next question)
- (2) No (**GO TO NEXT MODALITY - DIETS**)
- (3) Did not go/talk to any of these (**GO TO NEXT MODALITY - DIETS**)

Comments: Not tested due to time constraints.

Recommendations: None.

HOM.19 Which ones? [**MARK ALL THAT APPLY**]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

Comments: Not tested due to time constraints.

Recommendations: None.

SPECIAL DIETS

SHOW HAND CARD (SPECIAL DIETS)

DIT.1 Have you EVER used any of these special diets for two weeks or more for health reasons?

[MARK ALL THAT APPLY]

(0) None **[GO TO NEXT SECTION – YOGA]**

(1) Vegetarian (for health reasons)

(2) Macrobiotic

(3) Atkins

(4) Pritikin

(5) Ornish

(6) Zone

(7) South Beach

Comments: This section was not tested due to time constraints, however, we observed that this question, like HRB.5 and VIT.5, is posed as a yes/no question when a list is what is actually being requested.

Also note that asking the follow-up questions of respondents who have used more than one diet could be problematic to the extent that their answers would be different for each.

Recommendations: Consider using a format similar to that used for relaxation techniques.

DIT.2 How old were you when you first used special diets for health reasons?

_____ [AGE IN YEARS]

Comments: Not tested due to time constraints.

Recommendations: None.

DIT.3 DURING THE PAST 12 MONTHS, did you use any of [*diets mentioned in DIT.1*] for two weeks or more for health reasons?

[MARK ALL THAT APPLY]

(0) None **[GO TO NEXT MODALITY – YOGA]**

(1) Vegetarian (for health reasons)

(2) Macrobiotic

(3) Atkins

(4) Pritikin

(5) Ornish

(6) Zone

(7) South Beach

(8) Other - specify

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

DIT.4 Did you use (this/these) special diet(s) for weight control or weight loss?

- (1) Yes
- (2) No

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

DIT.5 Did you use (this/these) special diet(s) to treat a specific health problem or condition other than weight control or weight loss?

- (1) Yes (next question)
- (2) No (**GO TO DIT.11**)

Comments: Not tested due to time constraints.

Recommendations: None.

DIT.6 For what health problems or conditions did you use (this/these) special diet(s)?

Comments: Not tested due to time constraints.

Recommendations: None.

[IF MORE THAN 1 CONDITION ASK DIT.7; ELSE GO TO DIT.8]

[NEW]

DIT.7 For which ONE of these health problems or conditions did you use (this/these) special diets the most?

_____ [CONDITION]

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

DIT.12 What kinds unexpected side-effects did you experience?

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

DIT.13 DURING THE PAST 12 MONTHS, did you use special diets for any of these reasons? Please say yes or no to each.

(1) To improve or enhance energy	YES	NO
(2) For general wellness or general disease prevention	YES	NO
(3) To improve or enhance immune function	YES	NO

Comments: Not tested due to time constraints.

Recommendations: None.

[ASK DIT.13a IF R HAS HEALTH INSURANCE; ELSE GO TO DIT.14]

DIT.13a DURING THE PAST 12 MONTHS, were any of the costs of using special diets covered by insurance?

(3) Yes
(4) No

Comments: Not extensively tested due to time constraints. However, note that for self-practiced modalities, this question is double-barreled. It assumes that there WERE costs associated with the diet when there might not have been. (Does an answer of no mean there were no costs, or that costs were not covered by insurance?)

Recommendations: Move this question to after DIT.17, when it has already been established whether or not costs are involved.

DIT.14 Have you EVER seen a practitioner for special diets?

(1) Yes (next question)
(2) No (**GO TO DIT.18**)

Comments: Not tested due to time constraints.

Recommendations: None.

DIT.15 DURING THE PAST 12 MONTHS, did you see a practitioner for special diets?
(1) Yes (next question)
(2) No (**GO TO DIT.18**)

Comments: Not tested due to time constraints.

Recommendations: None.

DIT.16 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for special diets?

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

DIT.17 On average, how much do you pay out-of-pocket for each visit to a practitioner for special diets?

\$ _____

Comments: Not tested due to time constraints.

Recommendations: None.

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

DIT.18 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of special diets?
(1) Yes (next question)
(2) No (**GO TO NEXT MODALITY – YOGA**)
(3) Did not go/talk to any of these (**GO TO NEXT MODALITY – YOGA**)

Comments: Not tested due to time constraints.

Recommendations: None.

DIT.19 Which ones? **[MARK ALL THAT APPLY]**

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

Comments: Not tested due to time constraints.

Recommendations: None.

YOGA/TAI CHI/QI GONG

YOG.1 Have you EVER practiced any of the following types of exercise for your own health? Please say yes or no to each.

- | | | |
|-------------------------|-----|----|
| (1) Yoga | YES | NO |
| (2) Tai Chi (TIE-CHEE) | YES | NO |
| (3) Qi Gong (CHEE-KUNG) | YES | NO |

Comments: Not tested due to time constraints. However, note that asking the follow-up questions of respondents who have practiced more than one technique could be problematic to the extent that their answers would be different for each.

Recommendations: None.

[IF NO TO ALL, GO TO NEXT MODALITY – RELAXATION TECHNIQUES]

[NEW]

YOG.2 How old were you when you first used (Yoga/Tai Chi/Qi Gong) for health reasons?

_____ [AGE IN YEARS]

Comments: Not tested due to time constraints.

Recommendations: None.

YOG.3 DURING THE PAST 12 MONTHS, did you practice (Yoga/Tai Chi/Qi Gong)?

(1) Yes (next question)

(2) No **[GO TO NEXT MODALITY – RELAXATION]**

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

YOG.4 Did you practice (Yoga/Tai Chi/Qi Gong) for a specific health problem or condition?

(1) Yes (next question)

(2) No **(GO TO YOG.10)**

Comments: Not tested due to time constraints.

Recommendations: None.

YOG.5 For what health problems or conditions did you practice (Yoga/Tai Chi/Qi Gong)?

Comments: Not tested due to time constraints.

Recommendations: None.

[IF MORE THAN 1 CONDITION ASK YOG.6; ELSE GO TO YOG.7]

YOG.6 For which ONE of these health problems or conditions did you practice(Yoga/Tai Chi/Qi Gong) the most?

_____ [CONDITION]

Comments: Not tested due to time constraints.

Recommendations: None.

YOG.11 What kinds unexpected side-effects did you experience?

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

YOG.12 DURING THE PAST 12 MONTHS, did you use (Yoga/Tai Chi/Qi Gong) for any of these reasons? Please say yes or no to each.

(1) To improve or enhance energy	YES	NO
(2) For general wellness or general disease prevention	YES	NO
(3) To improve or enhance immune function	YES	NO

Comments: Not tested due to time constraints.

Recommendations: None.

[ASK YOG.12a IF R HAS HEALTH INSURANCE; ELSE GO TO YOG.13]

YOG.12a DURING THE PAST 12 MONTHS, were any of the costs of using (Yoga/Tai Chi/Qi Gong) covered by insurance?

(1) Yes
(2) No

Comments: Not extensively tested due to time constraints. However, note that for self-practiced modalities, this question is double-barreled. It assumes that there WERE costs associated with the technique when there might not have been. (Does an answer of no mean there were no costs, or that costs were not covered by insurance?)

Recommendations: Move this question to after YOG.15, when it has already been established whether or not costs are involved.

YOG.13 DURING THE PAST 12 MONTHS, did you take a (Yoga/Tai Chi/Qi Gong) class or in some way receive formal training? Attending only one session does not count.

(1) Yes (next question)
(2) No (**GO TO YOG.16**)

Comments: Not tested due to time constraints.

Recommendations: None.

YOG.14 DURING THE PAST 12 MONTHS, on average, how often did you take a class or in some way receive formal training for (Yoga/Tai Chi/Qi Gong)?

- (1) 2-11 times
- (2) monthly
- (3) 2-3 times per month
- (4) WEEKLY
- (5) 2-3 TIMES PER WEEK
- (6) 4-5 TIMES PER WEEK
- (7) Daily

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

YOG.15 On average, how much do you pay out-of-pocket for each class or other formal training for (Yoga/Tai Chi/Qi Gong)?

\$ _____

Comments: Not tested due to time constraints.

Recommendations: None.

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

YOG.16 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of (Yoga/Tai Chi/Qi Gong)?

- (1) Yes (next question)
- (2) No **[GO TO NEXT MODALITY – RELAXATION]**
- (3) Did not go/talk to any of these **[GO TO NEXT MODALITY]**

Comments: Not tested due to time constraints.

Recommendations: None.

YOG.17 Which ones? **[MARK ALL THAT APPLY]**

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

Comments: Not tested due to time constraints.

Recommendations: None.

RELAXATION TECHNIQUES

REL.1 Have you EVER practiced any of the following relaxation techniques for your own health? Please say yes or no to each.

- | | | |
|------------------------------|-----|----|
| (1) Meditation | YES | NO |
| (2) Guided imagery | YES | NO |
| (3) Progressive relaxation | YES | NO |
| (4) Deep breathing exercises | YES | NO |

Comments: Not extensively tested due to time constraints. However, note that asking the follow-up questions of respondents who have practiced more than one technique could be problematic to the extent that their answers would be different for each.

Also, we found what might be considered false positives on meditation and deep breathing exercises for several respondents. When asked about their use of meditation, one person said “I think, myself, I’ve figured it out” though she’s never read a book or spoken to anyone about what meditation is. Another person included prayer as meditation, and someone else defined it as when you “lose yourself in thought.”

Recommendations: None – other than more testing needs to be done.

[IF NO TO ALL, GO TO NEXT MODALITY – PRAYER]

[NEW]

REL.2 How old were you when you first used relaxation techniques for your own health or treatment?

_____ [AGE IN YEARS]

Comments: Not tested due to time constraints.

Recommendations: None.

REL.3 DURING THE PAST 12 MONTHS, did you use relaxation techniques?

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY - PRAYER**)

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

REL.4 Did you use relaxation techniques for a specific health problem or condition?

- (1) Yes (next question)
- (2) No (**GO TO REL.10**)

Comments: Not tested due to time constraints.

Recommendations: None.

REL.5 For what health problems or conditions did you use relaxation techniques?

Comments: Not tested due to time constraints.

Recommendations: None.

