

**Cognitive Interviewing Evaluation of the
Complementary and Alternative Medicine (CAM) Supplement
for the National Health Interview Survey (NHIS)**

Interviews conducted 2/17/2011 – 3/14/2011

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I. Introduction

This report summarizes the findings from a cognitive interviewing study of the questions appearing on the Complementary and Alternative Medicine (CAM) supplement intended for the National Health Interview Survey (NHIS). The report presents an overview of the themes that emerged from the qualitative interview data for the modality-specific questions (i.e., the unique questions that were only asked of a specific CAM practice, such as “special diets” or “traditional healers”), as well as a question-by-question evaluation of the recurring questions asked of each CAM modality (e.g., such as questions about health coverage and motivations for using CAM). Our testing focused on those questions designated as “new” for the 2012 NHIS. While an evaluation is included for all new questions, particular attention is devoted to questions that may lead to potential response error. The question-by-question evaluation 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.

Section II of this report briefly describes the methodology of cognitive interviewing, outlines the interviewing procedures, and discusses the sampling process for this study. The third section provides an overview of the findings from the modality-specific question analysis; due to resource constraints and the length of the instrument, researchers were limited in their ability to thoroughly test the modality-specific questions for each CAM practice. Nonetheless, of the modalities for which we were able to collect enough data, some suggestive patterns emerged and these findings are presented in more detail below. Section IV offers a more in depth question-by-question evaluation of the recurring questions that were asked of each CAM modality (*PRT.3 – PRT.38*), as well as an overview of the findings from the practitioner-based questions (*PRT.1 – PRT.2*). In an effort to provide the most robust analysis possible with the most amount of data, this question-by-question analysis was conducted across modalities, irrespective of specific CAM practices (e.g., question *PRT.3* was analyzed irrespective of whether the respondent was referring to traditional healers, movement therapies, herbal supplements, etc...). Findings from this analytic approach are described in more detail below.

II. Method

As a qualitative method, cognitive interviewing provides detailed insight into patterns of error as well as patterns of interpretation and calculation that respondents use to answer questions. With this technique, interviewers administer survey questions, obtain a response, and then probe respondents for other information relevant to the question. Probing can be conducted either concurrently (i.e., immediately after the survey question is administered) or retrospectively (i.e., after the entire survey has been administered). For this project, researchers probed concurrently. Cognitive interviewing results in rich and detailed information on the question-response process, allowing analysts to determine the effectiveness of survey language and respondents' ability to recall requested information. The information obtained from this intensive interviewing method allows interviewers to determine how questions perform, including phenomena that are captured by the survey question. With this understanding, it is possible to identify *which* questions are problematic, as well as *why* and *how* questions are problematic. Such insight can lead to possible strategies for improving question design.

Sample

Interviewing for this project was conducted at the Questionnaire Design Research Laboratory (QDRL) at the National Center for Health Statistics. We recruited a purposive sample, seeking respondents who themselves have ever used or have children who have used vitamins, minerals, or natural herb supplements, or any of the following health practices: acupuncture, ayurveda, biofeedback, chelation therapy, chiropractic, energy healing, folk medicine, homeopathy, hypnosis, imagery, movement therapies, naturopathy, qi gong, spiritual healing, self-help groups, tai chi, traditional Latino medicine, and yoga. Recruitment for the study was done using a newspaper advertisement. In total, we conducted twenty-four interviews, all in English. Five interviews focused on the CAM experiences of the respondent's child, and nineteen focused on the respondent's personal experiences with CAM. The sample consisted of adults aged 24-79 and recruitment was conducted with the intent to seek out demographic diversity among respondents in terms of age, gender, race/ethnicity, education, and income level, with particular interest in recruiting Latinos (*see Table 1*). Each participant was given a \$40 remuneration for their participation.

Interviewing Procedures

Given the length of the questionnaire and the unfeasibility of administering the instrument in its entirety, we selectively administered the questionnaire based upon information ascertained during the recruitment screener process. Our aim was to test as many questions across as many different CAM modalities as possible, and we assessed this data collection strategy on an ongoing basis. For example, as soon as we realized we had already gathered a relatively substantial amount of data on CAM users of yoga/tai chi/qi gong, we shifted our focus in subsequent interviews to test questions appearing in other CAM modalities. When administering questions at the beginning of each modality, we probed respondents generally about their practices with the modality being asked

about. This was done to elicit respondents' narratives regarding their experiences with the CAM practice. Interviewers also administered concurrent probes for each question, which asked respondents to recall how they came to their answer. Probe questions included such things as: Why did you answer the way you did? Can you tell me more about that? What do you think this question is asking? Probing was completed question by question. All interviews were conducted face-to-face and the average interview length was no longer than one hour. Interviews were audio taped; the audio tapes and interview summaries were used to conduct the analysis.

Table 1: Demographic Profile

	N=24	Total (%)
Gender		
Female	11	46%
Male	13	54%
Age		
20-29	4	17%
30-39	4	17%
40-49	4	17%
50-59	10	42%
60-69	1	4%
70-79	1	4%
Hispanic/Non-Hispanic		
Hispanic	8	33%
Non-Hispanic	16	67%
Race/Ethnicity		
Black	4	17%
White	12	50%
Black & White	2	8%
Asian	2	8%
American Indian or Alaskan Native	1	4%
White & Am. Indian or Alaskan Native	2	8%
Black & Am. Indian or Alaskan Native	1	4%
Education		
Some college	5	21%
Associate's Degree	3	12%
College Degree	10	42%
Master's Degree	3	12%
Professional or Doctorate Degree	3	12%
Income		
\$10,000 – \$20,000	4	17%
\$20,000 – \$30,000	3	12%
\$30,000 or more	17	71%
Employed		
Yes	19	79%
No	5	21%
Marital Status		
Never Married	11	46%
Currently Married	7	29%
Separated	2	8%
Divorced	4	17%

III. Overview: Modality-Specific Analysis

Due to the length of the questionnaire, coupled with constraints on time, resources and interview participants, we were unable to conduct individualized analysis for each modality. However, researchers were able to observe general, albeit limited, patterns of interpretation for *some* of the specific modalities; these modalities are: traditional healers, movement therapies, herbs and other non-vitamin/non-mineral dietary supplements, homeopathic treatment, and yoga/tai chi/qi gong. We present these observations below. It is important to keep in mind that, while these observations constitute possible suggestive patterns of interpretation, the limited number of respondents that spoke about any given modality must be taken into consideration.

Traditional Healers

Three respondents reported having any experience with traditional healers. Two different respondents, both from Peru, noted that many of the healers listed on the questionnaire overlap with one another. That is, many of the different healers work together and/or perform the same treatments. For example, one respondent said that the Curandero is more related to magical powers and the Heirbero works more with herbs. Last April, this respondent was treated by a practitioner that did both. He said that it is not unusual for one practitioner to do five different things – in fact, he said, it is closer to the norm. This respondent made a comparison to a general practitioner in Western medicine who might conduct X-rays, administer pain medication, and do a family health history analysis. The other respondent from Peru also suggested that many of these practitioners are the same (both respondents from Peru said Hueseros are distinct, working with “the bones,” similar to a chiropractic practitioner); however, unlike the other respondent from Peru, he thought the different names represented different regional titles for the various healers (i.e., a practitioner might be called one name in Central America and another in South America). Of these two Peruvian respondents, only one had any personal experience with traditional healers, although both were familiar with the different healer names and functions.

This observation could have implications for the data collected in this modality. For example, the Peruvian man who was treated last April by a practitioner that performed the functions of a Curandero and Heirbero reported seeing a Heirbero “the most during the past 12 months” (*TRD.2a*). Even though this practitioner “did both,” this respondent selected “Heirbero” because, at the time of his visit, he was “looking more for the Heirbero side.” Thus, although the respondent ostensibly saw a Curandero and Heirbero the same amount in the last 12 months (since they were the same person), the respondent chose Heirbero because his visit was prompted more by *the functions* of a Heirbero rather than a Curandero. Essentially, the question assumes that practitioners perform unique functions; however, this does not appear to be the case. In order for this question to make sense in the context of this man’s experience with traditional healers, this respondent answered the question based on the *function* of the practitioner, rather than the *practitioner title*.

Movement Therapies

Three people responded “yes” to having seen a practitioner for movement therapy; two saw practitioners for Pilates and one for Alexander Technique. While no general patterns of interpretation could be made, one student of Pilates hesitated when answering this question (*MOV.1*) and said, “Pilates, I take a class.” Pressed for an answer, he said, “She is an instructor, teacher of Pilates and I take the class, so yes.” Asked why he hesitated, the respondent said, “I ‘take’ Pilates rather than I ‘see a teacher or practitioner’ for Pilates” (as when people say “I see a doctor for...”). He thinks of Pilates more in terms of physical fitness as opposed to wellness or healthcare. This respondent’s narrative suggests that the survey question’s language of “seeing a practitioner or teacher for Pilates” does not map neatly onto this respondent’s relationship with Pilates, which he understands as something he does—in the form of an exercise class—for physical fitness, rather than a healthcare measure that involves a practitioner.

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

In general, respondents were not always clear as to what exactly constituted an herbal and other non-vitamin/non-mineral dietary supplement; this was the case even though the description of herbs and non-vitamins/non-minerals was read for each respondent, and sometimes even repeated. For example, after administering *HRB.1*, one respondent said, “Now, you’re talking about something for weight control?” The respondent takes green tea extract and Conjugated Linolenic Acid for weight loss. Importantly, this respondent thinks about his use of these supplements in the context of weight loss, rather than in the context of herbs and non-vitamins/non-minerals. Another respondent asked if this would include Ginkgo Biloba. Other respondents spoke about the various vitamin supplements they were taking. Such narratives suggest that CAM users are not equally savvy or informed about the supplements they take, with some respondents unsure as to whether the supplements they take fall into the herbal and non-vitamin/non-mineral category, and others conceiving of their vitamin supplements in the context of this question.

As a result, two overarching observations were made that could potentially impact the information being captured in the survey questions about herbs and other non-vitamin/non-mineral dietary supplements. First, respondents might not know if the supplements they take constitute an herb and other non-vitamin/non-mineral dietary supplement and thus do not report it even if the supplement does fall into this category. For example, after going on for several minutes about the green tea extract and the Conjugated Linolenic Acid (CLA) he takes for weight loss, and the fish oil he takes for overall health, the respondent mentioned earlier says as an afterthought, “there’s one other thing that might be considered in this category.” He takes red yeast tablets. This is notable because the respondent didn’t think about this for quite awhile into his narrative and, even after he mentioned it, he was unsure if red yeast tablets would be considered an herb or non-vitamin/non-mineral dietary supplement. This respondent’s narrative suggests that some people might be unaware of the fact that their supplements fall into this modality category.

Second, respondents might assume that the supplements they take constitute an “herb and other non-vitamin/non-mineral dietary supplement,” even if the supplement does *not* fall into this category. For example, one woman reported taking wood root tonic and geritol, which she describes as a complete vitamin. This respondent was thinking about her intake of geritol even though the question asks specifically about non-vitamin supplements. Similarly, another man spoke extensively about his previous experience with what he refers generally to as “herbs.” He was thinking about various herbal remedies, which are sometimes consumed in the form of an infused tea, even though the question specifically asks respondents *not* to consider herbal teas in their responses. In addition to herbs, he was also thinking about folk remedies which use materials as diverse as burnt rice and bread, tomatoes, potatoes and flour to treat such things as inflammation, indigestion, diarrhea and sunburns.

Thus, while some respondents might not be aware that the supplements they take are considered “herbal and non-vitamin/non-mineral,” other respondents might lump many non-herbal and vitamin/mineral supplements into this category, as well as other folk remedy practices. The former scenario results in an under-reportage of herbal and non-vitamin/non-mineral supplement intake while the latter results in an over-reportage.

In addition to being unclear as to *which* supplements to consider in the context of the questions about herbs and non-vitamin/non-mineral dietary supplements, respondents sometimes struggled when reporting on the amount and frequency with which they take these supplements. For example, the respondent who ingests red yeast tablets takes these in combination with niacin (although it is not a combination pill). For the question, *HRB.6: Which 2 of these herbs and other non-vitamin supplements did you take the most [in the past 30 days/past 12 months]?*, the respondent said red yeast and niacin. He takes these supplements daily. However, he also takes CLA daily. Yet, because he divides his dosage of red yeast and niacin into four smaller doses throughout the day, and only takes CLA twice during the day, he decided that he takes red yeast and niacin “the most.” This respondent’s decision to divide up his daily intake of red yeast is his own innovation—an effort to avoid a common side effect of the supplement. The supplement could easily be taken twice a day in a higher dosage. This suggests, at least from a survey design perspective, a potentially arbitrary reporting of which supplement he takes “the most.”