[IF MORE THAN 1 CONDITION ASK REL.6; ELSE GO TO REL.7]

[NEW]

REL.6 For which ONE of these health problems or conditions did you use relaxation techniques the most?

_____ [CONDITION]

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

REL.11 What kinds unexpected side-effects did you experience?

Comments: Not tested due to time constraints.

Recommendations: None.

REL.12 DURING THE PAST 12 MONTHS, did you use relaxation techniques for any of these reasons? Please say yes or no to each.

(4) To improve or enhance energy	YES	NO
(5) For general wellness or general disease prevention	YES	NO
(6) To improve or enhance immune function	YES	NO

Comments: Not tested due to time constraints.

Recommendations: None.

[ASK REL.12a IF R HAS HEALTH INSURANCE; ELSE GO TO REL.13]

REL.12a DURING THE PAST 12 MONTHS, were any of the costs of using relaxation techniques covered by insurance?

(3) Yes
(4) No

Comments: Not extensively tested due to time constraints. However, note that for self-practiced modalities, this question is double-barreled. It assumes that there WERE costs associated with the technique when there might not have been. (Does an answer of no mean there were no costs, or that costs were not covered by insurance?)

Recommendations: Move this question to after REL.17, when it has already been established whether or not costs are involved.

REL.13 DURING THE PAST 12 MONTHS, did you see a practitioner or take a class for relaxation techniques?

(1) Yes (next question)
(2) No (**GO TO REL.16**)

Comments: Not tested due to time constraints.

Recommendations: None.

REL.14 DURING THE PAST 12 MONTHS, how often did you see a practitioner or take a class for relaxation techniques?
(1) Only 1 time (4) 11-15 times
(2) 2-5 times (5) 16-20 times
(3) 6-10 times (6) more than 20 times

Comments: Not tested due to time constraints.

Recommendations: None.

[NEW]

REL.15 On average, how much do you pay out-of-pocket for each visit to a practitioner or to take a class for relaxation techniques?

\$ _____

Comments: Not tested due to time constraints.

Recommendations: None.

REL.16 Did you buy a self-help book or other materials to learn about relaxation techniques?
(1) Yes (next question)
(2) No (**GO TO REL.18**)

Comments: Not tested due to time constraints.

Recommendations: None.

REL.17 How much did you pay for these materials?

\$ _____

Comments: Not tested due to time constraints.

Recommendations: None.

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

REL.18 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of relaxation techniques?

- (1) Yes (next question)
- (2) No [**GO TO NEXT MODALITY – PRAYER**]
- (3) Did not go/talk to any of these [**GO TO NEXT MODALITY – PRAYER**]

Comments: Not tested due to time constraints.

Recommendations: None.

REL.19 Which ones? [**MARK ALL THAT APPLY**]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

Comments: Not tested due to time constraints.

Recommendations: None.

PRAYER FOR YOUR OWN HEALTH

Now I am going to ask you about your use of prayer for your own health.

PRY.1 Have you EVER prayed specifically for the purpose of your OWN health?

- (1) Yes (next question)
- (2) No (**GO TO PRY.3**)

Comments: Not tested due to time constraints.

Recommendations: None.

PRY.2 DURING THE PAST 12 MONTHS, did you pray specifically for the purpose of your OWN health?

- (1) Yes
- (2) No

Comments: Not tested due to time constraints.

Recommendations: None.

PRY.3 Have you EVER asked or had OTHERS pray for your OWN health?

- (1) Yes
- (2) No [**GO TO NEXT MODALITY – COUNSELING**]

Comments: Not tested due to time constraints.

Recommendations: None.

PRY.4 DURING THE PAST 12 MONTHS, did you ask or have others pray for your OWN health?

- (1) Yes
- (2) No

Comments: Not tested due to time constraints.

Recommendations: None.

Unconventional Use of Counseling

COU.1 Have you EVER used some form of counseling such as individual counseling, group support or counseling, or pastoral counseling?

- (1) Yes (**GO TO COU.2**)
- (2) No (**GO TO NEXT SECTION - PERCEPTIONS**)

Comment: Due to time constraints, we could not probe four respondents. Most others didn't seem to have trouble with the question. However, several respondents gave answers that are suggestive of problems. The first relates to the structure of the sentence. For one participant, the word "or" caused him to interpret the question as a list of items from which he had to choose. He did not understand it as a yes/no question. Another respondent had difficulty discerning what "pastoral counseling" meant. In one sense it could mean wanting to "hear the word" from a pastor, and in another it could mean asking a pastor to pray for you when you're sick. He decided it must mean the latter because this was a health survey. A third respondent focused on the phrase "group support" and said no. This was response error because upon probing it was discovered that he regularly sees a psychiatrist.

Recommendation: Further testing is needed, but perhaps simplifying the question would help:

"Have you EVER used individual counseling, group counseling or pastoral counseling?"

COU.2 Which of these was the reason you used counseling? To help with mental health issues such as anxiety or depression OR to treat a specific physical health problem such as cancer or heart disease?

- (1) Mental health issues (**GO TO NEXT SECTION - PERCEPTIONS**)
- (2) Specific health problem (**GO TO COU.3**)
- (3) Both (**GO TO COU.3**)
- (4) Neither (**GO TO NEXT SECTION - PERCEPTIONS**)

Comment: Early on it became apparent that a "neither" category was necessary (it was originally absent from the choices). One respondent said she didn't know how to answer because she went to Catholic school and to her, confession was very much like counseling. Once "neither" was offered as a category, another respondent chose it because her visits are to a holistic health counselor. During these visits they discuss how to balance spiritual and physical health in general.

One respondent demonstrated false positive response error with his answer of #2, "specific health problem." This respondent is a TANF recipient and speaks of his case worker as his counselor. During their discussions, his case worker helps with all of life's difficulties and makes sure he's staying healthy – that he's able to buy food and get his medicines.

Recommendation: More testing would be needed, but preliminary data suggest that respondents don't understand what is meant by "specific health problems" and that various interpretations exist for "counseling."

[NEW]

COU.3 How old were you when you first saw a practitioner for counseling?

_____ [AGE IN YEARS]

Comment: Not extensively tested. All but one respondent skipped out of this section – but the respondent who received these follow-up questions did so erroneously; that is, he should have skipped out but didn't because of response error in COU.2.

Recommendation: None.

COU.4 DURING THE PAST 12 MONTHS, did you see a practitioner for counseling?

(1) Yes (**GO TO COU.5**)

(2) No (**GO TO NEXT SECTION - PERCEPTIONS**)

Comment: Not extensively tested.

Recommendation: None.

COU.5 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for counseling?

(1) Only one time

(2) 2-5 times

(3) 6-10 times

(4) 11-15

(5) 16-20

(6) More than 20 times

COU.6 On average, how much do you pay out-of-pocket for each visit to a practitioner for counseling?

\$ _____

Comment: Not extensively tested.

Recommendation: None.

COU.7 Did you use counseling to treat or prevent a specific health problem or condition?

(1) Yes (**GO TO COU.8**)

(2) No (**GO TO COU.13**)

Comment: Not extensively tested.

Recommendation: None.

COU.8 For what health problems or conditions did you use counseling?

Comment: Not extensively tested.

Recommendation: None.

[IF MORE THAN 1 CONDITION ASK COU.9; ELSE GO TO COU.10]

[NEW]

COU.9 For which ONE of these health conditions did you use counseling the most?

_____ [CONDITION]

Comment: Not extensively tested.

Recommendation: None.

COU.10 How much do you think counseling helped your _____?
(condition for which counseling used the most)

Would you say a great deal, some, only a little, or not at all?

Comment: Not extensively tested.

Recommendation: None.

COU.11 Besides receiving counseling, did you also receive conventional medical treatment for [*condition for which modality used the most*]?

(1) Yes (**GO TO COU.12**)

(2) No (**GO TO COU.15**)

Comment: Not extensively tested.

Recommendation: None.

COU.12 Did you receive conventional medical treatment for [*condition for which modality used the most*] before, at about the same time, or after trying counseling?

- (1) Before trying modality
- (2) At about the same time you began receiving modality treatments
- (3) After trying modality

Comment: Not extensively tested.

Recommendation: None.

[NEW]

COU.13 Did any of the counseling treatments produce unexpected side-effects that required medical attention?

- (1) Yes
- (2) No (**GO TO COU.15**)

Comment: Not extensively tested.

Recommendation: None.

[NEW]

COU.14 What kinds of unexpected side effects did you experience?

Comment: Not extensively tested.

Recommendation: None.

[NEW]

COU.15 DURING THE PAST 12 MONTHS, did you use counseling for any of these reasons? Please say yes or no to each.

- | | | |
|--|-----|----|
| (4) To improve or enhance energy | YES | NO |
| (5) For general wellness or general disease prevention | YES | NO |
| (6) To improve or enhance immune function | YES | NO |

Comment: Not extensively tested.

Recommendation: None.

[ASK COU.16 IF R HAS HEALTH INSURANCE; ELSE GO TO COU.17]

COU.16 DURING THE PAST 12 MONTHS, were any of the costs of using counseling covered by insurance?

- (1) Yes
- (2) No

Comment: Not extensively tested.

Recommendation: None.

SHOW HAND CARD (MEDICAL PROFESSIONALS)

COU.17 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of counseling?

- (1) Yes (**GO TO COU.18**)
- (2) No (**GO TO NEXT SECTION - PERCEPTIONS**)

Comment: Not extensively tested.

Recommendation: None.

COU.18 Which ones? **[MARK ALL THAT APPLY]**

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Doctor of Osteopathy (D.O.)
- (6) Other Health Care Provider

Comment: Not extensively tested.

Recommendation: None.

Perceptions

Finally, I'd like to ask you some general questions about alternative medical therapies like the ones we discussed in many of the previous questions.

PER. 1 Do you think there is scientific evidence showing that SOME alternative therapies do the following? Please say yes or no to each.

- | | | |
|---|-----|----|
| (1) Improve overall health and wellness | yes | no |
| (2) Prevent illnesses or diseases | yes | no |
| (3) Reduce pain | yes | no |
| (4) Treat or cure illnesses or diseases | yes | no |

Comments: The length of this question could not be processed by many respondents. Eight of the participants lost sight of the root question. This problem was compounded when respondents lacked experience with alternative medicine. Those who had trouble understanding the question's intent drew upon their own experience to help them impart meaning. This created several different interpretations.

Five respondents interpreted the question as asking whether or not they believe alternative therapies work in general. People answered "yes" when either they or someone they knew successfully used alternative therapies for a health problem. Two other participants thought the question was asking if they thought conventional medicine worked. These were respondents who had little-to-no experience with alternative therapies, and didn't have a clear understanding of the meaning of the phrase. In these cases, respondents were referring to prescription medication they had taken for a medical problem. Another person thought the question was asking "does science do these things" (i.e., prevent or cure illness or reduce pain). He answered "yes" because science had cured the mumps and polio.

It is important to note that respondents did have an understanding of what "scientific evidence" meant. However, because the question was long and convoluted, AND because scientific evidence was not the criteria respondents use to judge the abilities of various therapies, they used their own experience to give meaning to the question.

Recommendations: Do not ask this question of people who are not using CAM. It in no way relates to their experience, so they struggle with interpretation, usually arriving at an unintended one.

For CAM users, define "alternative therapies" more explicitly in the introduction to the section, and simplify it into one question.

"Finally, I'd like to ask you some general questions about alternative therapies. These are therapies like the ones mentioned in the previous questions. Acupuncture, naturopathy, massage, yoga and meditation are a few examples of what I mean."

PER.1: “Do you think there is scientific evidence showing that *some* alternative therapies do what they claim to do?”

PER. 2 Please say whether you agree or disagree with the following statements:

(1) The use of SOME alternative therapies for healing and wellness since ancient times provides the necessary support to justify the use of these therapies

Comments: That this question had to be read to most respondents more than once is evidence that it demanded a high level of cognitive skill to comprehend. One person even exclaimed “that’s a very complex sentence!” After hearing the question for the third time, she asked “what therapies?” In fact, two people couldn’t even guess what the question was asking and, consequently, gave no answer.

Others were able to give the statement meaning, just not the meaning intended by the designer. For example, one respondent guessed that the question was asking “whether you believe that there are forms of treatment other than medical that work.” Another respondent said he thought it was asking whether he thought that “medicine uses things like herbs to make prescription drugs.” Others said the question meant that “alternative therapies have been proven” or that “you are getting the care that you need.” In other words, interpretations were scattered and often very different as respondents struggled to give meaning to this statement.

A few participants did seem to grasp the intent of the question, yet still demonstrated response problems. One person couldn’t answer at all, claiming that “just because people use something doesn’t make it right – some alternative therapies work and some don’t.” She could not place every CAM therapy into the same category. Another respondent said “I could put agree, but there are a lot of other things taking place at this point in time...what about modern technology that supports the ancient?” Given his beliefs, an answer of disagree would have been the appropriate response, yet he chose to answer “agree.”

Recommendations: This sentence should be greatly simplified. The following is one suggestion:

“Alternative therapies are proven useful because they have been around since ancient times.”

(2) On the whole, alternative therapies are safer than conventional medical treatment

Comments: Most respondents had an easier time assigning meaning to this question than they did to the previous one; however, answers still lack any validity. Six participants had a difficult time arriving at an answer because the question was too hypothetical. Initial reactions included “I’m not sure” or “that’s a tough one.” One person argued “some of these therapies can cause harm, especially when you don’t know what you’re doing,” another said it depends on which ones. Some are “far fetched, for example magnets are a sham” and still another person reasoned, “different things work for different people.”

These interpretations meant that four participants could not provide answers. For those that did manage to supply an answer, meaning is varied. Specifically, an answer of “disagree” meant different things to different people. For some disagree meant that the sentence was untrue – that is, CAM is not safer. Yet, there was no validity among these answers because by extension some people meant that medical treatment was safer (“why try something new when you don’t know what results you’ll get?”), and others meant that both are equally safe (“anything you can use too much of”). For other respondents, “disagree” meant that the premise of the statement was faulty. In this case, “disagree” meant that one cannot draw a general conclusion about safety. As one respondent argued, “That’s too broad – both are dangerous and not dangerous.” She couldn’t say “agree” because she did not believe CAM was safer; she wouldn’t answer “disagree” either because she didn’t believe that conventional medicine was safer – which is what she thought an answer of disagree implied.

To summarize, for some people “disagree” meant that the opposite of what the sentence suggested is true. For others, disagree meant that the sentence itself is faulty and, therefore, cannot be agreed with (i.e., because CAM and conventional medicine are used in different situations, they cannot be compared).

Recommendations: Drop this question. While respondents did understand the intent of the question, they could not categorically compare CAM to conventional medicine. This caused variation in the meaning of the responses.

(3) Some alternative therapies can interact with prescription or over the counter drugs

Comments: The biggest source of response error for this question was the word “interact,” which was assigned different meanings by respondents. For example, some people defined interact in a positive way, essentially evaluating whether CAM and conventional medicine can compliment one another. As one person asked, “you mean assist?” In sum, four participants said “agree” because they believed the two approaches can be successfully used simultaneously.

One respondent who had a clear CAM identity argued that the question was difficult because there were no specific examples to think of, and that the principles of CAM are different from those of conventional medicine (CAM is for “general health” while conventional medicine “goes right to the problem”).

Recommendations: It won’t solve the problem for CAM users who can’t answer categorically, but, it may help to offer some specifics for the word interact:

“Some alternative therapies can negatively interact with prescription drugs.”

(4) Some alternative therapies can be recommended as a last resort when conventional medicine has nothing to offer

Comments: Because of time constraints this question was not extensively tested. However, there are indications that this question suffers from the same problem as #2, that is, answers may

have questionable validity. For at least one respondent, “agree” meant that the statement is *true* (“some people will take anything if medical treatment isn’t working”), not that he *agrees* with it.

Another concern is response variation – there was none. Given the wording everyone agreed with the statement, even when they were not proponents of CAM. One participant’s reaction was “I think I’d agree...I guess if you’re sick enough”, while another said “you gotta do something to keep ‘em going.”

Recommendation: Drop this question. Response variation is likely to be very low and answers analytically meaningless.

(5) In general, alternative therapies should not be used for the treatment of serious disease

Comments: Because of time constraints this question was extensively tested. The only problem observed was for one respondent who had trouble with the entire section because he had no idea what alternative therapies meant.

Recommendations: None.

(6) For some problems, alternative therapies are more effective than conventional therapies

Comments: Answers to this statement have questionable validity. For example, answers of “disagree” given by two non-users who had no knowledge of CAM actually meant “don’t know.” Another non-user answered agree, with the caveat that “I wouldn’t say *all* witchcraft practices work.” Questions of her definition of CAM aside, her opinion actually depends on the circumstances. In the interview she went on to say that sometimes CAM therapies are more effective, while other times they’re not. In essence, sometime she would agree and sometimes she would disagree. Another person with a similar perspective answered agree and proclaimed, “you can’t say alternative therapies won’t work.” For her, to disagree would mean that conventional therapies are more effective, implying that CAM therapies don’t work. Her answer of “agree” basically means she is NOT choosing disagree.

Another person had a difficult time answering because he doesn’t always see the two approaches as separate. In some cases the medical profession is taking part of an alternative practice and “mixing it” with conventional treatment. He believes that sometimes this works well and sometimes it doesn’t. This respondent, then, is disagreeing with the premise of the question.

Recommendations: Respondents need more specific information for this question to be meaningful and to yield reliable and valid answers.

(7) Health claims for many types of alternative therapies are exaggerated or unsubstantiated

Comments: In this statement, respondents had different interpretations of “health claims.” At least six people equated health claims with insurance claims. The first reaction of one participant

was “I wasn’t even aware that insurance companies would pay for alternative treatments.” These subjects thought the question was asking whether the insurance claims are exaggerated (i.e., too expensive). One person couldn’t answer because he saw two possible interpretations, one related to insurance claims and the other more closely matching the question intent. He asked, “is this insurance or health statements by an organization?”

Recommendations: Simplify the language in this statement to something like:

“Alternative therapies don’t always do what they say they will do for your health.”

(8) In general, advertising about alternative therapies is usually true

Comments: Most respondents understood the intent of this question. However, since no one could think of a single example of CAM advertising they had seen, most said they were thinking about advertising in general. Hence, the underlying construct being measured is more about advertising in general than it is of CAM.

Additionally, this is another instance where the words “in general” present a problem. One respondent said “agree.” He had trouble with this section because it was too hypothetical for him. In this case, for example, he said “maybe it is, maybe it isn’t.” When prompted for an answer, he gave “agree” and explicitly stated that the words “in general” left “room for error” in the sense that he isn’t completely agreeing. “In general” suggests to him that sometimes this means he disagrees.

Recommendations: Delete this question. Many of the responses are not related to the underlying construct.

(9) I prefer natural remedies to chemical drugs

Comments: The primary source of confusion in this question is the word “prefer.” For example, one respondent wondered if prefer meant that she actually used CAM. In theory she would always prefer a natural remedy if it worked. However, there have been many times when it didn’t work and she had to use a conventional remedy; so in practice she’s used conventional remedies more often. Other participants indicated a similar perspective: “I prefer whatever works best”; “sure I would prefer it, but they might not do the job”; “I guess everyone would”. For still another respondent, her preference depends on what she’s treating and her evaluation of which approach would be most effective for that particular condition.

Recommendations: Drop this question. Nearly everyone would prefer something natural to something chemical, but realize that life is more complicated than that, and that decisions need to be made on a case-by-case basis.

(10) Alternative practitioners pay more attention to their patients than conventional medical doctors

Comments: This question was difficult for those who had no experience with CAM because they had no idea how alternative practitioners behave. For others, their answers mean various things, as they do in most other questions in this section. For example, for some participants “disagree” means that there is no difference between the two types of practitioners; it depends more on the person than on the medical approach. As one respondent maintained, “one isn’t better than the other,” regardless of who you go to, you have to be responsible and ask the right questions. For others, “disagree” means that conventional doctors pay more attention to their patients. These were respondents whose experience with doctors and hospitals has been good.

Recommendations: Because analysts have no way of knowing what the answers mean, consider dropping this question.

(11) Most alternative therapies give the patient more control over their health problems

Comments: This question was not extensively tested due to time constraints. Two people who had no knowledge of CAM, and who had difficulty with this entire section, had trouble answering this question too. Another respondent felt as though she couldn’t issue a blanket statement – it depends on the illness. Otherwise, a few others interpreted this as asking whether alternative therapies give the patient more “choices” in their treatment options and ability to administer their own treatment.