Respondents displayed particularly divergent patterns of interpretation for the next question, *HRB.7: About how many days per week, month, or year do you buy herbs and other non-vitamin supplements?* Typically, respondents did not use the response format provided in the instrument. Most frequently, respondents thought about how many *times* (rather than *days*) per week/month/year they purchased supplements, such as “two times per month.” In addition to thinking about their answers in terms of times rather than days, respondents also did not always purchase their supplements in one week/month/year intervals; such was the case for a respondent who reported purchasing supplements “once every two months.” These respondents’ experiences did not fit neatly into the response option format provided by the survey instrument. Moreover, the question seemed to assume a certain element of consistency in respondents’ supplement purchasing patterns. This was made evident by the respondents who cycle on and off supplements, or try a

supplement once and then never take it again. For these respondents, this question posed some challenges. For example, one respondent whose son took Ginkgo Biloba for only two months last year replied, “2 months per year.” However, this was the duration for which his son took Ginkgo Biloba, not the frequency with which he purchased Ginkgo Biloba. This respondent only ever bought one bottle of Ginkgo Biloba for his son. Another respondent said this question was hard for him to answer because he thinks about his herb use in terms of how often he takes a supplement, not how often he buys the supplement. He said his purchasing patterns really “depend;” as soon as his body gets used to one supplement, he changes up his regimen. Similar to other respondents, this person’s purchasing patterns are varied and not always consistent. Finally, two other instances stand out in the context of this question. First, one respondent reported her answer in terms of the product unit that she purchases rather than in terms of days per week/month/year; that is, she reported buying “one bottle per year.” Given her experience with Echinacea in the past 12 months, this was the response format that best fit her case. Second, another respondent reported “zero” for this question since he doesn’t buy herbs but rather receives them as gifts when he goes back to visit Peru. His narrative may point to an assumption embedded in the question, which assumes that people acquire herbs only through purchasing them. Notably, in the context of this question, respondents also thought about their vitamin purchases, and possibly their loose herbal tea purchases. This may be because respondents often purchased their herbs and non-vitamin/non-mineral supplements along with their vitamin/mineral supplements.

The fact that respondents often bundled their herbal and non-vitamin/non-mineral purchases together with their vitamin/mineral purchases had implications for the following question, *HRB.8: On average, how much do you spend each time you buy herbs and other non-vitamin supplements?* For example, one respondent reported spending \$75 each time he purchased herbs and other non-vitamin supplements. During his narrative it became clear that he was including his vitamin purchases in this total; if he were to only consider the costs of his non-vitamin and herbal supplements, the total would be closer to \$30.

Finally, respondents thought of different things when they heard the concept “practitioners for herbs and other non-vitamin supplements.” One respondent thought this meant “some person who gives you the stuff.” Another person thought about the nutritionist at his doctor’s office. A third respondent was thinking about the street vendors in Peru who sell the herbs. A fourth respondent was thinking about her acupuncturist. These narratives suggest that respondents either might think of very different practitioners when answering this question and/or might not always know who a practitioner for herbs and other non-vitamin supplements even is.

Homeopathic Treatment

Similar to some respondents’ uncertainty around what constituted an “herbal or non-vitamin/non-mineral dietary supplement,” some respondents were unsure as to what constituted a “homeopathic treatment.” The respondent who practiced folk remedies from his childhood in Peru asked, “Are they talking specifically about pills that are made in the

house or a small little shop? If so, then ‘no’ because I’m not very much of a pill-taker. I kind of avoid medicine quite a bit.” He adds, “I do tend to follow remedies that they consider more natural.” This respondent contrasted “natural remedies” to all pills, including homeopathic pills. Asked about what the term homeopathy means to him, he said he thinks of any homemade medicine. Yet, since the term “pills” appeared in the instrument’s description of homeopathic treatment, he thought he might have the wrong definition. He speculated that it might apply to shops (he referenced Giant) that sell such things as vitamins, zinc pills, iron, and fish oil. Another respondent who reported practicing homeopathic treatments was thinking about the inhaler she uses for sinus congestion. This is despite the fact that the instrument explicitly describes homeopathic treatment as small pills or drops that are often placed under the tongue. These narrative point to the varied and uncertain ways in which respondents understood “homeopathic treatments,” despite having the description read to them.

Similar to some of the challenges found in the question about frequency of herbal supplement purchases, respondents had some challenges reporting how often they bought homeopathic medicine. One respondent reported buying it once a quarter, translating this into “once every three months.” Yet, this answer does not map onto the response format provided by the survey instrument (which asks for answers in terms of days per week/month/year). Two other respondents couldn’t answer the question at all. One of these respondents said that her purchases are sporadic; she might use the treatments seasonally or as a condition comes up. Her purchases also vary based on her finances; that is, if she has the money to “indulge” in homeopathic treatments, she will. Similarly, the second respondent who couldn’t answer this question said that she buys chondroitin/glucosamine “ahead, when it’s on sale.” As such, she doesn’t buy it on a regular schedule. Asked if chondroitin/glucosamine was considered a homeopathic treatment she said, “I don’t know.”

While we were only able to obtain limited information from respondents who reported seeing a practitioner for homeopathy, the one narrative we documented might suggest that respondents have varying interpretations of homeopathic practitioners as well. When asked this question, the respondent said she has a “naturopath” who she visits frequently and who prescribes her therapies based on what she needs. The respondent does not get the homeopathic treatment from her “naturopath;” rather, she gets it at a homeopathic pharmacy and a natural health food store. It is not clear whether the practitioner in question is indeed a homeopathic practitioner, since the respondent repeatedly referred to her as a naturopath.

Yoga/Tai Chi/Qi Gong

Of the three exercises mentioned in this modality, most respondents reported experience with yoga; one person also reported experience with tai chi. A couple of respondents expressed some confusion when asked: *YOG.2 During the past 12 months, did you practice [exercised mentioned in YOG.1] for yourself?* These respondents were unsure as to what exactly was meant by the phrase “for yourself.” For example, upon hearing the question one respondent asked, “For myself? Does that mean as opposed to going to a

class?” This respondent thought “for yourself” meant doing yoga on your own. However, another respondent had a different interpretation. This respondent said, “You mean on my own or for my own purpose?” All his experiences doing yoga have been as part of a class. Ultimately this respondent replied “yes” because, as he said, “I did do yoga in the past 12 months and I did it because I wanted to.” Unlike the previous respondent who interpreted the phrase “for yourself” to mean doing yoga on your own, apart from a class, this second respondent interpreted the phrase to mean doing yoga because you want to, even if it’s in a class.

The next set of observations pertain to the questions that ask whether the respondent did breathing exercises, postures or movements, or meditation as part of yoga. All eight respondents who answered questions in this modality reported doing breathing exercises as a part of yoga and, for the most part, thought that breathing exercises were *always necessarily* a part of yoga. When asked to describe what’s involved in these breathing exercises, one respondent said, “It’s to concentrate your energy, to focus.” Another respondent described it as a moment when you close your eyes, relax and not think about anything; she also described it as “concentrating on [her] breathing.” Similarly, a third respondent described it as the period of time at the beginning of class when the instructor tells them to sit quietly and focus on their breath and center their mind. They are told to focus on breathing before doing any type of movements. A fourth respondent articulated a similar explanation, saying the breathing was “slow,” “part of relaxation,” and a time to “focus on your breathing,” but he also mentioned the audible “AUM’s” that the group chants at the end of class as part of the breathing exercises he does in yoga. These different narratives suggest that people often tend to think of quiet, relaxing, slow and concentrated or focused breaths in the context of this question, rather than loud, vigorous breaths, or breaths that involve specific counting exercises.

Respondents also all reported doing postures or movements as a part of their yoga practice and, as was the case with breathing exercises, respondents did not know of a yoga practice in which postures or movements were not involved. Respondents did, however, report varying patterns of interpretation in their responses to the question about meditation. Some respondents reported meditating in their yoga practice, while others did not. The respondents who reported meditating as part of their practice, however, described meditation in various ways. For example, one respondent spoke about a 15-minute period of time reserved at the end of class to meditate. A different respondent described meditation as part of his religion and said it’s like a “warm-up” and helps you concentrate. A third respondent was thinking of the time when she goes to the gym for yoga, closes her eyes and thinks about nothing; consequently she doesn’t feel her back pain. Unlike other interpretations, this particular respondent appears to think about meditation specifically as a time during which she forgets about her back pain. However, other respondents reported *not* meditating as part of their yoga practice; nonetheless, these respondents’ narratives still point to varying interpretations of the term “meditate.” For example, one of these respondents reported not being “at that level.” He said meditation is when people really concentrate, stay in a position for a while and are “searching for a balance.” He believes that he is not at the level where he can do that. A different respondent who reported not meditating during yoga described the term as

sitting still for at least 30 minutes, in prayer, to whomever you worship. Taken in total, these narratives suggest very different interpretations of the construct “meditation,” which in turn impacted whether respondents believed to have meditated as a part of their yoga practice.

IV. Question-by-Question Review

This section of the report presents findings from the question-by-question analysis conducted on all the recurring “new” questions of the CAM supplement (*PRT.3 – PRT.38*), as well as the first set of practitioner-based questions (*PRT.1 – PRT.2*). This evaluation includes descriptions of how respondents interpreted question intent, assessments of construct validity, evaluations of question performance and, where appropriate, recommendations for question improvement. Researchers also point out areas that may lead to potential response error when applicable.

Acupuncture:

ACU.1 Which type of practitioner did you see? [Interviewer: read choices below]

Mark all that apply. If more than one marked in ACU.1 ask ACU.2

- 1) MD/DO (goto PRT.3)
- 2) Chiropractor (goto PRT.3)
- 3) Licensed acupuncturist, other than MD/DO or chiropractor (goto PRT.3)
- 4) Other (goto PRT.3)

Though we had very little data on this question, it is worth noting that one respondent was quite adamant that her acupuncturist was an M.A.C, meaning she had a Master of Acupuncture degree. The respondent strongly felt that the categories did not adequately represent what her acupuncturist was.

ACU.2 During the past 12 months, which practitioner did you see the most for acupuncture?

We had no data for this question.

Chiropractic or Osteopathic Manipulation

- CHI.1 Which did you see, a practitioner for chiropractic manipulation or osteopathic manipulation or both?
- 1) Practitioner for chiropractic (goto PRT.3)
 - 2) Practitioner for osteopathic (goto PRT.3)
 - 3) Practitioner for both chiropractic and osteopathic (goto CHI.2)

We had very little data on this question, but a few issues worth mentioning did arise. When the interviewer first read this question, one respondent quickly answered, “it was a practitioner,” which made it clear that the question was perhaps confusing. Another respondent appeared unable to answer, and said, “Well, he [his son] went to the chiropractor for a broken bone.” We suspect that the terms may not have been familiar to him and therefore he did not know how to answer.

- CHI.2 During the past 12 months, which practitioner did you see the most?
- 1) Practitioner for Chiropractic (use as fill for rest of section)
 - 2) Practitioner for Osteopathic (use as fill for rest of section)

We had no data for this question.

Massage:

- MAS.7 What type of practitioner did you see?

Mark all that apply. If more than one chosen, goto MAS.8.

- (1) Licensed massage therapist
- (2) Physical therapist
- (3) MD/DO (PRT.3)
- (4) Nurse (PRT.3)
- (5) Licensed acupuncturist (PRT.3)
- (6) Chiropractor (PRT.3)
- (7) Naturopath (PRT.3)
- (8) Other (PRT.3)

One respondent had seen the person in a massage office at a mall and “assumed” the person was a licensed massage therapist. The word “licensed” may be throwing some respondents off as they may not know for sure if the person is licensed. Another respondent commented that she was unaware that a massage therapist needed to be “licensed.” She was therefore unsure whether or not the person was licensed. Also, one respondent selected “other” because the person he saw was a “student practitioner” and he did not think any of the available categories captured this.

Biofeedback:

Bio.1 Did you do breathing exercises as part of [modality]?

- 1) Yes
- 2) No

We had no data on this question.

Repeated Questions:

PRT.3 Do you currently see a practitioner for [modality] more, less, or about the same as you did one year ago?

- 1) More
- 2) Less
- 3) About the same

Most respondents appeared not to have trouble answering this question, though one recurring issue did emerge. Specifically, for those who no longer practice the modality the options did not always appear so straightforward. Several of these respondents explained that at the time of the interview they were no longer seeing the practitioner and thought that the question might not be applicable. For instance, one respondent who was answering for his son who had seen a practitioner in the past 12 months but was not seeing a practitioner at the moment, hesitated before answering “more.” He answered this way, however, because a year ago he was not seeing a practitioner at all, but he *had* seen a practitioner over the course of the previous 12 months. It may be that the “one year ago” reference is vague or unclear, or perhaps too broad. However, it is not clear what a solution to this might be.

For respondents who see a practitioner only sporadically or on an “as needed” basis, this question may also be difficult to answer. For instance, one respondent who had used homeopathic treatment in the past 12 months said she only uses it when she has a flare up and therefore found it difficult to compare her current use to her use 1 year ago. Additionally, another respondent explained how he only practices yoga when he’s vacationing in Argentina. Because he does not practice yoga with any regularity, it was somewhat difficult for him to think about how to best answer the question. He did not consider his current, ‘right at this moment’ use because he is not currently practicing yoga, but it appeared that over the course of the past year he had practiced it more than the previous year. However, he answered “about the same” because it best matched how often he saw a practitioner one year ago.

PRT.4 Compared to the past 12 months, do you plan to see a practitioner for [modality] more, less, or about the same during the next 12 months?

- 1) More
- 2) Less
- 3) About the same

In general, most respondents answered “about the same.” However, some did confidently predict either an increase or decrease in the visits to a practitioner. They tended to describe how their circumstances were going to change and they would either have more money or time to see a practitioner more often or had plans (such as enlisting in the army) that would decrease the amount of disposable time they had available to them. Additionally, one respondent attributed her plan to increase her use of homeopathic medicine to being a “loyal listener of Dr. Oz,” a celebrity-doctor with an afternoon talk show. She described herself as always “looking into new things to try.”

For those who answered “about the same,” a number of them found the question relatively straightforward and easy to answer, but they did so based on the assumption that their circumstances would not change and therefore saw no need to answer “more” or “less.” However, some respondents did appear to have some difficulty projecting that far into the future. This was particularly true for respondents who explained that they did not necessarily have some sort of ‘plan’ in place. As with the previous question, *PRT.3*, this was especially true for respondents who were using the modality “as needed.” For example, one respondent who often seeks out homeopathic remedies explained that she is not *planning* on spraining her ankle, but if she does, she will certainly use a homeopathic treatment to help heal the sprained ankle. She described this as a ‘really hard’ question to answer. Another respondent who was answering with respect to her teenage daughter’s use of yoga explained that it was very difficult for her to answer this question. She said, “With teenagers one week it’s one thing, the next week it’s another.”

For some the 12 month period was too broad and they wished for the time frame to be specified more closely. One respondent was very annoyed by the question and kept asking, “As when?” She said her use of a practitioner changed at various times in the past 12 months and therefore she couldn’t really make a comparison because it varied based on the specific time frame within the past 12 months that she compared it to. She said quite directly that the reference to 12 months was “vague.”

This last issue is related to an issue that arose for the previous question *PRT.3*. Specifically, respondents sometimes had difficulty with this question when they were no longer seeing the practitioner or no longer using the modality. For instance, one respondent explained that she was no longer seeing the practitioner at the time of the interview, and planned to continue to not see the person. In this instance it is not clear if she should say “about the same” or “less,” but neither seems exactly right.

With respect to herbs the use of the term “more” may be interpreted in different ways. Rather than viewing it as “more” in terms of quantity, one respondent interpreted more to mean the strength of the dose might increase or go higher.

PRT.5 Does your health insurance cover seeing a practitioner for [modality]?

- 1) Yes (goto PRT.6)
- 2) No (goto PRT.21)

Very few respondents answered ‘yes’ to this question. Also, a number of respondents reported that they did not have health insurance and therefore skipped out of the question. Additionally, one respondent said she had “health coverage” (through a V.A. hospital) but not “health insurance” and therefore did not consider the question applicable to her case. A persistent theme across the interviews for those who did have health insurance, however, was that these respondents were not sure whether or not their insurance covered seeing a practitioner. In fact, eight respondents who gave answers of either “yes” or “no” revealed upon probing that they were actually not sure. Some respondents who answered “no” indicated that it had never occurred to them to inquire into whether the modality might in fact be covered by insurance.

Though it did not occur with frequency, several respondents did explain that their health insurance only covered the modality if they had a justifiable “medical reason” for seeking treatment. One respondent said this was true for massage and another said this applied to gym memberships (and by extension, Pilates) as well. In both of their cases, the modalities were *not* covered by insurance.

Finally, though this only emerged in one case, one respondent answered his question based on the homeopathic treatment his son was currently receiving at the time of the interview and not based on whether or not his insurance covers homeopathic treatment more generally. He answered “no” to this question because his son’s treatment took place outside of the country and therefore outside of the insurance company’s coverage area. However, had he visited a homeopath inside of the coverage area, his son’s care would have been covered. It appeared that he was skipping ahead and correctly answering the following question (*PRT. 6*) but consequently interpreted this question incorrectly.

PRT.6 During the past 12 months, were any of the costs for your visits to a practitioner for [modality] covered by health insurance?

- 1) Yes (goto PRT.7a)
- 2) No (goto PRT.7)

Though we collected very little data on this question, it is worth noting that several respondents found this question to be repetitive. One respondent, visibly irritated by the question, asked, “Didn’t you just ask me that?” It is possible that these respondents were not seeing a difference between this question and question *PRT 5*.

PRT.7 Which were not covered by your health insurance: the practitioner, the health problem, or something else? *Mark all that apply.*

- 1) Practitioner (goto PRT.21)
- 2) Health problem (goto PRT.21)
- 3) Other (goto PRT.21)

We did not have enough data to analyze this question.

PRT.7a During the past 12 months, did you have to pay a deductible before your health insurance would cover seeing a practitioner for [modality]?

- 1) Yes (next question)
- 2) No (goto PRT.8)

This question was not extensively administered, but it did appear that one respondent was thinking about a co-payment and not his deductible. He answered “yes” and explained that his insurance company had raised his deductible from “\$20” to “\$25.” Another respondent answered “yes” but clarified that she “thought so.” She went on to say, “I don’t really remember the terms. I’d have to look that up.”

PRT.7b How much was the deductible?

\$ _____

Again, this question was not extensively administered, but of those who did answer, one appeared unsure of her answer and said “IF there was a deductible, it was \$300.” It is not clear how or where she came up with this answer. Another respondent who had already revealed in the previous question that he might have been confusing his deductible with his copayment answered “\$25,” which sounded like a rather small amount for a deductible.

PRT.7c Did you pay ALL of this deductible?

- 1) Yes (next question)
- 2) No (PRT.21)

We did not have enough data to analyze this question.

PRT.8 During the past 12 months, did your health insurance limit the number of visits that were covered for seeing a practitioner for [modality]?

- 1) Yes
- 2) No

This question was not extensively administered, but nearly all who were asked the question answered “no.” However, most of them were also not 100% confident with their answers. For instance, one respondent explained that there might have been a limit, but she never reached it and therefore was never informed that her health insurance would no longer pay for her visits. Therefore she assumed that there was not a limit on the number of visits.

PRT.9 {fill for yes to question above: Other than limiting the number of visits,} Did your health insurance {also} limit the dollar amount covered for seeing a practitioner of [modality]?

- 1) Yes
- 2) No

Again, this question was not extensively administered. However, of the respondents who were given the question and probed on their answers, most were not entirely confident with their answers. One respondent appeared annoyed by this question and did not see how it differed from the previous question. She stated, ‘I just said, there’s unlimited visits for one year.’

PRT. 10 Which limit affected your use of [modality] the most: the limit on the number of visits or the limit on the dollar amount?

- 1) number of visits (PRT.11)
- 2) dollar amount (PRT.16)
- 3) Neither affected my use of [modality] (didn’t exceed limits) (PRT.21)
- DK (PRT.11)

We did not have enough data to analyze this question.

[NEW]

PRT.11 During the past 12 months, what is the maximum number of visits to a practitioner for [modality] that your health insurance would cover?

_____ (number of visits)

We did not have enough data to analyze this question.

[NEW]

PRT.12 During the past 12 months, how many times did you see a practitioner for [modality]?

_____ (number of visits)

We did not have enough data to analyze this question.

PRT.13 How much did you pay out-of-pocket per visit to a practitioner for [modality]?

\$ _____ (goto PRT.23)

This question was not extensively administered and tested, but one respondent did indicate that the question was difficult for her to answer because the price varied.

PRT.14 How much did you pay out-of-pocket per visit to a practitioner for [modality] for visits COVERED by health insurance?

\$ _____

We did not have enough data to analyze this question.

PRT.15 How much did you pay out-of-pocket per visit to a practitioner for [modality] for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

This question was not extensively tested and administered, but it did appear that one respondent did not distinguish this question from the previous one that asked her how much she paid out of pocket.

PRT.16 During the past 12 months, what is the maximum dollar amount that your insurance would cover for visits to a practitioner for [modality]?

_____ (amount in dollars)

Though this question was not extensively administered, it is worth noting that one respondent found it repetitive and said, “You already asked that, in a way.”

PRT.17 During the past 12 months, did you spend more money for [modality] than was covered by health insurance?

- 1) Yes (next question)
- 2) No (next question)
- DK (goto PRT.21)

This question was not extensively administered but one respondent appeared very annoyed by this question and said, “Uh, DUH!” because she believed she had already made her answer to this question clear.

PRT.18 During the past 12 months, how many times did you see a practitioner for [modality]?

_____ (number of visits)

We did not have enough data to analyze this question.

PRT.19 How much did you pay out-of-pocket per visit to a practitioner for [modality] for visits COVERED by health insurance?

\$ _____

This question was not extensively tested, but the same respondent who had earlier stated that his deductible was \$25 similarly answered \$25 here, which provides further evidence that he was getting co-payment and deductible confused.

PRT.21 During the past 12 months, how many times did you see a practitioner for [modality]?

_____ (number of visits)

For respondents who saw a practitioner on a consistent and regular basis, this question appeared fairly straightforward and only required some basic mathematical calculations on their part. For example, a respondent who had seen a practitioner for acupuncture 2 times a month for 10 months answered “20.” However, some respondents failed to calculate out the number of times they went and instead provided answers like, “I went every 2-3 weeks” or “I went once a week.” We did not ask them to be more specific because it appeared that this was what they interpreted the question to be asking.

We also found that several respondents provided answers that appeared inconsistent with what they had revealed earlier in the interview. However, it was not clear why these inconsistencies were present in their answers.

Though this last issue pertained to only one respondent, this may nonetheless be an issue that is pertinent when the supplement is more widely distributed. One respondent had gone on several retreats in the last 12 months where mantra meditation was routinely practiced, and she therefore found this question very difficult to answer. The retreats involved practitioner guided mantra mediation sessions throughout the week that the retreat took place. If these sessions do in fact count as visits with a practitioner (note: the respondent did count them as such), the number of visits was very difficult for her to recall. She initially answered “two” when she first heard the question, but her elaboration of her answer revealed that this was inaccurate.

[NEW]

PRT.22 On average, how much did you pay out-of-pocket for each visit to a practitioner for [modality]?

\$ _____

Some respondents qualified their answers by not just stating how much they paid out of pocket but also stated how long the visit with the practitioner was. For some respondents, their answers varied based on how long the visit with the practitioner lasted. For example, one respondent said she paid \$30 for a 20 minute session with an energy healer and another respondent answered \$125 but explained that his visit lasted 90 minutes. Though the question asks them to answer “on average,” several respondents nonetheless wanted to explain that their answered varied from visit to visit. This may also be a useful caveat for data users to be aware of.

In addition to the previous issue, some respondents also had a difficult time with this question because their involvement in the modality was through a gym membership. Those respondents who encountered this dilemma offered a range of responses, some answering “nothing or 0,” others providing the gym fee as the answer, and other respondents attempted to calculate out the cost of each trip to the gym. This seemed to particularly characterize respondents who had practiced yoga and/pr Pilates.

Several respondents also described circumstances wherein their visits to the practitioner were what they characterized as “free.” Sometimes these were in exchange for some sort of work or service on their part. One woman described how her visits to an acupuncturist were part of a “barter arrangement” and therefore not technically “free,” which left her feeling unable to answer the question. Another respondent explained how the costs associated with a mantra meditation retreat were exchanged for her help in the kitchen. Other respondents had friends or family members who provided the services for them and therefore free of charge. In these cases, more often than not the respondent explained that he or she was unable to answer the question or simply answered “it cost nothing.”

PRT.23 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a *specific* disease or health problem
- (3) To treat or manage a *specific* disease or health problem

In general, respondents found the response items to be very similar. This was particularly true for item #1 and item #3. Respondents asked us to re-read the question, to clarify, or simply commented, “Didn’t you just ask me that?” The respondents tended not to see a difference between “symptoms” and “health problem,” and often saw the two as going hand-in-hand.

Additionally, the line between prevention and treatment was not always totally clear to respondents. For instance, one respondent who practices Pilates to help with back pain explained that he picked to “prevent a specific disease...” because he hopes to prevent his back pain from getting worse. He added that he also wants to treat his back pain as well. It is not clear if he is applying an overly liberal understanding of “to prevent” in this case or not.

The fact that the response items appeared very similar to respondents may not in and of itself be a “problem,” but a second, somewhat related issue likely is in fact a problem. Specifically, respondents incorrectly assumed that the question was asking them to pick the response that best characterized their circumstances. For example, one respondent, upon hearing the first item, stated that she wanted to hear the remaining response options before answering “yes” or “no.” For some respondents this meant that they would have answered “yes” to more than one item and for others, this meant that they actually would have answered “no” to all of the items but thought that at least one response option needed to be selected.