Recommendations: None.

(12) When I am ill, I try to learn all I can about my illness and the range of treatment options

Comments: Respondents did not seem to struggle with interpreting this question, however, there was no response variation. Everyone agreed.

Recommendations: Consider dropping this question, as it is highly unlikely that many people will respond with “disagree.”

PER. 3 Would you be more inclined to use alternative therapies if people important to you recommend it?

- (1) Yes
- (2) No

Comments: Due to time constraints this question was not extensively tested. Of note is that two respondents had difficulty saying either yes or no. To them an important caveat was that the answer would be yes only if the people who recommended it had actually tried the therapy for themselves and it worked.

Recommendations: None.

Comments: The only respondents who knew this information were those who have checked into it and have received payment for their use of CAM.

Recommendations: Drop this question. This information can be obtained, and is more reliable, in the other modality sections (see, for example, PRT.14a).

PER. 7 Have you ever used alternative therapies because conventional medical treatments were too expensive?
(1) Yes
(2) No

Comments: Due to time constraints, this question was not extensively tested. Of the participants who answered, all but one answered no. Moreover, an answer of “no” for three respondents meant that they never felt the need to seek out alternative treatment. Conventional medicine to this point has worked satisfactorily. Note that these answers are NOT based on the *expense* of medical treatments, but rather on their *effectiveness*. In fact, one respondent even acknowledged that “money is never the issue” when it comes to health. If she couldn’t afford something that needed to be done, she would find a way to pay for it.

Another respondent who grappled with the definition of alternative treatments had a very difficult time answering this question. In her own words:

“What would that include? What exactly is alternative treatment? I guess ‘no’ because diet pills wouldn’t be alternative therapy...does pre-natal vitamins count?”

Recommendations: More testing is recommended; it appears as though the underlying construct is not being measured.

Appendix A: Initial Questions

Complimentary and Alternative Medicine Supplement NHIS

Thank you for agreeing to meet here today. Karen has explained that we will be video taping our interview and you gave permission to do that, correct? *(If yes, then proceed; if no, then review procedure)*

I have in front of me a questionnaire about complimentary and alternative health practices that will be administered to people throughout the United States. However, before interviewers begin to do that, we are testing the questionnaire to see whether the questions are phrased well, whether they are too difficult to answer, and whether they make sense to people.

First, I would like to read the questions to you and have you answer them exactly as you would if an interviewer were to come to your house and ask you this information. Then once we complete the survey questions, I will go back and ask you some follow-up questions about how you came up with your answers, how you interpreted certain terms or phrases, and whether the questions were straightforward.

Do you have any questions before we begin?

Introduction to CAM supplement

INTRO.1 What is your age? _____ [AGE IN YEARS]

INTRO.2 Are you currently married, separated, divorced, widowed, never married or living with someone in a marriage-like relationship?

Married	1	Widowed	4
Separated	2	Never married	5
Divorced	3	Cohab	6

INTRO.3 Are you of Hispanic or Latino origin?

YES	1
NO	2

INTRO.4 What race or races do you consider yourself to be?

White	Alaska Native
Black/African American	Native Hawaiian
Asian	Pacific Islander
American Indian	

The next few questions are about any health insurance you might have.

INS-1 At this time, are you covered by any kind of health insurance?

YES	1 [GO TO INS-2]
NO	2 [GO TO NEXT SECTION]

INS-2 Is this health insurance provided through an employer?

YES	1 [GO TO NEXT SECTION]
NO	2 [GO TO INS-3]

INS-3 Is this health insurance obtained directly from an insurance company?

YES	1 [GO TO NEXT SECTION]
NO	2 [GO TO INS-4]

INS-4 Is this health insurance provided through Medicaid, a health insurance program for persons with certain income levels and persons with disabilities?

YES	1
NO	2

CONDITIONS

CON.1 Have you EVER been told by a doctor or other health professional that you had ... [READ LIST]

- ... Attention Deficit Disorder/Hyperactivity?
- ... Autism
- ... Bipolar Disorder
- ... Dementia, including Alzheimer's disease
- ... Dental problems, including cavities & gum disease
- ... Depression
- ... Fibromyalgia
- ... Irritable bowel syndrome
- ... Influenza or pneumonia
- ... Lupus
- ... Mania or psychosis
- ... Peripheral vascular disease, including Intermittent Claudication (cramping) or poor circulation in your legs
- ... Phobia or fears
- ... Schizophrenia

CON.2 Have you EVER had ...

- ... Acid reflux/heartburn
- ... Excessive use of alcohol or tobacco
- ... Headache, other than migraine
- ... Memory loss or loss of other cognitive functions
- ... Substance abuse, other than alcohol or tobacco

PROBE: How do R's respond to these? Do they ask a lot of questions?

Complementary and Alternative Medicine Supplement

[Lead-in for entire CAM supplement:]

Now I am going to ask you about some health services you may have used. First, I will ask you some general questions about alternative medical treatments. Then I will ask you about some specific services for which you may have seen a practitioner. Finally, I will ask you about some other health practices you may have done on your own.

Perceptions

PER. 1 Do you think there is **scientific evidence** showing that **SOME alternative therapies** do the following? Please say yes or no to each.

- | | | |
|---|-----|----|
| (1) Improve overall health and wellness | yes | no |
| (2) Prevent illnesses or diseases | yes | no |
| (3) Reduce pain | yes | no |
| (4) Treat or cure illnesses or diseases | yes | no |

PER. 2 Please say whether you agree or disagree with the following statements:

- | | | |
|---|-------|----------|
| (1) The use of SOME alternative therapies for healing and wellness since ancient times provides the necessary support to justify the use of these therapies | Agree | Disagree |
| (2) On the whole, alternative therapies are safer than conventional medical treatment | Agree | Disagree |
| (3) Some alternative therapies can interact with prescription or over the counter drugs | Agree | Disagree |
| (4) Some alternative therapies can be recommended as a last resort when conventional medicine has nothing to offer | Agree | Disagree |
| (5) In general, alternative therapies should not be used for the treatment of serious disease | Agree | disagree |
| (6) For some problems, alternative therapies are more effective than conventional therapies | Agree | Disagree |

SHOW HAND CARD 1 (INFORMATION)

PER.5 From which of the following do you **get information** on alternative therapies?

[MARK ALL THAT APPLY]

- | | |
|--------------------|--|
| (18)family members | (28) dentists |
| (19)friends | (29)other conventional health care provider |
| (20)co-workers | (30) Alternative providers (e.g., acupuncturist, chiropractor, herbalist, massage therapist, etc.) |
| (21)magazines | (31) pharmacist |
| (22)newspapers | (32)health food store employees |
| (23)TV | (33)government agencies or offices |
| (24)radio | (34)other (specify) |
| (25)Internet | |
| (26)physicians | |
| (27) nurses | |

PROBE: Have you actively pursued getting information? (If yes) How did you become interested in these therapies?

[ASK PER.6 IF R HAS HEALTH INSURANCE; ELSE GO TO PER.7]

PER.6 Are any alternative therapies covered by your insurance plan?

- (1) Yes
- (2) No

PROBE: Have you ever looked into this? What would qualify as an alternative therapy that might be covered?

PER. 7 Have you ever used alternative therapies because conventional medical treatments were too expensive?

- (1) Yes
- (2) No

PERCEPTIONS HAND CARD 1 (INFORMATION)

1. Family members
2. Friends
3. Co-workers
4. Magazines
5. Newspapers
6. TV
7. Radio
8. Internet
9. Physicians
10. Nurses
11. Dentists
12. Other conventional health care provider
13. Alternative providers (e.g., acupuncturist, chiropractor, herbalist, massage therapist, etc.)
14. Pharmacist
15. Health food store employees
16. Government agencies or offices
17. Other (specify)

Modalities that Require Practitioner

SHOW HAND CARD (PRACTITIONER MODALITIES)

PRT.1 Have you EVER seen a provider or practitioner for any of the following for your own health? [MARK ALL THAT APPLY]

- (0) None [GO TO NEXT SECTION - VITAMINS]
- (1) Acupuncture
- (2) Ayurveda
- (3) Biofeedback
- (4) Chelation Therapy
- (5) Chiropractic Care or Osteopathic Manipulation
- (6) Energy Healing Therapy such as Reiki, Therapeutic Touch, or Polarity Therapy
- (7) Folk Medicine and Home Remedies
- (8) Hypnosis
- (9) Massage such as Swedish, Bowen, Rolfing, or Reflexology
- (10) Naturopathy
- (11) Traditional Latino Medicines, such as Botanicas, Curanderismo, Expiritismo, Hierbero, Santeria, or Native American Healing
- (12) Movement Therapies such as Feldenkreis, Alexander Technique, Pilates, or Trager Psychophysical Intergration

PROBE: What do you think this question is asking? How would you define “practitioner?”

[NEW]
PRT.2

How old were you when you first saw a practitioner for _____?

(modality)

_____ [AGE IN YEARS]

PROBE: Was it easy or difficult to remember how old you were? Why?

PRT.3 DURING THE PAST 12 MONTHS, did you see a practitioner for _____?

(modality)

- (1) Yes (next question)
- (2) No (GO TO NEXT MODALITY – VITAMINS)

PRT.4 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for _____?
(modality)

(1) Only one time (4) 11-15
(2) 2-5 times (5) 16-20
(3) 6-10 times (6) More than 20 times

[NEW]
PRT.5

On average, how much do you pay out-of-pocket for each visit to a practitioner for _____?
(modality)

\$ _____

PROBE: Was it easy or difficult to come up with a number? Why?

PRT.6 Did you use _____ to treat or prevent a specific health
(modality)
problem or condition?

(1) Yes (next question)
(2) No (**GO TO PRT.12**)

PRT.7 For what health problems or conditions did you use [modality]?

[IF more than 1 condition, ask PRT.8; else go to PRT.9]

[NEW]
PRT.8

For which ONE of these health conditions did you use
_____ the most?
(modality)

_____ [CONDITION]

PROBE: How did you arrive at your answer?

PRT.9 How much do you think _____ helped
(modality)
your _____?
(condition for which modality used the most)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

[NEW]
PRT.10

Besides receiving _____ treatment, did you also
(modality)
receive conventional medical treatment for [*condition for which modality used the most*]?