Some respondents took issue with the reference to both physical and emotional symptoms in the same response item. For nearly all of the respondents who answered “yes” to this question, they described having either emotional symptoms or physical symptoms, but never both simultaneously. Some respondents hesitated when answering this question because only one of the two applied and they were not sure if they should answer “yes”

or “no.” One respondent even commented specifically that asking about both emotional and physical symptoms at the same time made the question difficult to answer.

In addition to these issues just discussed, some respondents had questions about the definitions of terms used in the item responses. One respondent was not sure if “physical symptoms” included pain. Another respondent similarly wondered what “physical” referred to in this context. She ultimately answered yes because she was thinking about pain associated with her back.

- PRT.24 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no
- (1) Because medical treatments such as prescription medications or surgery were not helping you
 - (2) Because medical treatments such as prescription medications or surgery were too expensive
 - (3) Because [modality] combined with medical treatments such as prescription medications or surgery would help you
 - (4) Because prescription medication does not work for the health problem you want to treat or prevent
 - (5) Because prescription medication causes side effects
 - (6) Because prescription or over-the-counter drugs are too expensive
 - (7) Because [modality] treats the cause and not just the symptoms
 - (8) Because the practitioner spends more time with you than medical doctors
 - (9) Because the practitioner treats the whole person and not just one part
 - (10) Because I can participate in decisions about my health with the practitioner

After a preliminary analysis of the first 5 or so interviews we noted that respondents found the reference to “medical treatments” in the first three items unclear. We added the clause “such as prescription medications or surgery” to help clarify the intent of “medical treatments.” Though this became clearer to respondents, another issue related to these questions remained. For respondents who were not receiving or using any medical treatments other than the modality mentioned in the question stem, these questions appeared not to be applicable. In fact, a number of respondents specifically commented that these items were not relevant to their circumstances. To them an answer of “no” did not really reflect their situations. The question almost appears to assume that the respondent is currently receiving or has received medical treatments for a particular issue. For instance, one respondent who received massages explained that there was not a prescription medication available that could give him the same experience or results, so there was really no basis for comparison. This change in the wording also appears to make item (6) appear redundant or repetitive.

It also appeared that some respondents were answering the question based not on what *motivated* them to seek out the practitioner or use the particular modality but rather on whether or not they thought the statement accurately described the modality. However,

some respondents did make it clear that they saw this distinction and were answering the question based only on what motivated them to participate in the modality.

Because [modality] combined with medical treatments such as prescription medications or surgery would help you:

Here one respondent was thinking of injections into his joint areas as “medical treatments” that might work with his modality (massage). However, he does not currently receive these treatments but would only need them if he gets injured. In this sense, it is not clear if he answered this question correctly or not.

Because prescription medication does not work for the health problem you want to treat or prevent:

Very few respondents answered “yes” to this question. One respondent who did, however, explained that painkillers helped her back pain but she “couldn’t function when [she] took the pills” and therefore considered them not to “work.”

Because modality treats the cause and not just the symptoms:

Some respondents found this very straightforward and were able to answer comfortably. It was very clear to them what the “cause” in their situation was and what the symptoms were. One respondent had a more transcendental understanding of this statement, and explained that her traditional healer takes her to the “spiritual world” where the “cause” lies, as she put it. This appeared to fall outside of a traditional Western medicine based understanding of cause and effect but nonetheless was applicable to her situation.

Some, however, did not find the statement to be all that clear. As one respondent put it, “If it treats the cause, I would think it treats the symptoms. That question doesn’t sound right. I mean, if it takes care of the cause then you don’t have the symptoms.” Other respondents similarly remarked that the statement confused them. It may be that the distinction between symptoms and causes is not clear to respondents, particularly for those who see them going hand-in-hand.

One last example appears to highlight the general tendency of respondents often to try to make their experiences match the response items. She thought this was referring to the “specialized training” that the practitioner has, stating, “They have extensive training and they can give you the best advice for the long term.” It did not appear that this respondent fully understood what this question was asking of her.

Because the practitioner spends more time with you than medical doctors:

Several respondents agreed with this statement but then went on to point out that in their situations they were, in essence, paying for the extra time and therefore it did not mean that CAM practitioners in general spend more time with patients than medical doctors. As one respondent put it after hearing this question, “Well, yeah, [because] I paid for 20 minutes.” Another respondent similarly explained that you “pay for the time” with the practitioner and so “of course you get more time with them” (he was thinking specifically about massage practitioners). One respondent found this difficult to answer because the time he spent with the practitioner was in a class setting and therefore was not “one-on-

one.” He pointed out, however, that he was not sure if this should be considered “health care” or “health treatment.”

Because the practitioner treats the whole person and not just one part:

This question appeared to work better for some modalities more than others, meaning that respondents were better able to understand what the question was asking. Some thought this meant that the practitioner treated not just their physical symptoms, but their emotional and mental health as well. For example, one respondent described how her practitioner asked her about her lifestyle and her diagnosed depression. She did not think that her primary doctor would ever do this. However, for some, particularly those who were considering the question in the context of massage, the statement almost appeared contradictory. Several noted that they actually want their masseuse to focus on only one part of, for example, their backs, and not their entire bodies. Therefore they did not see how this would be motivating factor to pursuing massage treatment. Others noted that their modality did not have a “practitioner-patient” kind of relationship, as was the case with both Pilates and yoga.

Because I can participate in decisions about my health with my practitioner:

A number of respondents, particularly those who were answering it in relation to massage or other “hands on” treatment appeared to interpret this question in similar ways. Several respondents who agreed with this statement said they did so because they can tell their practitioners where to focus and which parts of their bodies need more attention. Others offered slightly different interpretations of this statement. One thought that it meant “sitting down with my doctor, presenting the symptoms and then working together to come up with a solution.” She said this did not characterize her relationship with her shaman. Another respondent who agreed with this statement said it meant that she was a “proactive person and [she] knows her condition better than anyone else.” She went on to add, “Western doctors especially tend to be very dogmatic and they don’t have a clue.” Her experience with her acupuncturist, however, was quite the opposite of this.

Finally, one respondent who was asked this question in relation to his son’s use of homeopathic treatment said it did not make sense, as he (meaning his son) “can’t participate in decisions about this health” because the respondent, his father, was the one who chose to take him to see a homeopath in the first place.

PRT.25 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no

- (1) To stay healthy
- (2) To improve your energy
- (3) To Improve your immune function
- (4) To improve your physical ability
- (5) To improve your athletic or sports performance
- (6) To improve your sexual performance
- (7) To improve your concentration
- (8) To improve your memory
- (9) To improve your flexibility
- (10) To improve your muscle strength
- (11) To cleanse/detoxify your body

In general, there were two main issues related to this question that cognitive interviews highlighted. As we discussed earlier when summarizing the results for *PRT 24*, it appeared that respondents sometimes answered the questions based not on what motivated them but rather on how they would characterized their experience. In fact, one respondent even asked midway through being probed on these questions if the interviewer wanted to know *why* she used the particular modality or how it affected her. She admitted that it's "easy to say yes to these after the fact." Also, it appeared that respondents were often interpreting the items in a rather broad and loose way and attempting to make them "fit" into their situation in order to answer affirmatively.

For one respondent who was speaking on behalf of his son's experience, these were all very difficult to answer because he did not feel confident to ascertain whether or not these were his son's motivations for using the modality. It also appeared that another respondent who was answering on behalf of his son was basing his answers not on what actually motivated his son but rather what he told his son would be the outcome of using the modality, in this case, herbs. The respondent admitted that he did not actually think the herb would have the effects that he told his son it would. However, he wanted to encourage his son to take the herb and knew this would work.

Below we summarize information on each of the response items.

To stay healthy:

We asked respondents to describe how they were understanding "healthy" in the context of this question. A number of respondents commented that this either seemed "too broad" or "too obvious." As one respondent put it, "You go to a doctor to stay healthy. It's too obvious." Another asked, "What's healthy? That's too general." When asked if she was using a vegetarian diet to stay healthy, one respondent stated, "That seems counterproductive because I wouldn't do the diet to stay unhealthy." Finally, one respondent commented, "Any time you go to a practitioner you're [going to stay healthy]." For others "staying healthy" became synonymous with the outcome they hoped to achieve by using the modality or seeing a practitioner for the modality. For example,

one respondent who was using massage to prevent and minimize injuries to his joints defined staying “healthy” as just that – being free of joint pain and avoiding injuries. Another respondent who drank acai juice defined “healthy” as “being hydrated and normal weight,” which were the main reasons why she drank the juice.

To improve your physical ability:

Though we did not have a significant amount of data on this item, one respondent did equate this with his “overall health,” which would suggest that it may be redundant or repetitive.

To improve your athletic or sports performance:

In general respondents who answered yes to this item thought that it was referring to improving one’s athletic performance in a competitive setting. One respondent specifically stated that she was thinking not of it improving her cycling abilities but her ability to outrace other cyclists. Again, another respondent though this was referring to competitive athletic activities and not simply “going to the gym.”

To improve your memory:

For one respondent who answered yes to this question in relation to her visits with a traditional healer, improving her memory meant “recovering [her] memory of painful events.” However, it is not clear if this is what the item is intending to capture. Other respondents appeared to stretch their interpretations of this item so that it “fit” their situations. For example, one respondent answered yes and explained that he did so because he thought being given instructions from the chiropractor might somehow improve his son’s memory. Also, this does not appear to be a motivation for seeking out chiropractic care as the question asks. In addition to this example, another respondent who answered yes when asked about her use of acai commented that being hydrated (her main reason for drinking acai juice) helps her to think more clearly and therefore, by extension, improves her memory. This too appeared to be an attempt to stretch the response item so it fit her experience.

To improve your muscle strength:

It is worth noting that one person said yes to this even though she was not entirely sure it applied. However, she wanted to go ahead and say yes ‘just in case.’

To cleanse/detoxify your body:

Respondents offered a variety of interpretations of this statement. Some considered it to be referring to “a cleanse” in the very literal sense, such as a colon cleanse. One respondent provided the example of the cayenne pepper and maple syrup diet. Others thought it referred to the period after an addict stops using drugs or alcohol and attempts to purge the body of these substances. One respondent who answered yes to this question revealed upon probing that the cleansing of her body was actually a ‘side effect’ of the homeopathic medicine she had taken. In this sense it appeared that she was defining this as a negative consequence and not a motivation for using the treatment in the first place.

Others interpreted it more generally as the releasing or purging of impurities and other toxins from the body. One respondent defined this as “releasing muscle tension and a lot of built up energy and anxiety.” One respondent who answered “no” to this question nonetheless provided an example of what she thought this question was referencing. She described how she uses foot pads at night on the bottom of her feet. She stated that this helps detoxify her body. 2693 thought this referred to ‘taking the bacteria that may have accumulated in the body out.

For still others this was interpreted to be more symbolic, as in the case of a “mental or emotional cleanse’ as one respondent put it. One respondent described it as the “release of negative energy.” She was thinking of this in the context of seeing a spiritual healer. Additionally, one respondent defined it as a “mental cleansing – a clearing – an emptiness” in reference to her use of mantra meditation. Another respondent described this as “getting rid of bad energy.” He answered “no” to this question, however, because he found the wording “off-putting.”

PRT.26 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no

- (1) Because it was recommended by a medical doctor
- (2) Because it was recommended by family, friends, or co-workers
- (3) Because you learned about it from a magazine, tv program, or on the internet
- (4) Because you can do it on your own
- (5) Because it is natural
- (6) Because it focuses on the whole person and not just one part
- (7) Because you wanted to try something different
- (8) Because it was part of your upbringing

Again, it appeared that respondents were frequently answering based not on what had motivated them to use the modality in the previous 12 months but rather whether or not they agreed that these statements accurately characterized their experience with the modality. It also appeared that sometimes respondents were thinking outside of the 12 month time frame mentioned in the question. To give a concrete example of this, one respondent who answered “yes” to Pilates having been “recommended by family, friends, or co-workers” revealed that this recommendation occurred 6 years ago, when he first started practicing Pilates. Below are comments on each of the response items.

Because it was recommended by a medical doctor:

It appeared that respondents were primarily thinking of “Western,” “mainstream” medical doctors when they responded to this question. For example, one respondent stated that she was thinking of an encounter between her and a doctor at a local hospital and another said he was specifically thinking of a doctor he encountered during an emergency room visit.

Because it was recommended by family, friends, or co-workers:

This appeared fairly straightforward to respondents, though one respondent who answered “no” revealed that the faculty at his conservatory recommended an Alexander Technique class to him. However, he did not consider them to be fall under “friends” or “co-workers.”

Because you learned about it from a magazine, tv program, or on the internet:

Respondents in general could not recall a specific moment when they learned about the modality through one of these sources but several commented that they, as one respondent put it, “had heard about [the modality]” prior to using it and therefore “guessed” that they had learned about it through a magazine, tv program, etc. One respondent who answered “no” to this question commented that she learned about traditional healers through books, however.

Because you can do it on your own:

We found that a number of respondents did not fully understand what this statement meant. In fact, 6 different respondents asked for clarification. This may be that the statement made less sense when applied to some modalities. For example, for both massage and acupuncture, respondents remarked that they did not understand how they could “do it on their own.” One respondent, when asked about acupuncture, even asked if this meant “sticking needles in myself,” which in her mind, seemed incomprehensible. However, others thought that this might refer to the ability to find the practitioner or find the treatment (such as homeopathy or herbs) on his or her own, without a referral from a doctor or a doctor’s prescription, or without needing the practitioner or treatment to be covered by insurance. It also meant that respondents could go at a time that was convenient for them rather than having to work around someone else’s schedule. For 3157 this meant that he could go and pay on his own, but considered this ‘obvious’ and didn’t consider it a motivation for seeing a massage practitioner. For another respondent this similarly meant that she could find a massage therapist, go and pay on her own. She can go when it is convenient to her.

Because it is natural:

A number of respondents answered yes when asked this question, but it is not clear if they did so because they agreed that the modality was natural or if this was an actual motivation for pursuing the modality. Respondents offered a number of different definitions of “natural.” One respondent thought it referred to “something that’s part of the natural world” and another described it as anything “without additives or chemicals.” For another respondent, this meant that the modality was “simple” and did not involve any “medications or contraptions” (he was commenting in reference to Pilates). Though some respondents were able to provide descriptions of what they thought “natural” referred to, others were left somewhat confused by the question. For example, one respondent asked what natural meant in this context and added, “It’s not natural to see a chiropractor.” Similarly, another respondent remarked that mantra meditation was the “opposite” of natural, stating, “It isn’t natural; you have to practice. It’s one of the hardest things I’ve ever done.” Another thought it meant that it doesn’t rely on chemicals.

Because it focuses on the whole person and not just one part:

One respondent remarked that this item sounded like a question that was asked earlier. And another respondent thought an example of this phenomenon would be trying to get rid of pain in one's finger rather than doing something to control his weight (which would involve the whole body).

Because you wanted to try something different:

One respondent thought this made it sound like it was something out of the norm or unusual, whereas for her massage is something that she thinks "everybody does at some point." However, several other respondents thought this simply meant trying something she had never tried before. For example, one respondent said they had tried "routine doctors" and it had not worked, therefore she decided to see a naturopath simply to "try something different."

Because it was part of your upbringing:

One respondent thought that his suggesting to his son that he drink aloe Vera juice would be an example of how his upbringing had motivated his son to use it. However, he said no when asked if it was recommended by family, friends, etc. Another respondent answered yes to this and said because his family in India had recommended his son try homeopathic treatments. However, it is not clear if this counts under "upbringing" or if this would be more appropriate under the item "was recommended by family, friends, etc."

PRT.27 During the past 12 months, did seeing a practitioner for [modality]...?
Yes/no

- (1) Give you a sense of control over your health?
- (2) Help you to relax?
- (3) Help you to reduce your stress level?
- (4) Motivate you to eat healthier?
- (5) Motivate you to eat more organic foods
 [ask #6 for respondents who report drinking alcohol in core]
- (6) Motivate you to cut back or stop drinking alcohol?
 [ask #6 for respondents who report smoking in core]
- (7) Motivate you to cut back or stop smoking cigarettes, cigars, or pipes?
- (8) Motivate you to exercise more regularly?
- (9) Improve your overall health and make you feel better?
- (10) Give you more hope for the future?
- (11) Increase your ability to focus?
- (12) Make you feel better emotionally?
- (13) Make it easier to cope with health problems?
- (14) Improve your outlook on life?
- (15) Improve your relationships with others?
- (16) Improve your self-confidence?

There were a number of issues that emerged across all 16 items in this question. First, it appeared that some respondents who answered “no” were doing so not because the modality failed to motivate them to, say exercise more regularly, but because they were already exercising regularly. This is an important point since it does not suggest that the modality “didn’t work,” or did not improve their circumstances. Rather, their circumstances were such that they did not need to be improved or did not need to be motivated. Second, respondents often explained that the relationship between their use of the modality and these improvements or increased motivations was indirect. In other words, when a respondent answered “yes,” mantra meditation had improved her self-confidence, she meant that it had benefited her in other ways that then spilled over to improve her self-confidence. Related to this second issue, it appeared that respondents were sometimes trying to make the items “fit” their own situations and perhaps even exaggerating the positive benefits they had received from the modality. It is not clear that they would have described these as benefits of the modality were they not provided for them. In fact, one respondent even remarked, upon hearing the question asking whether or not Pilates had increased his self-confidence, that he had never thought about it in these terms, but would answer yes nevertheless.

Finally, for respondents who were answering on behalf of their children who had used the modality, these questions were extremely difficult for them to answer, at least with any accuracy. For instance, one respondent remarked repeatedly, “I couldn’t say,” when the question was administered. It may or may not be appropriate to ask these questions for the child version of the supplement.

Give you a sense of control over your health?

One respondent who answered “yes” to this question described how the modality had given her a sense of control because she can “choose how often she goes.” For another respondent the modality had allowed her to take a more “proactive,” as she put it, approach to her health care. But others were more specific and thought that this meant their symptoms were alleviated somewhat and/or their health problems were improving, as was the case for a respondent who described having fewer back issues and increased flexibility because of Pilates. Finally, one respondent interpreted this to mean that he had a “better sense of [his] body, specifically [his] metabolism.”

Help you to relax?

Most of the respondents who answered “yes” to this item described feeling relaxed during the treatment, such as during massage or during a yoga class. They tended not to describe feeling relaxed beyond the actual time spent with the practitioner or while practicing the modality. However, some respondents did describe feeling relaxed in general or only after their treatment. For example, one respondent said he only felt relaxed from a massage *after* the session ended.

Help you to reduce your stress level?

To one respondent the items ‘help to relax’ and ‘help to reduce your stress level’ were ‘intertwined.’ She stated, ‘if you know how to relax, you know how to reduce your stress

level. This may indicate that the response items are redundant and that one could be removed from the survey.

Motivate you to eat healthier?

One respondent described how practicing Pilates had made him more *aware* that he needed to eat healthier but did not actually motivate him to eat healthier (he did, however, answer “yes” to this item). Another respondent similarly described how using herbs has helped him to be more aware of eating healthier but had not necessarily altered his eating habits.

Motivate you to exercise more regularly?

Several respondents remarked that they were already exercising on a regular basis and therefore, “no” the modality had not motivated them to exercise more regularly. One of these respondents who was already exercising on a very regular basis with intense workouts every day explained that massage enabled him to exercise even *more* because his “recovery time was shorter.” However, though he answered “yes” to this question, it appeared that massage did not motivate him to exercise more regularly; rather, it *enabled* him to exercise more regularly.

Motivate you to eat more organic food:

Though we did not gather a lot of data on this question, it did appear that many respondents considered organic foods to be ‘healthier’ than non-organic foods, and therefore this might be subsumed under the item asking if they have felt motivated to eat healthier. However, not all respondents considered organic foods healthier.

Improve your overall health and make you feel better:

Of the respondents who were probed on this question, most of them thought this was referring to not just their physical health but their mental and emotional health as well. Others invoked a sort of holistic mind-body connection and thought that the modality they had used tapped into this. However, one respondent did point out that for him these were actually two separate questions and that he would answer “improve your overall health” and “make you feel better” differently.

More hope for the future:

This response item appeared to perplex a number of respondents. One described it as “sounding funny.” Another respondent laughed when he first heard the question and commented that it sounded ‘like some kind of religious thing.’ And yet another described it as “out of left field” and did not see what it had to do with homeopathic medicine. But other respondents appeared to comprehend the question and understood it to be referring to foreseeing improvement in their emotional and/or physical health. Alternatively for some respondents it meant that they would maintain their current level of health and fitness. For example, one respondent who answered “yes” thought that it meant he would have the flexibility of a 21 year old when he turned 40.

Increase your ability to focus?

One respondent thought this meant that it had helped her concentrate, which was the same thing she talked about in an earlier question.

Feel better emotionally:

For one respondent this referred to her “overall health,” and stated that she was thinking of her emotional health when she earlier answered “yes” to the item asking if the modality had “improved her overall health and made her feel better.” Another respondent also provided an interpretation of this item that sounded very similar to a previous one, namely, the item asking if the modality had reduced his overall stress level.

Make it easier to cope with health problems?

A number of respondents said they didn’t have health problems and therefore this question was not really applicable. In these cases they did not necessarily want to answer “no.” Rather, they thought a “not applicable” option was better.

Improve your outlook on life?

To many respondents this appeared to mean the same thing as “give you hope for the future.” One respondent also remarked that it sounded similar to “feel better emotionally.” However, one respondent did think that this item sounded more “permanent” than the other items.

Improve your relationships with others:

One respondent who answered yes to this question said this was an indirect result of the people his son associated with when he visited the chiropractor’s office. It was geared toward teenagers and his son made friends in the setting. Another respondent who also answered yes said that she had grown closer to her daughter because they practiced mantra meditation together.

Improve your self confidence:

For one respondent who answered yes to this, she did so because practicing tai chi meant she then had “more knowledge about how to do something.” She went on to add that “somebody told me if I knew every move of tai chi I could beat anyone in a fight.”

PRT.28 During the past 12 months, did you see a practitioner for [modality] for spiritual reasons?

- (1) Yes
- (2) No

All but three respondents answered “no” to this question. For those who answered “yes,” one said she did so in her relation to seeing a shaman and explained, “I wanted to feel connected with what I consider my higher power.” For another respondent, though she answered yes, she described her answer as “mixed” and explained that she sometimes combines a body cleanse with a “spiritual and mental cleanse.” Finally, the last

respondent who answered yes to this said she practices mantra meditation for spiritual reasons because “meditation is always spiritual.”

For those who said no, they seemed to regard the question as fairly straightforward. However, some did appear to find the question odd. When asked if he did movement therapy for spiritual reasons, one respondent laughed and said that the question was “silly.” Additionally, several respondents thought this question was referring to religion or religious beliefs which they did not see as tied to their seeing a practitioner for a modality.

PRT.29 Of the following reasons, which was the most important reason for seeing a practitioner for [modality]?

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a specific disease or health problem
- (3) To treat or manage a specific disease or health problem

Many of the issues relevant to this question are summarized under question *PRT.23* as well. Though question *PRT.23* asks respondents to answer “yes” or “no” to all of the response options, respondents tended to think that the question was asking them to pick the most appropriate, or as worded in this question, “most important” reason for seeing a practitioner for the modality. Based on results from preliminary interviews, we decided to move this question after *PRT.23* which did appear to make it easier for respondents to recall the items to which they had answered “yes.” However, respondents still found the items too similar and “somewhat redundant,” as one respondent put it, and therefore found it difficult to decide upon an answer.

PRT.30 For what symptom or health problems did you see a practitioner for [modality] the most [to prevent/to treat or manage]?

(Computer will display conditions picked earlier in core or for prevent
computer will display conditions asked about in core)

This question was awkward to administer. Many respondents stared at us blankly after we read the question. This may have been the result of not having their answers from the “core” section as the comment in parentheses indicates the interviewer ordinarily would. However, because respondents had presumably answered yes to one of the items in the previous question, it would have seemed that they would have been able to provide an answer to the question. Most were able to, but we often had to remind them of their answers to question *PRT.29*, a scenario not likely to take place in the field.

PRT.31 For which ONE of these health conditions did you use (modality) the most?

_____ [CONDITION]

***If respondent cannot choose one condition, probe for condition most important for using modality.**

We did not have enough data to analyze this question.

PRT.32 Did you receive any of these medical treatments for [*condition for which modality used the most*]? Please say yes or no to each.

- (1) Prescription Medications
- (2) Over-the-counter medications
- (3) Surgery
- (4) Physical therapy
- (5) Mental Health Counseling

Because this was not labeled as a “new” question, we rarely probed on it and therefore do not have enough data for analysis.

PRT.33 How much do you think [modality] helped your [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

We did not probe extensively on this question and therefore had very little data for analysis.

PRT.34 During the past 12 months, how important was your use of [modality] in maintaining your health and well-being? Would you say very important, somewhat important, slightly important, or not at all important?

- (1) Very important
- (2) Somewhat important
- (3) Slightly important
- (4) Not at all important

We did not probe extensively on this question and therefore had very little data for analysis.

PRT.35 (sometimes PRT.36) How often did you take/use [modality] in the past 12 months?

_____ times per day/week/month/year

This question was fairly straightforward for respondents who engaged in their CAM practice on a consistent basis. For example, for the respondent who consistently took a daily herbal supplement, it appeared fairly easy for her to respond, “One time per day.” However, for respondents who engaged more sporadically or episodically with their CAM practices, this question appeared to pose more difficulty. This seemed to be the case for the respondent who talked about her inhaler as a homeopathic treatment; since she only takes the inhaler as needed, the respondent found it difficult to answer this question. When asked if she could estimate the frequency with which she used the inhaler in the past 12 months, she said she really couldn’t say.