- (1) Yes (next question)
- (2) No (**GO TO PRT.12**)

PROBE: What are you thinking of as “conventional medical treatment?”

[NEW]
PRT. 11

Did you receive conventional medical treatment for [*condition for which modality used the most*] before, at about the same time, or after trying

(modality)?

- (1) Before trying modality
- (2) At about the same time you began receiving modality treatments
- (3) After trying modality

PROBE: Can you tell me more about that?

[NEW]
PRT.12

Did any of the _____ treatments produce unexpected
(modality)
side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO PRT.14**)

PROBE: What might qualify as an “unexpected side effect”? How about “medical attention?”

[NEW]
PRT.13

What kinds of unexpected side effects did you experience?

[NEW]
PRT.14

DURING THE PAST 12 MONTHS, did you use _____
(modality)
for any of these reasons? Please say yes or no to each.

- | | | |
|--|-----|----|
| (7) To improve or enhance energy | yes | no |
| (8) For general wellness or general disease prevention | yes | no |
| (9) To improve or enhance immune function | yes | no |

PROBE: In your own words, why did you use (modality)? Was it easy or difficult to say yes or no to these questions?

[ASK PRT.14 IF R HAS INSURANCE; ELSE GO TO PRT.15]

PRT.14 DURING THE PAST 12 MONTHS, were any of the costs of using
_____ covered by insurance?
(modality)

- (1) Yes (2) No

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

PRT.15 DURING THE PAST 12 MONTHS, did you let any of these
CONVENTIONAL medical professionals know about your use of
_____?
(modality)

- (1) Yes (next question)
(2) No (**GO TO NEXT MODALITY - VITAMINS**)

PRT.16 Which ones? **[MARK ALL THAT APPLY]**

- | | |
|--|--------------------------------------|
| (7) Medical Doctor (including specialists) | (9) Psychiatrist |
| (8) Nurse Practitioner/Physician Assistant | (10) Dentist (including specialists) |
| | (11) Doctor of Osteopathy (D.O.) |
| | (12) Other Health Care Provider |

HAND CARD (PRACTITIONER MODALITIES)

- (0) None**
- (1) Acupuncture**
- (2) Ayurveda**
- (3) Biofeedback**
- (4) Chelation Therapy**
- (5) Chiropractic Care or Osteopathic Manipulation**
- (6) Energy Healing Therapy (such as Reiki, Therapeutic Touch, or Polarity Therapy)**
- (7) Folk Medicine and Home Remedies**
- (8) Hypnosis**
- (9) Massage (such as Swedish, Bowen, Rolfing, or Reflexology)**
- (10) Naturopathy**
- (11) Traditional Latino Medicines (such as Botanicas, Curanderismo, Expiritismo, Hierbero, Santeria, or Native American Healing)**
- (12) Movement Therapies (such as Feldenkreis, Alexander Technique, Pilates, or Trager Psychophysical Intergration)**

HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

- (1) Medical Doctor (M.D.) (including specialists)**
- (2) Nurse Practitioner/Physician Assistant**
- (3) Psychiatrist**
- (4) Dentist (including specialists)**
- (5) Doctor of Osteopathy (D.O.)**
- (6) Other Health Care Provider**

VITAMINS

Now I am going to ask you about some additional health practices. You may have done them on your own OR you may have seen a practitioner. The first practice I'll ask about is vitamins, then I'll ask about herbs, homeopathy, and others.

SHOW HAND CARD VIT#1 (VITAMIN LIST)

VIT.1 Have you EVER used vitamins or minerals for your own health or treatment?

- (1) Yes (2) No (next modality)

VIT.2 How old were you when you began using vitamin and mineral dietary supplements for your own health or treatment?

_____ [AGE IN YEARS]

PROBE: Can you tell me more about when and why you first began using vitamins & minerals? [GET AS MUCH OF THE STORY AS YOU CAN]

VIT.3 During the last 12 months, have you used vitamins or minerals for your own health or treatment?

- (1) Yes (2) No (next modality) (7) Refused (9) don't know

PROBE: Do you take vitamins everyday? Do you ever forget? Have you ever changed what you take?

VIT.4 On average, how much do you spend on vitamins per month?

\$ _____

PROBE: Was this easy or difficult to answer? Why?

VIT.5 During the past 30 days did you use any of the following vitamins and minerals for your own health or treatment? If you take a multi-vitamin or mineral, include it as one supplement. If you take a SINGLE vitamin or mineral that is NOT part of a combination multi-vitamin include it separately.

[IF NONE, GO TO NEXT MODALITY - HERBS; OTHERWISE ASK REST OF SECTION FOR EACH VITAMIN]

SHOW HAND CARD VIT#2 (VITAMIN REASONS)

VIT.6 Which of these is the MAIN reason you used _____?

Vitamin/mineral

- | | |
|---|--|
| (1) It's good for me | (6) to have more energy |
| (2) to get all needed vitamins and minerals | (7) to feel or look better |
| (3) because I don't eat right | (8) prescription or over the counter drugs are too expensive |
| (4) to have a dietary insurance policy | (9) Don't know |
| (5) to stay healthy | |

PROBE: In your own words, why do you use (vitamin)? Has this reason changed over time? Do you use different vitamins for different reasons, or for the same reason?

VIT. 7 Did you use _____ to improve function or performance?

Vitamin/mineral

- (1) Yes (next question)
- (2) No (**GO TO VIT.9**)

PROBE: What do you think is meant by "function or performance?"

VIT. 8 What kind of function or performance were you trying to improve with your use of _____?

Vitamin/mineral

- (1) sports performance
- (2) boost immune system function
- (3) improve sexual performance
- (4) improve mental ability or memory
- (5) Other

PROBE: Was it easy or difficult to choose one of these?

VIT.9 Did you use _____ to PREVENT a health problem or condition?
Vitamin/mineral

- (3) Yes (next question)
- (4) No (**GO TO VIT.17**)

PROBE: What were you hoping to prevent? How did you come to think this vitamin might help prevent this condition?

VIT.10 For what health problem or conditions did you use _____ to PREVENT?
(vitamin/mineral)

[if more than 1 condition, ask VIT.11; else if only 1 condition go to VIT.12]

VIT.11 For which ONE of these health problems or conditions did you use _____ the most to PREVENT?
(vitamin/mineral)

_____ [CONDITION]

PROBE: Do you use different vitamins for different things? [TRY TO TEASE OUT THE EXTENT TO WHICH THEY DIFFERENTIATE B/W PREVENT & TREAT]

VIT.12 How much do you think the use of _____ helped your _____? (vitamin/mineral)
(condition)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

VIT.13 Besides using _____,
(vitamin/mineral)
did you also receive conventional medical treatment for
_____?
(condition)

- (1) Yes (next question)
- (2) No (**GO TO VIT.15**)

PROBE: What might be an example here of “conventional medical treatment?”

VIT.14 Did you receive this conventional medical treatment before, at the same
time, or after you began using _____?
(vitamin/mineral)

- (1) Before
- (2) At the same time
- (3) After you began

PROBE: Can you tell me more about that?

VIT.15 Did you use _____ because it was suggested or recommended?
(vitamin/mineral)

- (3) Yes (go to next question)
- (4) No (**GO TO VIT.17**)

PROBE: Can you tell me about that?

VIT.16 Who made the suggestion or recommendation that you use _____?
(vitamin/mineral)

- | | |
|--|-----------------------------------|
| (8) Medical doctor | (11) Family member or friend |
| (9) Other conventional health care
provider | (12) Worker at health foods store |
| (10) Alternative therapies provider | (13) Heard about in media |
| | (14) Heard about on Internet |

VIT.17 Did you use _____ to TREAT a health problem or condition?
Vitamin/mineral

- (1) Yes (next question)
- (2) No (**GO TO VIT.25**)

VIT.18 For what health problem or conditions did you use _____ to TREAT?
Vitamin/mineral

[if more than 1 condition ask VIT.19, ELSE if only 1 condition go to VIT.20]

VIT.19 For which ONE of these health problems or conditions did you use
_____ the most to TREAT?
(vitamin/mineral)

_____ [CONDITION]

VIT.20 How much do you think the use of _____ helped
your _____? (vitamin/mineral)
(condition)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

VIT.21 Besides using _____,
(vitamin/mineral)
did you also receive conventional medical treatment for
_____?
(condition)

- 1) Yes (next question)
- 2) No (**GO TO VIT.23**)

VIT.22 Did you receive this conventional medical treatment before, at the same time, or after you began using _____?
(vitamin/mineral)

- (1) Before
- (2) At the same time
- (3) After you began

VIT.23 Did you use _____ because it was suggested or recommended? (vitamin/mineral)

- (1) Yes (next question)
- (2) No (**GO TO VIT.25**)

VIT.24 Who made the suggestion or recommendation that you use _____?
(vitamin/mineral)

- (1) Medical doctor recommended
- (2) other conventional healthcare provider told me to
- (3) CAM provider told me to
- (4) family member or friend told me to
- (5) Worker at health food store told me
- (6) Heard about it in the Media
- (7) Heard about it on the Internet
- (8) Other, specify

VIT.25 Did _____ cause any unexpected side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO VIT.27**)

VIT.26 What kinds of side-effects did you experience?

_____	_____
_____	_____

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

VIT.27 DURING THE PAST 12 MONTHS, did you let any of these
CONVENTIONAL medical professionals know about your use of
_____?
(vitamin/mineral)

- 4) Yes (next question)
- 5) No (**GO TO NEXT SECTION - HERBS**)
- 6) Did not go/talk to any of these

VIT.28 Which ones?

[MARK ALL THAT APPLY]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Doctor of Osteopathy (DO)
- (6) Other Health Care Provider

PROBE: Have you ever talked to a doctor about vitamins? Can you tell me about the conversation?