Yet, even though the question appeared fairly straightforward for the consistent CAM users, respondents’ answers may still be misleading given the nature of the question. For example, for the respondent who consistently takes red yeast tablets and niacin 4 times per day, the question was fairly straightforward; he answered, “4 times per day.” However, this respondent has only been taking these supplements for the past 6 months. Nonetheless, given the nature of the question, this nuance gets lost in the respondent’s survey response. A data user might interpret this man’s response to mean that the respondent has been engaging consistently in this CAM practice 4 times per day for the past 12 months; however, this was not the case. Similarly, the woman who just began taking yoga classes 6 weeks ago replied “2 times per week.” Or, speaking about his son’s 2-month trial with Ginkgo Biloba last year, a respondent replied, “1 time per day.” From a data user’s perspective, these answers could imply a very different relationship with the CAM practice, as they may suggest a consistent pattern of CAM use over the past 12 months. Survey designers should be aware of this and determine whether this interpretation pattern is significant and whether it needs to be addressed.

Finally, respondents’ experiences did not always map onto the response option format provided by the survey instrument. For example, one respondent answered “10 months out of 12.” That is, out of the previous 12 months, this respondent took 2 pills of an herbal supplement everyday for 10 out of the last 12 months. This respondent does not think about his experience with this herbal supplement in terms of the response format provided (e.g., times per day/week/year). While respondents’ inability to conform to the response option format provided by the instrument might be attributable to respondents’ unique patterns of CAM use, it might also be attributable to the unique features of a particular CAM modality. For example, when talking about her use of special diets, one respondent replied, “90% of the time.” Overall, it was awkward to administer this

question in the context of special diets (e.g., *How often did you use a vegetarian diet in the past 12 months?*). At first, this respondent said “3 times per day,” and then changed her response to “90% of the time.” Here, it appeared that the respondent was thinking about her use of this diet over the past 12 months, during which time she practiced a vegetarian diet 90% of the time. In the context of special diets, the response option format provided by the survey instrument might be particularly ill-fitting or inappropriate given respondents’ experiences engaging in this particular CAM practice.

PRT.36/37 During the past 12 months, did you buy a self-help book or other materials such as a DVD, CD, or Video to learn about (modality)?

- (1) Yes (goto PRT.37)
- (2) No (goto next modality)

Very few respondents answered “yes” to this question. There did appear to be some indication, however, that those who did answer “yes” answered incorrectly. For example, one respondent explained that she received a book from her chiropractor. She did not pay for it but assumed that it was somehow paid for through the chiropractor’s fee. Another respondent who answered yes said she watched a DVD on the internet but pointed out that she did not pay anything for it. One respondent who answered “no” said that he does receive magazines, however, on the subject of herbs, which suggests he should have, perhaps, answered “yes” to this question.

PRT.37/38 How much did you pay for these materials?

\$ _____

We had very little data for this question since most respondents answered “no” to the previous one. However, the summary of question *PRT. 36/37* may be relevant to this question as well.

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 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

PRT.1 Have you EVER seen a provider or practitioner for any of the following therapies for yourself?

- | | | |
|---|-----|----|
| (1) Acupuncture | yes | no |
| (2) Ayurveda | yes | no |
| (3) Biofeedback | yes | no |
| (4) Chelation (key-LAY-shun) Therapy | yes | no |
| (5) Chiropractic (kye-row-PRAK-tik) or Osteopathic Manipulation | yes | no |
| (6) Energy Healing Therapy | yes | no |
| (7) Hypnosis | yes | no |
| (8) Massage | yes | no |
| (9) Naturopathy (nay-chur-AH-puh-thee) | yes | no |

[IF NO TO ALL, GO TO Traditional healers]

PRT.2 DURING THE PAST 12 MONTHS, did you see a practitioner for (modality)?

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

Next 2 questions for acupuncture ONLY:

[NEW]

ACU.1 Which type of practitioner did you see? [Interviewer: read choices below]

Mark all that apply. If more than one marked in ACU.1 ask ACU.2

- 5) MD/DO (goto PRT.3)
- 6) Chiropractor (goto PRT.3)
- 7) Licensed acupuncturist, other than MD/DO or chiropractor (goto PRT.3)
- 8) Other (goto PRT.3)

[NEW]

ACU.2 During the past 12 months, which practitioner did you see the most for acupuncture?

Computer will display choices chosen above

Next 2 questions for chiropractic or osteopathic manipulation ONLY:

[NEW]

- CHI.1 Which did you see, a practitioner for chiropractic manipulation or osteopathic manipulation or both?
- 9) Practitioner for chiropractic (goto PRT.3)
 - 10) Practitioner for osteopathic (goto PRT.3)
 - 11) Practitioner for both chiropractic and osteopathic (goto CHI.2)

[NEW]

CHI.2 During the past 12 months, which practitioner did you see the most?

- 3) Practitioner for Chiropractic (use as fill for rest of section)
- 4) Practitioner for Osteopathic (use as fill for rest of section)

Next 2 questions for massage ONLY:

MAS.7 What type of practitioner did you see?

Mark all that apply. If more than one chosen, goto MAS.8.

- (9) Licensed massage therapist
- (10) Physical therapist
- (11) MD/DO (PRT.3)
- (12) Nurse (PRT.3)
- (13) Licensed acupuncturist (PRT.3)
- (14) Chiropractor (PRT.3)
- (15) Naturopath (PRT.3)
- (16) Other (PRT.3)

[NEW]

MAS.8 During the past 12 months, which one of these did you see the most?

Computer will display choices chosen above

Next question for Biofeedback and Hypnosis ONLY:

[NEW]

Bio.1 Did you do breathing exercises as part of [modality]?

- 3) Yes
- 4) No

[NEW]

PRT.3 Do you currently see a practitioner for [modality] more, less, or about the same as you did one year ago?

- 1) More
- 2) Less
- 3) About the same

[NEW]

PRT.4 Compared to the past 12 months, do you plan to see a practitioner for [modality] more, less, or about the same during the next 12 months?

- 1) More
- 2) Less
- 3) About the same

[if no health insurance, goto PRT.21]

[NEW]

PRT.5 Does your health insurance cover seeing a practitioner for [modality]?

- 1) Yes (goto PRT.6)
- 2) No (goto PRT.21)

[NEW]

PRT.6 During the past 12 months, were any of the costs for your visits to a practitioner for [modality] covered by health insurance?

- 1) Yes (goto PRT.7a)
- 2) No (goto PRT.7)

[NEW]

PRT.7 Which were not covered by your health insurance: the practitioner, the health problem, or something else? *Mark all that apply.*

- 4) Practitioner (goto PRT.21)
- 5) Health problem (goto PRT.21)
- 6) Other (goto PRT.21)

[NEW]

PRT.7a During the past 12 months, did you have to pay a deductible before your health insurance would cover seeing a practitioner for [modality]?

- 1) Yes (next question)
- 2) No (goto PRT.8)

[NEW]

PRT.7b How much was the deductible?

\$ _____

[NEW]

PRT.7c Did you pay ALL of this deductible?

- 1) Yes (next question)
- 2) No (PRT.21)

[NEW]

PRT.8 During the past 12 months, did your health insurance limit the number of visits that were covered for seeing a practitioner for [modality]?

- 1) Yes
- 2) No

[NEW]

PRT.9 {fill for yes to question above: Other than limiting the number of visits,} Did your health insurance {also} limit the dollar amount covered for seeing a practitioner of [modality]?

- 1) Yes
- 2) No

Yes to both PRT.8 and PRT.9 (limited in visits and \$) goto PRT.10
No to both PRT.8 and PRT.9 (no limits on visits or \$0) goto PRT.21
Yes to PRT.8 only (limited visits only) goto PRT.11
Yes to PRT.9 only (limited \$ only) goto PRT.16

[NEW]

PRT. 10 Which limit affected your use of [modality] the most: the limit on the number of visits or the limit on the dollar amount?

- 1) number of visits (PRT.11)
- 2) dollar amount (PRT.16)
- 3) Neither affected my use of [modality] (didn't exceed limits) (PRT.21)
- DK (PRT.11)

[NEW]

PRT.11 During the past 12 months, what is the maximum number of visits to a practitioner for [modality] that your health insurance would cover?

_____ (number of visits)

[NEW]

PRT.12 During the past 12 months, how many times did you see a practitioner for [modality]?

_____ (number of visits)

If went more times than covered by health insurance goto PRT.14, else next question

[NEW]

PRT.13 How much did you pay out-of-pocket per visit to a practitioner for [modality]?

\$ _____ (goto PRT.23)

Soft check: verify answer of zero is correct

[NEW]

PRT.14 How much did you pay out-of-pocket per visit to a practitioner for [modality] for visits COVERED by health insurance?

\$ _____

[NEW]

PRT.15 How much did you pay out-of-pocket per visit to a practitioner for [modality] for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.16 During the past 12 months, what is the maximum dollar amount that your insurance would cover for visits to a practitioner for [modality]?

_____ (amount in dollars)

[NEW]

PRT.17 During the past 12 months, did you spend more money for [modality] than was covered by health insurance?

- 1) Yes (next question)
- 2) No (next question)
- DK (goto PRT.21)

[NEW]

PRT.18 During the past 12 months, how many times did you see a practitioner for [modality]?

_____ (number of visits)

[NEW]

PRT.19 How much did you pay out-of-pocket per visit to a practitioner for [modality] for visits COVERED by health insurance?

\$ _____

If did not go over dollar limit, goto PRT.23, else next question

[NEW]

PRT. 20 About how many times did you see a practitioner for [modality] after you reached the dollar limit and the visits were no longer covered by health insurance?

_____ (number of visits)

[NEW]

PRT.20b How much did you pay out-of-pocket per visit to a practitioner for [modality] for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.21 During the past 12 months, how many times did you see a practitioner for [modality]?

_____ (number of visits)

[NEW]

PRT.22 On average, how much did you pay out-of-pocket for each visit to a practitioner for [modality]?

\$ _____

[NEW]

PRT.23 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no

- (4) To treat or manage physical or emotional symptoms
- (5) To prevent a *specific* disease or health problem
- (6) To treat or manage a *specific* disease or health problem

If yes to 1,2, or 3 go to PRT.24 else goto PRT.25

***** NEW ORDER*****

[NEW]

PRT.29 Of the following reasons, which was the most important reason for seeing a practitioner for [modality]?

- (4) To treat or manage physical or emotional symptoms
- (5) To prevent a specific disease or health problem
- (6) To treat or manage a specific disease or health problem

[NEW]

PRT.24 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no

- (11) Because medical treatments such as prescription medications or surgery were not helping you
- (12) Because medical treatments such as prescription medications or surgery were too expensive
- (13) Because [modality] combined with medical treatments such as prescription medications or surgery would help you
- (14) Because prescription medication does not work for the health problem you want to treat or prevent
- (15) Because prescription medication causes side effects
- (16) Because prescription or over-the-counter drugs are too expensive
- (17) Because [modality] treats the cause and not just the symptoms
- (18) Because the practitioner spends more time with you than medical doctors
- (19) Because the practitioner treats the whole person and not just one part
- (20) Because I can participate in decisions about my health with the practitioner

[NEW]

PRT.25 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no

- (12) To stay healthy
- (13) To improve your energy
- (14) To Improve your immune function
- (15) To improve your physical ability
- (16) To improve your athletic or sports performance
- (17) To improve your sexual performance
- (18) To improve your concentration
- (19) To improve your memory
- (20) To improve your flexibility
- (21) To improve your muscle strength
- (22) To cleanse/detoxify your body

[NEW]

PRT.26 During the past 12 months, did you see a practitioner for [modality] for any of these reasons? Yes/no

- (9) Because it was recommended by a medical doctor
- (10) Because it was recommended by family, friends, or co-workers
- (11) Because you learned about it from a magazine, tv program, or on the internet
- (12) Because you can do it on your own
- (13) Because it is natural
- (14) Because it focuses on the whole person and not just one part
- (15) Because you wanted to try something different
- (16) Because it was part of your upbringing

[NEW]

PRT.27 During the past 12 months, did seeing a practitioner for [modality]...? Yes/no

- (7) Give you a sense of control over your health?
- (8) Help you to relax?
- (9) Help you to reduce your stress level?
- (10) Motivate you to eat healthier?
- (11) Motivate you to eat more organic foods
- [ask #6 for respondents who report drinking alcohol in core]**
- (12) Motivate you to cut back or stop drinking alcohol?
- [ask #6 for respondents who report smoking in core]**
- (7) Motivate you to cut back or stop smoking cigarettes, cigars, or pipes?
- (8) Motivate you to exercise more regularly?
- (9) Improve your overall health and make you feel better?
- (10) Give you more hope for the future?
- (11) Increase your ability to focus?
- (12) Make you feel better emotionally?
- (13) Make it easier to cope with health problems?
- (14) Improve your outlook on life?
- (15) Improve your relationships with others?
- (16) Improve your self-confidence?

[NEW]

PRT.28 During the past 12 months, did you see a practitioner for [modality] for spiritual reasons?

- (3) Yes
- (4) No

Ask if 1, 2, or 3 chosen in PRT.23, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.30 For what symptom or health problems did you see a practitioner for [modality] the most [to prevent/to treat or manage]?

(Computer will display conditions picked earlier in core or for prevent computer will display conditions asked about in core)

[IF more than 1 condition, ask PRT.31; else go to PRT.32]

PRT.31 For which ONE of these health conditions did you use (modality) the most?

_____ [CONDITION]

***If respondent cannot choose one condition, probe for condition most important for using modality.**

[HELP SCREEN WILL LIST TYPES OF OTC MEDS]

PRT.32 Did you receive any of these medical treatments for [*condition for which modality used the most*]? Please say yes or no to each.

- (1) Prescription Medications
- (2) Over-the-counter medications
- (3) Surgery
- (4) Physical therapy
- (5) Mental Health Counseling

[2002 Q.]

PRT.33 How much do you think [modality] helped your [condition]? Would you say a great deal, some, only a little, or not at all?

- (5) A great deal
- (6) Some
- (7) Only a little
- (8) Not at all

[2002 Q.]

PRT.34 During the past 12 months, how important was your use of [modality] in maintaining your health and well-being? Would you say very important, somewhat important, slightly important, or not at all important?

- (5) Very important
- (6) Somewhat important
- (7) Slightly important
- (8) Not at all important

PRT.35 {if saw practitioner for this modality in past 12 months insert: Other than seeing a practitioner for [modality],
DURING THE PAST 12 MONTHS, did you let any of the following medical professionals know about your use of [modality]? Please say yes or no to each.

- (1) D.O. or Doctor of Osteopathy (grey out if respondent said seeing osteopath)
- (2) M.D. or Medical Doctor including specialists
- (3) Nurse/Nurse Practitioner/Physician Assistant
- (4) Psychiatrist
- (5) Dentist including specialists
- (6) Psychologist/Social Worker
- (7) Pharmacist

[NEW]

PRT.36 During the past 12 months, did you buy a self-help book or other materials such as a DVD, CD, or Video to learn about (modality)?

- (1) Yes (goto PRT.37)
- (2) No (goto next modality)

[NEW]
PRT.37

How much did you pay for these materials?

\$ _____

Traditional Healers

[NEW]

TRD.1 Have you ever seen any of the following practitioners? Please say yes or no to each.

- (1) Native American Healer/Medicine Man
- (2) Shaman (Shay-man)
- (3) Curandero (coo-dan-der-oh)
- (4) Espiritstas (Es-pee-dee-tee-stahs)
- (5) Hierbero (yehr-bay-roh), Yerbera (yehr-bay-rah), or Hierbistas (yehr-bee-stahs)
- (6) Sobadora (So-bah-door-a) or Sobador (So-bah-door)
- (7) Hueseros (Weh-sehr-ohs)
- (8) Santeros (Sahn-the-rohs)
- (9) Machi (Mah-chee)
- (10) Parteras (Pahr-the-dahs)
- (11) Parcheros (Pahr-cheh-dohs)

[If no to all, goto next modality]

Cycle through TRD.2 for each yes in TRD.1

TRD.2 DURING THE PAST 12 MONTHS, did you see {fill: types of traditional healer}?

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

[IF MORE THAN ONE YES in TRD.2, ASK TRD.2a; ELSE GO TO PRT.3]

TRD.2a During the past 12 months, which practitioner {fill from TRD.2} did you see the *most*?

_____ [TECHNIQUE]

*******Cycle through PRT.3 – PRT.33 for traditional practitioner*******

Movement Therapies

MOV.1 Have you ever seen a practitioner or teacher for any of the following? Please say yes or no to each.

- | | | |
|--|-----|----|
| (1) Feldenkreis | yes | no |
| (2) Alexander Technique | yes | no |
| (3) Pilates | yes | no |
| (4) Trager Psychophysical Intergration | yes | no |

[If no to all, goto next modality]

Cycle through MOV.2 for each response in MOV.1

MOV.2 DURING THE PAST 12 MONTHS, did you see a practitioner or teacher for {fill: type of movement therapy}?

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

[IF MORE THAN ONE YES in MOV.2, ASK MOV.2a; ELSE GO TO PRT.3]

MOV.2a During the past 12 months, which practitioner or teacher {fill from MOV.2} did you see the *most*?

_____ [TECHNIQUE]

*******Cycle through PRT.3 – PRT.33 for practitioner for movement therapy*******

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

People take herbs and other non-vitamin supplements for a variety of reasons. By herbal and other non-vitamin supplements, we mean pills, capsules, tablets, or liquids that have been labeled as a DIETARY SUPPLEMENT. This does NOT include vitamin or mineral supplements, homeopathic treatments, or drinking herbal or green teas. We will ask about homeopathic treatments or remedies in the next section.

Add note to screen: tinctures are included

HRB.1 Have you EVER taken any herbs and other non-vitamin supplements for yourself?

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

HRB.2 DURING THE PAST 12 MONTHS have you taken any herbs and other non-vitamin supplements yourself?

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

HRB.5 DURING THE PAST 30 DAYS did you take any herbs and other non-vitamin supplements?

(1) yes
(2) no

(list of approximately 200 herbs provided to create alphabetic look-up table)

HRB.5a Please tell me which herbs and other non-vitamin supplements you took {in the past 30 days/in the past 12 months}. If you took more than one in a single supplement, say “combination pill.”

[MARK ALL THAT APPLY FROM LOOK-UP TABLE]

[IF COMBO HERB PILL SELECTED, ASK 5b, OTHERWISE GO TO HRB.6]

HRB.5b How many different “combination pills” did you take?

_____ [NUMBER]

HRB.5c What herbs or other non-vitamin supplements are included in [combination herb pill #1?, ...#2?]

[IF MORE THAN 2 HERBS LISTED IN HRB.5a ASK HRB. 6, OTHERWISE GOTO HRB.7]

HRB.6 Which 2 of these herbs and other non-vitamin supplements did you take the most {in the past 30 days/in the past 12 months}?
[computer to display all herbs mentioned in 5a)

HRB.7 About how often do you buy herbs and other non-vitamin supplements? Do not include vitamins or minerals.

_____ times per day/week/month/year

_____ days per week/month/year

FR: If more than 1 time per day, Enter 1 time per day.
Soft check: verify correct if more than 3 times per week, 12 times per month, or 168 times per year

HRB.8 On average, how much do you spend each time you buy herbs and other non-vitamin supplements?

\$ _____

\$0-\$1000 *Enter 1000 for \$1000 or more

Read if necessary: this does not include vitamins or minerals.

Soft check for answers above \$150

HRB.9 Have you EVER seen a practitioner for herbs and other non-vitamin supplements?

- (1) Yes (HRB.10)
- (2) No (PRT.3)

HRB.10 DURING THE PAST 12 MONTHS, did you see a practitioner for herbs and other non-vitamin supplements?

- (1) Yes (HRB.11)
- (2) No (PRT.3)

[NEW]

HRB.11 What type of practitioner did you see? [interviewer: read list below]

Mark all that apply. If more than one chosen, goto HRB.12.

- (1) Herbalist (PRT.3)
- (2) Liscensed acupuncturist (PRT.3)
- (3) MD/DO (PRT.3)
- (4) Chiropractor (PRT.3)
- (5) Naturopath (PRT.3)
- (6) Nutritionist (PRT.3)
- (7) Other (PRT.3)

[NEW]

HRB.12 During the past 12 months, which one of these did you see the most?

Computer will display choices chosen above

[NEW]

PRT.3 Do you currently use {herb #1/herb #2} more, less, or about the same as you did one year ago?

- 1) More
- 2) Less
- 3) About the same

[NEW]

PRT.4 Compared to the past 12 months, do you plan to use {herb #1/herb #2} more, less, or about the same during the next 12 months?

- 1) More
- 2) Less
- 3) About the same

[if haven't seen practitioner in past 12 months (no to HRB.10) goto PRT.23]

[if no health insurance, goto PRT.21]

[NEW]

PRT.5 Does your health insurance cover seeing a practitioner for herbs and other non-vitamin supplements?

- 1) Yes (goto PRT.6)
- 2) No (goto PRT.21)

[NEW]

PRT.6 During the past 12 months, were any of the costs for your visits to a practitioner for herbs and other non-vitamin supplements covered by health insurance?

- 1) Yes (goto PRT.7a)
- 2) No (goto PRT.7)

[NEW]

PRT.7 Which were not covered by your health insurance: the practitioner, the health problem, or something else? *Mark all that apply.*

- 1) Practitioner (goto PRT.21)
- 2) Health problem (goto PRT.21)
- 3) Other (goto PRT.21)

[NEW]

PRT.7a During the past 12 months, did you have to pay a deductible before your health insurance would cover seeing a practitioner for herbs and other non-vitamin supplements?

- 1) Yes (next question)
- 2) No (goto PRT.8)

[NEW]

PRT.7b How much was the deductible?

\$ _____

[NEW]

PRT.7c Did you pay ALL of this deductible?

- 1) Yes (next question)
- 2) No (PRT.21)

[NEW]

PRT.8 During the past 12 months, did your health insurance limit the number of visits that were covered for seeing a practitioner for herbs and other non-vitamin supplements?

- 1) Yes
- 2) No

[NEW]

PRT.9 {fill for yes to question above: Other than limiting the number of visits,} Did your health insurance {also} limit the dollar amount covered for seeing a practitioner of herbs and other non-vitamin supplements?

- 1) Yes
- 2) No

Yes to both PRT.8 and PRT.9 (limited in visits and \$) goto PRT.10
No to both PRT.8 and PRT.9 (no limits on visits or \$0) goto PRT.21
Yes to PRT.8 only (limited visits only) goto PRT.11
Yes to PRT.9 only (limited \$ only) goto PRT.16

[NEW]

PRT. 10 Which limit affected your use of herbs and other non-vitamin supplements the most: the limit on the number of visits or the limit on the dollar amount?

- 1) number of visits (PRT.11)
 - 2) dollar amount (PRT.16)
 - 3) Neither affected my use of herbs and other non-vitamin supplements (didn't exceed limits) (PRT.21)
- DK (PRT.11)

[NEW]

PRT.11 During the past 12 months, what is the maximum number of visits to a practitioner for herbs and other non-vitamin supplements that your health insurance would cover?

_____ (number of visits)

[NEW]

PRT.12 During the past 12 months, how many times did you see a practitioner for herbs and other non-vitamin supplements?

_____ (number of visits)

If went more times than covered by health insurance goto PRT.14, else next question

[NEW]

PRT.13 How much did you pay out-of-pocket per visit to a practitioner for herbs and other non-vitamin supplements?

\$ _____ (goto PRT.23)

Soft check: verify answer of zero is correct

[NEW]

PRT.14 How much did you pay out-of-pocket per visit to a practitioner for herbs and other non-vitamin supplements for visits COVERED by health insurance?

\$ _____

[NEW]

PRT.15 How much did you pay out-of-pocket per visit to a practitioner for herbs and other non-vitamin supplements for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.16 During the past 12 months, what is the maximum dollar amount that your insurance would cover for visits to a practitioner for herbs and other non-vitamin supplements?

_____ (amount in dollars)

[NEW]

PRT.17 During the past 12 months, did you spend more money for herbs and other non-vitamin supplements than was covered by health insurance?

- 1) Yes (next question)
- 2) No (next question)
- DK (goto PRT.21)

[NEW]

PRT.18 During the past 12 months, how many times did you see a practitioner for herbs and other non-vitamin supplements?

_____ (number of visits)

[NEW]

PRT.19 How much did you pay out-of-pocket per visit to a practitioner for herbs and other non-vitamin supplements for visits COVERED by health insurance?

\$ _____

If did not go over dollar limit, goto PRT.23, else next question

[NEW]

PRT. 20 About how many times did you see a practitioner for herbs and other non-vitamin supplements after you reached the dollar limit and the visits were no longer covered by health insurance?

_____ (number of visits)

[NEW]

PRT.20b How much did you pay out-of-pocket per visit to a practitioner for herbs and other non-vitamin supplements for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.21 During the past 12 months, how many times did you see a practitioner for herbs and other non-vitamin supplements?

_____ (number of visits)

[NEW]

PRT.22 On average, how much did you pay out-of-pocket for each visit to a practitioner for herbs and other non-vitamin supplements?

\$ _____

[NEW]

PRT.23 During the past 12 months, did you use [herb #1/herb #2] to... Yes/no

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a *specific* disease or health problem
- (3) To treat or manage a *specific* disease or health problem

If yes to 1, 2 or 3 go to PRT.24 else goto PRT.25

[NEW]

PRT.29 Of the following reasons, which was the most important reason for using [herb #1/herb #2]?