HAND CARD VIT#1 (VITAMIN LIST)

Calcium

Chromium

Coral Calcium

Folic Acid/folate

Iron

**Magnesium,
Multiple Mineral combination**

Multivitamins

Multivitamin/mineral combination

Niacin

Potassium

Selenium

Vitamin A

Vitamin B complex

Vitamin B6

Vitamin B12

Vitamin C

Vitamin D

Vitamin E

Vitamin K

Zinc

Others vitamins or minerals [specify]

HAND CARD VIT#2 (VITAMIN REASONS)

- (1) It's good for me**
- (2) to get all needed vitamins and minerals**
- (3) because I don't eat right**
- (4) to have a dietary insurance policy**
- (5) to stay healthy**
- (6) to have more energy**
- (7) to feel or look better**
- (8) because prescription or over the counter drugs are too expensive**
- (9) Don't know**

HERBS and Other Non-vitamin/non-mineral Dietary Supplements

SHOW HAND CARD HRB#1 (HERB LIST)

Some people use natural herbs (like St John's wort, Echinacea, garlic pills and cranberry pills) and other non-vitamin/non-mineral dietary supplements (like omega 3 fatty acids, amino acids, glucosamine and chondroitin) for a variety of health reasons. Some people drink an herbal tea to remedy a flu or cold. Others take a daily herb pill to help with a health condition or just to stay healthy.

HRB.1 Have you EVER used natural herbs or other non-vitamin/non-mineral dietary supplements for your own health or treatment?

- (1) Yes (2) No (**next modality**)

HRB.2 How old were you when you began using natural herbs or other non-vitamin/non-mineral dietary supplements for your own health or treatment?

_____ [AGE IN YEARS]

PROBE: Can you tell me more about when and why you first began using herbs? [GET AS MUCH OF THE STORY AS YOU CAN]

HRB.3 During the last 12 months have you used natural herbs or other non-vitamin/non-mineral dietary supplements for your own health or treatment?

- (1) Yes (2) No (**next modality**)

PROBE: Do you take herbs everyday? Do you ever forget? Have you ever changed what you take?

HRB.4 On average, how much do you spend on natural herbs or other non-vitamin/non-mineral dietary supplements per month?

\$ _____

PROBE: Was this easy or difficult to answer? Why?

HRB.5 During the past 30 days did you use any of the following natural herbals and or other dietary supplements? [MARK ALL THAT APPLY]

_____	_____
_____	_____
_____	_____

[IF NONE GO TO NEXT MODALITY - HOMEOPATHY; OTHERWISE, ASK REST OF SECTION FOR EACH HERB]

SHOW Hand Card HRB#2 (HERB REASONS)

HRB.6 Which of these is the MAIN reason you used _____?
(herb)

- | | |
|----------------------------|--|
| (1) It's good for me | (5) prescription or over the counter drugs |
| (2) to stay healthy | are too expensive |
| (3) to have more energy | (9) Don't know |
| (4) to feel or look better | |

PROBE: In your own words, why do you use (herb)? Has this reason changed over time? Do you use different herbs for different reasons or for the same reasons? Are these reasons different from why you take vitamins?

HRB. 7 Did you use _____to improve function or performance?
(herb)

- (3) Yes (next question)
- (4) No (**GO TO HRB.9**)

PROBE: What do you think is meant by "function or performance?"

HRB. 8 What kind of function or performance were you trying to improve with your use of _____?
(herb)

- | | |
|----------------------------------|--------------------------------------|
| (1) physical performance | (4) improve sexual performance |
| (2) sports performance | (5) improve mental ability or memory |
| (3) boost immune system function | (6) Other |

PROBE: Was it easy or difficult to choose one of these?

HRB.9 Did you use _____ to PREVENT a health problem or condition? (herb)

- (5) Yes (next question)
- (6) No (**GO TO HRB.17**)

PROBE: What were you hoping to prevent? How did you come to think that (herb) might help prevent this condition?

HRB.10 For what health problem or conditions did you use _____ to PREVENT? (herb)

[if more than 1 condition, ask HRB.11; else If only 1 condition goto HRB.12]

HRB.11 For which ONE of these health problems or conditions did you use _____ the most to PREVENT? (herb)

_____ [CONDITION]

PROBE: Do you use different herbs for different things? [TRY TO TEASE OUT THE EXTENT TO WHICH THEY DIFFERENTIATE B/W PREVENT & TREAT]

HRB.12 How much do you think the use of _____ helped your _____? (herb)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

HRB.13 Besides using _____,
(herb)
did you also receive conventional medical treatment for
_____?
(condition)

- (1) Yes (next question)
- (2) No (**GO TO HRB.15**)

PROBE: What might be an example here of “conventional medical treatment?”

HRB.14 Did you receive this conventional medical treatment before, at the same
time, or after you began using _____?
(herb)

- (1) Before
- (2) At the same time
- (3) After you began

PROBE: Can you tell me more about that?

HRB.15 Did you use _____ because it was suggested or
recommended? (herb)

- (3) Yes (next question)
- (4) No (**GO TO HRB.17**)

PROBE: Can you tell me more about that?

HRB.16 Who made the suggestion or recommendation that you use _____?
(herb)

- | | |
|--|-----------------------------------|
| (8) Medical doctor | (11) Family member or friend |
| (9) Other conventional health care
provider | (12) Worker at health foods store |
| (10) Alternative therapies provider | (13) Heard about in media |
| | (14) Heard about on Internet |

HRB.17 Did you use _____ to TREAT a health problem or condition?
(HERB)

- (5) Yes (next question)
- (6) No (**GO TO HRB.25**)

HRB.18 For what health problem or conditions did you use _____
To TREAT? (HERB)

[if more than 1 condition, ask HRB.19; ELSE If only 1 condition go to HRB.20]

HRB.19 For which ONE of these health problems or conditions did you use
_____ the most to TREAT?
(herb)

_____ [CONDITION]

HRB.20 How much do you think the use of _____ helped
your _____?
(condition) (herb)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

HRB.21 Besides using _____,
(herb)
did you also receive conventional medical treatment for
_____?
(condition)

- (1) Yes (next question)
- (2) No (**GO TO HRB.23**)

HRB.22 Did you receive this conventional medical treatment before, at the same time, or after you began using _____?
(herb)

- (1) Before
- (2) At the same time
- (3) After you began

HRB.23 Did you use _____ because it was suggested or recommended? (herb)

- (1) Yes (next question)
- (2) No (**GO TO HRB.25**)

HRB.24 Who made the suggestion or recommendation that you use _____?
(herb)

- | | |
|---|---|
| (1) Medical doctor recommended | (5) Worker at health food store told me |
| (2) other conventional healthcare provider told me to | (6) Heard about it in the Media |
| (3) CAM provider told me to | (7) Heard about it on the Internet |
| (4) family member or friend told me to | (8) Other, specify |

HRB.25 Did _____ cause any unexpected side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO HRB.29**)

HRB.26 What kinds of side-effects did you experience?

_____	_____
_____	_____

HRB.27 Did you report the side-effects to any organization or health provider?

- (1) Yes (next question)
- (2) No (**GO TO HRB.29**)

HRB.28 To whom did you report the side effects?

- (1) Manufacturer
- (2) FDA
- (3) Poison Control Center
- (4) Emergency Room Staff
- (5) My Regular Health Care Provider
- (6) Alternative therapies Provider
- (7) Other

SHOW HAND CARD (COVENTIONAL MEDICAL PROFESSIONAL)

HRB.29 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of _____?
(herb)

- (4) Yes
- (5) No (**GO TO NEXT MODALITY - HOMEOPATHY**)
- (6) Did not go/talk to any of these

HRB.30 Which ones?

[MARK ALL THAT APPLY]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Doctor of Osteopathy (DO)
- (6) Other Health Care Provider

PROBE: Have you ever talked to a doctor about herbal supplements? Can you tell me about the conversation?

HAND CARD HRB#1 (HERB LIST)

Androstenedione	Fiber (pills or powder)	Mexican yam cream
Aloe	Fish oil supplements	Milk thistle
Antioxidants,	Flaxseed Oil or Power	Non-ephedra combination her blends
Bee pollen or royal jelly	Garlic supplements (pills, gelcaps, extracts)	Noni Juice
Beta carotene	Ginger supplements	Omega 3 fatty acids
Black cohosh	Gingko biloba	Peppermint
Bladder wrack/kelp	Ginseng	Pomegranate Juice
Carnitine	Glucosamine	Prebiotics
Cascara sagrada	Goldenseal	Progesterone cream
Chaparral	Grape Seed Extract	Probiotics
Chasteberry/vitex	Green tea (pills)	Psyllium
Chondroitin	Guarana	Ragweed/chamomile
Coenzyme Q-10	Hawthorn	SAM-e
Comfrey	Horny Goat Weed	Saw palmetto
Conjugated Linolenic Acid (CLA)	Kava kava	Senna
Cranberry (pills, gelcaps extracts)	Lecithin	Soy supplements
Creatine	Licorice	Soy isoflavones
DHEA	Lutein	St. John's wort
Dong quai/don gui tong kuei	Lycopene	Tums
Echinacea	Mangosteen Juice	Valerian
Ephedra	Ma huang (ephedra)	Yohimbe
Evening primrose	Melatonin	Other
Feverfew	MSM	

HAND CARD HRB#2 (HERB REASONS)

- (1) It's good for me**
- (2) to stay healthy**
- (3) to have more energy**
- (4) to feel or look better**
- (5) because prescription or over the counter drugs are too expensive**
- (9) Don't know**

Self-Practiced Modalities

HOMEOPATHIC TREATMENT

People who use homeopathy to treat health problems take small pills or drops that are placed under the tongue. These pills or drops are often prescribed by practitioners of homeopathy.

HOM.1 Have you EVER used homeopathic treatment for your own health?

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY - DIETS**)

[NEW]

HOM.2

How old were you when you first used homeopathic treatments for your own health?

_____ [AGE IN YEARS]

PROBE: Do you remember when you first started using homeopathy? Why did you start? Are you still using it? Why did you continue? [GET AS MUCH OF THE STORY AS YOU CAN]

HOM.3 DURING THE PAST 12 MONTHS, did you use homeopathic treatment for your own health?

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY - DIETS**)
- (7) Refused
- (9) Don't know

[NEW]

HOM.4

On average, how much do you spend on homeopathic medicines per month?

\$ _____

PROBE: Is this easy or difficult to answer? Why?

HOM.5 Did you use homeopathic treatment to treat or prevent a specific health problem or condition?

- (1) Yes (next question)
- (2) No (**GO TO HOM.11**)

PROBE: Why do you use homeopathy? [TRY TO TEASE OUT THE EXTENT TO WHICH THEY DIFFERENTIATE B/W PREVENT & TREAT]

HOM.6 For what health problems or conditions did you use homeopathic treatment?

[IF MORE THAN 1 CONDITION ASK HOM.7; ELSE GO TO HOM.8]

[NEW]
HOM.7

For which ONE of these health problems or conditions did you use homeopathic treatment the most?

_____ [CONDITION]

HOM.8 How much do you think homeopathic treatment helped your _____?
(condition for which homeopathic treatment used the most)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

[NEW]
HOM.9

Besides receiving homeopathic treatment, did you also receive conventional medical treatment for [*condition for which homeopathic treatment used the most*]?

- (1) Yes (next question)
- (2) No (**GO TO HOM.11**)

[NEW]
HOM.10

Did you receive this conventional medical treatment for [*condition for which homeopathic treatment used the most*] before, at about the same time, or after trying homeopathic treatment?

- (1) Before trying homeopathy
- (2) At about the same time you began receiving homeopathy
- (3) After trying homeopathy

PROBE: Can you tell me more about that?

[NEW]
HOM.11

Did any of the homeopathy treatments produce unexpected side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO HOM.13**)

HOM.12 What kinds of side effects did you experience?

[NEW]
HOM.13

DURING THE PAST 12 MONTHS, did you use homeopathic treatment for any of these reasons? Please say yes or no to each.

- | | | |
|--|-----|----|
| (4) To improve or enhance energy | yes | no |
| (5) For general wellness or general disease prevention | yes | no |
| (6) To improve or enhance immune function | yes | no |

[ASK HOM.13a IF R HAS HEALTH INSURANCE; ELSE GO TO HOM.14]

HOM.13a DURING THE PAST 12 MONTHS, were any of the costs of using homeopathy covered by insurance?

- (5) Yes
- (6) No

HOM.14 Have you EVER seen a practitioner for homeopathic treatment?

- (1) Yes (next question)
- (2) No (**GO TO HOM.18**)

HOM.15 DURING THE PAST 12 MONTHS, did you see a practitioner for homeopathic treatment?

- (1) Yes (next question)
- (2) No (**GO TO HOM.18**)

HOM.16 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for homeopathic treatments?

- (1) Only one time
- (2) 2-5 times
- (3) 6-10 times
- (4) 11-15
- (5) 16-20
- (6) More than 20 times

**[NEW]
HOM.17**

On average, how much do you pay out-of-pocket for each visit to a practitioner for homeopathic treatments?

\$ _____

PROBE: Is it easy or difficult to come up with an answer? How did you arrive at your answer?

SHOW HAND CARD (MEDICAL PROFESSIONALS)

HOM.18 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of homeopathic treatment?

- (1) Yes (go to next question)
- (2) No (**GO TO NEXT MODALITY - DIETS**)
- (3) Did not go/talk to any of these (**GO TO NEXT MODALITY - DIETS**)

HOM.19 Which ones?

[MARK ALL THAT APPLY]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

PROBE: Can you tell me more about this?

HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

SPECIAL DIETS

SHOW HAND CARD (SPECIAL DIETS)

DIT.1 Have you EVER used any of these special diets for two weeks or more for health reasons?

[MARK ALL THAT APPLY]

- (0) None **[GO TO NEXT SECTION – YOGA]**
- (1) Vegetarian (for health reasons)
- (2) Macrobiotic
- (3) Atkins
- (4) Pritikin
- (5) Ornish
- (6) Zone
- (7) South Beach

[NEW]
DIT.2

How old were you when you first used special diets for health reasons?

_____ [AGE IN YEARS]

PROBE: How and why did you start using (diet)? Do you remember when this was?

DIT.3 DURING THE PAST 12 MONTHS, did you use any of [*diets mentioned in DIT.1*] for two weeks or more for health reasons?

[MARK ALL THAT APPLY]

- (0) None **[GO TO NEXT MODALITY – YOGA]**
- (1) Vegetarian (for health reasons)
- (2) Macrobiotic
- (3) Atkins
- (4) Pritikin
- (5) Ornish
- (6) Zone
- (7) South Beach
- (8) Other - specify

[NEW]
DIT.4

Did you use (this/these) special diet(s) for weight control or weight loss?

- (1) Yes
- (2) No

[NEW]
DIT.5

Did you use (this/these) special diet(s) to treat a specific health problem or condition other than weight control or weight loss?

- (1) Yes (next question)
- (2) No (**GO TO DIT.11**)

DIT.6 For what health problems or conditions did you use (this/these) special diet(s)?

[IF MORE THAN 1 CONDITION ASK DIT.7; ELSE GO TO DIT.8]

[NEW]
DIT.7

For which ONE of these health problems or conditions did you use (this/these) special diets the most?

_____ [CONDITION]

DIT.8 How much do you think (this/these) special diet(s) helped your
_____?
(condition for which special diet used the most)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

[NEW]
DIT.9

Besides using special diets, did you also receive conventional medical treatment for [*condition for which special diet used the most*]?

- (1) Yes (next question)
- (2) No (**GO TO DIT.11**)

[NEW]
DIT.10

Did you receive this conventional medical treatment before, at about the same time, or after trying special diets?

- (1) Before trying special diets
- (2) At about the same time you began using special diets
- (3) After trying special diets

PROBE: Can you tell me more about that?

[NEW]
DIT.11

Did any of the special diets you tried produce unexpected side-effects that required medical attention (besides constipation, diarrhea, bloating, excess gas)?

- (1) Yes (next question)
- (2) No (**GO TO DIT.13**)

[NEW]
DIT.12

What kinds unexpected side-effects did you experience?

[NEW]
DIT.13

DURING THE PAST 12 MONTHS, did you use special diets for any of these reasons? Please say yes or no to each.

- | | | |
|--|-----|----|
| (4) To improve or enhance energy | YES | NO |
| (5) For general wellness or general disease prevention | YES | NO |
| (6) To improve or enhance immune function | YES | NO |

[ASK DIT.13a IF R HAS HEALTH INSURANCE; ELSE GO TO DIT.14]

DIT.13a DURING THE PAST 12 MONTHS, were any of the costs of using special diets covered by insurance?

- (7) Yes
- (8) No

DIT.14 Have you EVER seen a practitioner for special diets?

- (1) Yes (next question)
- (2) No (**GO TO DIT.18**)

DIT.15 DURING THE PAST 12 MONTHS, did you see a practitioner for special diets?

- (1) Yes (next question)
- (2) No (**GO TO DIT.18**)

DIT.16 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for special diets?

- (1) Only one time
- (2) 2-5 times
- (3) 6-10 times
- (4) 11-15
- (5) 16-20
- (6) More than 20 times
- (7) Refused
- (9) Don't know

[NEW]
DIT.17

On average, how much do you pay out-of-pocket for each visit to a practitioner for special diets?

\$ _____

PROBE: Was it easy or difficult to arrive at an answer? Why is that?

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

DIT.18 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of special diets?

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY – YOGA**)
- (3) Did not go/talk to any of these (**GO TO NEXT MODALITY – YOGA**)

DIT.19 Which ones?

[MARK ALL THAT APPLY]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

HAND CARD (SPECIAL DIETS)

- (1) Vegetarian (for health reasons)
- (2) Macrobiotic
- (3) Atkins
- (4) Pritikin
- (5) Ornish
- (6) Zone
- (7) South Beach

YOGA/TAI CHI/QI GONG

YOG.1 Have you EVER practiced any of the following types of exercise for your own health or treatment? Please say yes or no to each.

- | | | |
|-------------------------|-----|----|
| (1) Yoga | YES | NO |
| (2) Tai Chi (TIE-CHEE) | YES | NO |
| (3) Qi Gong (CHEE-KUNG) | YES | NO |

[IF NO TO ALL, GO TO NEXT MODALITY – RELAXATION TECHNIQUES]

[NEW]

YOG.2

How old were you when you first used (Yoga/Tai Chi/Qi Gong) for health reasons?

_____ [AGE IN YEARS]

PROBE: Do you remember when you first started (yoga...)

YOG.3 DURING THE PAST 12 MONTHS, did you practice (Yoga/Tai Chi/Qi Gong)?

- (1) Yes (next question)
- (2) No **[GO TO NEXT MODALITY – RELAXATION]**

[NEW]

YOG.4

Did you practice (Yoga/Tai Chi/Qi Gong) to treat or prevent a specific health problem or condition?

- (1) Yes (next question)
- (2) No **(GO TO YOG.10)**

YOG.5 For what health problems or conditions did you practice (Yoga/Tai Chi/Qi Gong)?

_____	_____
_____	_____

[IF MORE THAN 1 CONDITION ASK YOG.6; ELSE GO TO YOG.7]

[NEW]
YOG.6

For which ONE of these health problems or conditions did you practice (Yoga/Tai Chi/Qi Gong) the most?

_____ [CONDITION]

YOG.7

How much do you think (Yoga/Tai Chi/Qi Gong) helped your
_____?

(condition for which (Yoga/Tai Chi/Qi Gong) used the most)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

[NEW]
YOG.8

Besides using (Yoga/Tai Chi/Qi Gong), did you also receive conventional medical treatment for [*condition for which (Yoga/Tai Chi/Qi Gong) used the most*]?

- (1) Yes (next question)
- (2) No (**GO TO YOG.10**)

[NEW]
YOG.9

Did you receive this conventional medical treatment before, at about the same time, or after trying (Yoga/Tai Chi/Qi Gong)?

- (1) Before trying (Yoga/Tai Chi/Qi Gong)
- (2) At about the same time you began (Yoga/Tai Chi/Qi Gong)
- (3) After trying (Yoga/Tai Chi/Qi Gong)

PROBE: Can you tell me more about that?

[NEW]
YOG.10

Did practice of (Yoga/Tai Chi/Qi Gong) produce unexpected side-effects that required medical attention (besides muscle soreness) ?

- (1) Yes (next question)
- (2) No (**GO TO DIT.12**)

[NEW]
YOG.11

What kinds unexpected side-effects did you experience?

[NEW]
YOG.12

DURING THE PAST 12 MONTHS, did you use (Yoga/Tai Chi/Qi Gong) for any of these reasons? Please say yes or no to each.

- | | | |
|--|-----|----|
| (7) To improve or enhance energy | YES | NO |
| (8) For general wellness or general disease prevention | YES | NO |
| (9) To improve or enhance immune function | YES | NO |

[ASK YOG.12a IF R HAS HEALTH INSURANCE; ELSE GO TO YOG.13]

YOG.12a DURING THE PAST 12 MONTHS, were any of the costs of using (Yoga/Tai Chi/Qi Gong) covered by insurance?

- (5) Yes
- (6) No

YOG.13 DURING THE PAST 12 MONTHS, did you take a (Yoga/Tai Chi/Qi Gong) class or in some way receive formal training? Attending only one session does not count.

- (1) Yes (next question)
- (2) No (**GO TO YOG.16**)

YOG.14 DURING THE PAST 12 MONTHS, on average, how often did you take a class or in some way receive formal training for (Yoga/Tai Chi/Qi Gong)?

- | | |
|-------------------------|------------------------|
| (1) 2-11 times | (5) 2-3 TIMES PER WEEK |
| (2) montly | (6) 4-5 TIMES PER WEEK |
| (3) 2-3 times per month | (7) Daily |
| (4) WEEKLY | |

[NEW]
YOG.15

On average, how much do you pay out-of-pocket for each class or other formal training for (Yoga/Tai Chi/Qi Gong)?

\$ _____

PROBE: Was it easy or difficult to arrive at an estimate? Why is that?

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

YOG.16 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of (Yoga/Tai Chi/Qi Gong)?

- (1) Yes (next question)
- (2) No **[GO TO NEXT MODALITY – RELAXATION]**
- (3) Did not go/talk to any of these **[GO TO NEXT MODALITY]**

YOG.17 Which ones?

[MARK ALL THAT APPLY]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

RELAXATION TECHNIQUES

REL.1 Have you EVER practiced any of the following relaxation techniques for your own health or treatment? Please say yes or no to each.

- | | | |
|------------------------------|-----|----|
| (1) Meditation | YES | NO |
| (2) Guided imagery | YES | NO |
| (3) Progressive relaxation | YES | NO |
| (4) Deep breathing exercises | YES | NO |

[IF NO TO ALL, GO TO NEXT MODALITY – PRAYER]

[NEW]

REL.2

How old were you when you first used relaxation techniques for your own health or treatment?

_____ [AGE IN YEARS]

PROBE: Do you remember when you began using these techniques? Why did you start? Have you continued?

REL.3 DURING THE PAST 12 MONTHS, did you use relaxation techniques?

- (1) Yes (next question)
- (2) No (**GO TO NEXT MODALITY - PRAYER**)

[NEW]

REL.4

Did you use relaxation techniques to treat or prevent a specific health problem or condition?

- (1) Yes (next question)
- (2) No (**GO TO REL.10**)

REL.5 For what health problems or conditions did you use relaxation techniques?

[IF MORE THAN 1 CONDITION ASK REL.6; ELSE GO TO REL.7]

[NEW]

REL.6

For which ONE of these health problems or conditions did you use relaxation techniques the most?

_____ [CONDITION]

REL.7

How much do you think relaxation techniques helped your
_____?
(condition for which relaxation techniques used the most)

Would you say a great deal, some, only a little, or not at all?

(1) A great deal
(2) Some

(3) Only a little
(4) Not at all

[NEW]

REL.8

Besides using relaxation techniques, did you also receive conventional medical treatment for [*condition for which relaxation techniques used the most*]?

(1) Yes (next question)
(2) No (**GO TO REL.10**)

[NEW]

REL.9

Did you receive this conventional medical treatment before, at about the same time, or after trying relaxation techniques?

(1) Before
(2) At about the same time you began relaxation techniques
(3) After

PROBE: Can you tell me more about that?

[NEW]
REL.10

Did use of relaxation techniques produce unexpected side-effects that required medical attention?

- (1) Yes (next question)
- (2) No (**GO TO REL.12**)

[NEW]
REL.11

What kinds unexpected side-effects did you experience?

[NEW]
REL.12

DURING THE PAST 12 MONTHS, did you use relaxation techniques for any of these reasons? Please say yes or no to each.

- | | | | | |
|------|--|-----|-----|----|
| (10) | To improve or enhance energy | | YES | NO |
| (11) | For general wellness or general disease prevention | YES | NO | |
| (12) | To improve or enhance immune function | | YES | NO |

[ASK REL.12a IF R HAS HEALTH INSURANCE; ELSE GO TO REL.13]

REL.12a DURING THE PAST 12 MONTHS, were any of the costs of using relaxation techniques covered by insurance?

- (7) Yes
- (8) No

REL.13 DURING THE PAST 12 MONTHS, did you see a practitioner or take a class for relaxation techniques?

- (1) Yes (next question)
- (2) No (**GO TO REL.16**)

REL.14 DURING THE PAST 12 MONTHS, how often did you see a practitioner or take a class for relaxation techniques?

- | | |
|-----------------|------------------------|
| (1) Only 1 time | (4) 11-15 times |
| (2) 2-5 times | (5) 16-20 times |
| (3) 6-10 times | (6) more than 20 times |

[NEW]

REL.15 On average, how much do you pay out-of-pocket for each visit to a practitioner or to take a class for relaxation techniques?

\$ _____

PROBE: What is easy or difficult to arrive at an estimate? Why is that?

REL.16 Did you buy a self-help book or other materials to learn about relaxation techniques?

- (1) Yes (next question)
- (2) No (**GO TO REL.18**)

REL.17 How much did you pay for these materials?

\$ _____

SHOW HAND CARD (CONVENTIONAL MEDICAL PROFESSIONALS)

REL.18 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of relaxation techniques?

- (1) Yes (next question)
- (2) No [**GO TO NEXT MODALITY – PRAYER**]
- (3) Did not go/talk to any of these [**GO TO NEXT MODALITY – PRAYER**]

REL.19

Which ones?

[MARK ALL THAT APPLY]

- (1) Medical Doctor (M.D.) (including specialists)
- (2) Nurse Practitioner/Physician Assistant
- (3) Psychiatrist
- (4) Dentist (including specialists)
- (5) Osteopathic Doctor (DO)
- (6) Other Health Care provider

PRAYER FOR YOUR OWN HEALTH

Now I am going to ask you about your use of prayer for your own health.

PRY.1 Have you EVER prayed specifically for the purpose of your OWN health?

- (1) Yes (next question)
- (2) No (**GO TO PRY.3**)

PRY.2 DURING THE PAST 12 MONTHS, did you pray specifically for the purpose of your OWN health?

- (1) Yes
- (2) No

PRY.3 Have you EVER asked or had OTHERS pray for your OWN health?

- (1) Yes
- (2) No [**GO TO NEXT MODALITY – COUNSELING**]

PRY.4 DURING THE PAST 12 MONTHS, did you ask or have others pray for your OWN health?

- (1) Yes
- (2) No

Unconventional Use of Counseling

COU.1 Have you EVER used some form of counseling such as individual counseling, group support or counseling, or pastoral counseling?

- (1) Yes (**GO TO COU.2**)
- (2) No (END)

PROBE: What do you think this question is asking? Have you ever used any kind of therapy or counseling? Have you ever thought about it?

COU.2 Which of these was the reason you used counseling? To help with mental health issues such as anxiety or depression OR to treat a specific physical health problem such as cancer or heart disease?

- (5) Mental health issues (END)
- (6) Specific health problem (**GO TO COU.3**)
- (7) Both (**GO TO COU.3**)
- (8) Neither (END)

PROBE: What kind of counseling did you use? Did anyone go with you? How long ago was this?

[NEW]

COU.3 How old were you when you first saw a practitioner for counseling?

_____ [AGE IN YEARS]

COU.4 DURING THE PAST 12 MONTHS, did you see a practitioner for counseling?

- (1) Yes (**GO TO COU.5**)
- (2) No (END)

COU.5 DURING THE PAST 12 MONTHS, how many times did you see a practitioner for counseling?

- (1) Only one time
- (2) 2-5 times
- (3) 6-10 times
- (4) 11-15
- (5) 16-20
- (6) More than 20 times

[NEW]

COU.6 On average, how much do you pay out-of-pocket for each visit to a practitioner for counseling?

\$ _____

COU.7 Did you use counseling to treat or prevent a specific health problem or condition?

- (1) Yes (**GO TO COU.8**)
- (2) No (**GO TO COU.13**)

COU.8 For what health problems or conditions did you use counseling?

[IF MORE THAN 1 CONDITION ASK COU.9; ELSE GO TO COU.10]

[NEW]

COU.9 For which ONE of these health conditions did you use counseling the most?

_____ [CONDITION]

COU.10 How much do you think counseling helped your _____?
(condition for which counseling used the most)

Would you say a great deal, some, only a little, or not at all?

- (1) A great deal
- (2) Some
- (3) Only a little
- (4) Not at all

[NEW]

COU.11 Besides receiving counseling, did you also receive conventional medical treatment for [*condition for which modality used the most*]?

- (1) Yes (**GO TO COU.12**)
- (2) No (**GO TO COU.15**)

[NEW]
COU.12

Did you receive conventional medical treatment for [*condition for which modality used the most*] before, at about the same time, or after trying counseling?

- (1) Before trying modality
- (2) At about the same time you began receiving modality treatments
- (3) After trying modality

PROBE: Can you tell me more about that?

[NEW]
COU.13

Did any of the counseling treatments produce unexpected side-effects that required medical attention?

- (1) Yes
- (2) No (**GO TO COU.15**)

[NEW]
COU.14

What kinds of unexpected side effects did you experience?

[NEW]
COU.15

DURING THE PAST 12 MONTHS, did you use counseling for any of these reasons? Please say yes or no to each.

- | | | | |
|------|--|-----|----|
| (10) | To improve or enhance energy | YES | NO |
| (11) | For general wellness or general disease prevention | YES | NO |
| (12) | To improve or enhance immune function | YES | NO |

[ASK COU.16 IF R HAS HEALTH INSURANCE; ELSE GO TO COU.17]

COU.16

DURING THE PAST 12 MONTHS, were any of the costs of using counseling covered by insurance?

- (1) Yes
- (2) No

SHOW HAND CARD (MEDICAL PROFESSIONALS)

COU.17 DURING THE PAST 12 MONTHS, did you let any of these CONVENTIONAL medical professionals know about your use of counseling?

- (1) Yes (**GO TO COU.18**)
- (2) No (END)

COU.18 Which ones?

[MARK ALL THAT APPLY]

- (7) Medical Doctor (M.D.) (including specialists)
- (8) Nurse Practitioner/Physician Assistant
- (9) Psychiatrist
- (10) Dentist (including specialists)
- (11) Doctor of Osteopathy (D.O.)
- (12) Other Health Care Provider