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a specific disease or health problem
- (3) To treat or manage a specific disease or health problem

[NEW]

PRT.24 During the past 12 months, did you use [herb #1/herb #2] for any of these reasons?
Yes/no

- (1) Because medical treatments such as prescription medications or surgery were not helping you
- (2) Because medical treatments such as prescription medications or surgery were too expensive
- (3) Because [modality] combined with medical treatments such as prescription medications or surgery would help you
- (4) Because prescription medication does not work
- (5) Because prescription medication causes side effects
- (6) Because prescription or over-the-counter drugs are too expensive
- (7) Because [modality] treats the cause and not just the symptoms

Ask 8-10 if respondent saw practitioner in past 12 months

- (1) Because the practitioner spends more time with you than medical doctors
- (2) Because the practitioner treats the whole person and not just one part
- (3) Because I can participate in decisions about my health with my practitioner

[NEW]

PRT.25 During the past 12 months, did you use [herb #1/herb #2] for any of these reasons?

Yes/no

- (1) To stay healthy
- (2) To improve your energy
- (3) To Improve your immune function
- (4) To improve your physical ability
- (5) To improve your athletic or sports performance
- (6) To improve your sexual performance
- (7) To improve your concentration
- (8) To improve your memory
- (9) To improve your flexibility
- (10) To improve your muscle strength
- (11) To cleanse/detoxify your body

[NEW]

PRT.26 During the past 12 months, did you use [herb #1/herb #2] for any of these reasons?

Yes/no

- (1) Because it was recommended by a medical doctor
- (2) Because it was recommended by family, friends, or co-workers
- (3) Because you learned about it from a magazine, tv program, or on the internet
- (4) Because you can do it on your own
- (5) Because it is natural
- (6) Because it focuses on the whole person and not just one part
- (7) Because you wanted to try something different
- (8) Because it was part of your upbringing

[NEW]

PRT.27 During the past 12 months, did using herbs...? Yes/no

- (1) Give you a sense of control over your health?
- (2) Help you to relax?
- (3) Help you to reduce your stress level?
- (4) Motivate you to eat healthier?
- (5) Motivate you to eat more organic foods
- (6) Motivate you to cut back or stop drinking alcohol?
[ask #6 for respondents who report drinking alcohol in core]
- (7) Motivate you to cut back or stop smoking cigarettes, cigars, or pipes?
[ask #6 for respondents who report smoking in core]
- (8) Motivate you to exercise more regularly?
- (9) Improve your overall health and make you feel better?
- (10) Give you more hope for the future?
- (11) Increase your ability to focus?
- (12) Make you feel better emotionally?
- (13) Make it easier to cope with health problems?
- (14) Improve your outlook on life?
- (15) Improve your relationships with others?
- (16) Improve your self-confidence?

[NEW }

PRT.28 During the past 12 months, did you use [herb #1/herb #2] for spiritual reasons?

- (1) Yes
- (2) No

Ask if 1, 2, or 3 chosen in PRT.23, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.30 For what symptom or health problems did you use [herb #1/herb #2] the most [to prevent/to treat or manage]?

(Computer will display conditions picked earlier in core or for prevent computer will display conditions asked about in core)

[IF more than 1 condition, ask PRT.31; else go to PRT.32]

PRT.31 For which ONE of these health conditions did you use [herb #1/herb #2] the most?

_____ [CONDITION]

***If respondent cannot choose one condition, probe for condition most important for using modality.**

[HELP SCREEN WILL LIST TYPES OF OTC MEDS]

PRT.32 Did you receive any of these medical treatments for [*condition for which modality used the most*]? Please say yes or no to each.

- (1) Prescription Medications
- (2) Over-the-counter medications
- (3) Surgery
- (4) Physical therapy
- (5) Mental Health Counseling

[2002 Q.]

PRT.33 How much do you think [herb #1/herb #2] helped your [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

[2002 Q.]

PRT.34 NEW During the past 12 months, how important was your use of [modality] in maintaining your health and well-being? Would you say very important, somewhat important, slightly important, or not at all important?

- (1) Very important
- (2) Somewhat important
- (3) Slightly important
- (4) Not at all important

[NEW]

PRT.35 {fill if saw practitioner in past 12 months:Not including visits to a practitioner}
How often did you take herb #1/herb #2 in the past 12 months?

_____ times per day/week/month/year

PRT.36 {if saw practitioner for this modality in past 12 months insert: Other than seeing a practitioner for [modality],

DURING THE PAST 12 MONTHS, did you let any of the following medical professionals know about your use of [herb #1/herb #2]? Please say yes or no to each.

- (1) D.O. or Doctor of Osteopathy
- (2) M.D. or Medical Doctor including specialists
- (3) Nurse Practitioner/Physician Assistant
- (4) Psychiatrist
- (5) Dentist including specialists
- (6) Psychologist/Social Worker
- (7) Pharmacist

[NEW]
PRT.37

During the past 12 months, did you buy a self-help book or other materials such as a DVD, CD, or Video to learn about herbs and other non-vitamin supplements?

- (1) Yes (goto PRT.38)
- (2) No (goto next modality)

[NEW]
PRT.38

How much did you pay for these materials?

\$ _____

HOMEOPATHIC TREATMENT

People who use homeopathy to treat health problems take small pills or drops that are often placed under the tongue. They may be labeled as homeopathic remedies or medicine and they may be prescribed by practitioners of homeopathy.

HOM.1 Have you EVER used homeopathic treatment for yourself?

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

HOM.2 DURING THE PAST 12 MONTHS, did you use homeopathic treatment for yourself?

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

HOM.3 About how many days per week, month, or year do you buy homeopathic medicine?

_____ days per week/month/year

Soft check: verify correct if more than 3 times per week, 12 times per month, or 168 times per year

Hard edit for more days than in unit

HOM.4 On average, how much do you spend each time you buy homeopathic medicine?

\$ _____

\$0-\$1000 *Enter 1000 for \$1000 or more

Read if necessary: this does not include herbals or vitamins or minerals.

Soft check for answers about \$150

HOM.5 Have you EVER seen a practitioner for homeopathic treatment?

- (1) Yes
- (2) No (**GO TO PRT.3**)

HOM.6 DURING THE PAST 12 MONTHS, did you see a practitioner for homeopathic treatment?

- (1) Yes
- (2) No

[NEW]

PRT.3 Do you currently use homeopathic treatment more, less, or about the same as you did one year ago?

- 1) More
- 2) Less
- 3) About the same

[NEW]

PRT.4 Compared to the past 12 months, do you plan to use homeopathic treatment more, less, or about the same during the next 12 months?

- 1) More
- 2) Less
- 3) About the same

[if haven't seen practitioner in past 12 months (no to HOM.6) goto PRT.23]

[if no health insurance, goto PRT.21]

[NEW]

PRT.5 Does your health insurance cover seeing a practitioner for homeopathic treatment?

- 1) Yes (goto PRT.6)
- 2) No (goto PRT.21)

[NEW]

PRT.6 During the past 12 months, were any of the costs for your visits to a practitioner for homeopathic treatment covered by health insurance?

- 1) Yes (goto PRT.7a)
- 2) No (goto PRT.7)

[NEW]

PRT.7 Which were not covered by your health insurance: the practitioner, the health problem, or something else? *Mark all that apply.*

- 1) Practitioner (goto PRT.21)
- 2) Health problem (goto PRT.21)
- 3) Other (goto PRT.21)

[NEW]

PRT.7a During the past 12 months, did you have to pay a deductible before your health insurance would cover seeing a practitioner for homeopathic treatment?

- 1) Yes (next question)
- 2) No (goto PRT.8)

[NEW]

PRT.7b How much was the deductible?

\$ _____

[NEW]

PRT.7c Did you pay ALL of this deductible?

- 1) Yes (next question)
- 2) No (PRT.21)

[NEW]

PRT.8 During the past 12 months, did your health insurance limit the number of visits that were covered for seeing a practitioner for homeopathic treatment?

- 1) Yes
- 2) No

[NEW]

PRT.9 {fill for yes to question above: Other than limiting the number of visits,} Did your health insurance {also} limit the dollar amount covered for seeing a practitioner of homeopathic treatment?

- 1) Yes
- 2) No

Yes to both PRT.8 and PRT.9 (limited in visits and \$) goto PRT.10
No to both PRT.8 and PRT.9 (no limits on visits or \$0) goto PRT.21
Yes to PRT.8 only (limited visits only) goto PRT.11
Yes to PRT.9 only (limited \$ only) goto PRT.16

[NEW]

PRT. 10 Which limit affected your use of homeopathic treatment the most: the limit on the number of visits or the limit on the dollar amount?

- 1) number of visits (PRT.11)
 - 2) dollar amount (PRT.16)
 - 3) Neither affected my use of homeopathic treatment (didn't exceed limits)
- (PRT.21)
DK (PRT.11)

[NEW]

PRT.11 During the past 12 months, what is the maximum number of visits to a practitioner for homeopathic treatment that your health insurance would cover?

_____ (number of visits)

[NEW]

PRT.12 During the past 12 months, how many times did you see a practitioner for homeopathic treatment?

_____ (number of visits)

If went more times than covered by health insurance goto PRT.14, else next question

[NEW]

PRT.13 How much did you pay out-of-pocket per visit to a practitioner for homeopathic treatment?

\$ _____ (goto PRT.23)

Soft check: verify answer of zero is correct

[NEW]

PRT.14 How much did you pay out-of-pocket per visit to a practitioner for homeopathic treatment for visits COVERED by health insurance?

\$ _____

[NEW]

PRT.15 How much did you pay out-of-pocket per visit to a practitioner for homeopathic treatment for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.16 During the past 12 months, what is the maximum dollar amount that your insurance would cover for visits to a practitioner for homeopathic treatment?

_____ (amount in dollars)

[NEW]

PRT.17 During the past 12 months, did you spend more money for homeopathic treatment than was covered by health insurance?

- 1) Yes (next question)
- 2) No (next question)
- DK (goto PRT.21)

[NEW]

PRT.18 During the past 12 months, how many times did you see a practitioner for homeopathic treatment?

_____ (number of visits)

[NEW]

PRT.19 How much did you pay out-of-pocket per visit to a practitioner for homeopathic treatment for visits COVERED by health insurance?

\$ _____

If did not go over dollar limit, goto PRT.23, else next question

[NEW]

PRT. 20 About how many times did you see a practitioner for homeopathic treatment after you reached the dollar limit and the visits were no longer covered by health insurance?

_____ (number of visits)

[NEW]

PRT.20b How much did you pay out-of-pocket per visit to a practitioner for homeopathic treatment for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.21 During the past 12 months, how many times did you see a practitioner for homeopathic treatment?

_____ (number of visits)

[NEW]

PRT.22 On average, how much did you pay out-of-pocket for each visit to a practitioner for homeopathic treatment?

\$ _____

[NEW]

PRT.23 During the past 12 months, did you use homeopathic treatment to...

Yes/no

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a *specific* disease or health problem
- (3) To treat or manage a *specific* disease or health problem

If yes to 1,2, or 3 go to PRT.24 else goto PRT.25

[NEW]

PRT.24 During the past 12 months, did you use homeopathic treatment for any of these reasons?

Yes/no

- (1) Because medical treatments were not helping you
- (2) Because medical treatments were too expensive
- (3) Because homeopathic treatment combined with medical treatments would help you
- (4) Because prescription medication does not work
- (5) Because prescription medication causes side effects
- (6) Because prescription or over-the-counter drugs are too expensive
- (7) Because [modality] treats the cause and not just the symptoms

Ask 8-10 if respondent saw practitioner in past 12 months

- (8) Because the practitioner spends more time with you than medical doctors
- (9) Because the practitioner treats the whole person and not just one part
- (10) Because I can participate in decisions about my health with my practitioner

[NEW]

PRT.25 During the past 12 months, did you use homeopathic treatment for any of these reasons?

Yes/no

- (1) To stay healthy
- (2) To improve your energy
- (3) To Improve your immune function
- (4) To improve your physical ability
- (5) To improve your athletic or sports performance
- (6) To improve your sexual performance
- (7) To improve your concentration
- (8) To improve your memory
- (9) To improve your flexibility
- (10) To improve your muscle strength
- (11) To cleanse/detoxify your body

[NEW]

PRT.26 During the past 12 months, did you use homeopathic treatment for any of these reasons?

Yes/no

- (1) Because it was recommended by a medical doctor
- (2) Because it was recommended by family, friends, or co-workers
- (3) Because you learned about it from a magazine, tv program, or on the internet
- (4) Because you can do it on your own
- (5) Because it is natural
- (6) Because it focuses on the whole person and not just one part
- (7) Because you wanted to try something different
- (8) Because it was part of your upbringing

[NEW]

PRT.27 Thinking about your use of homeopathic treatment, please tell me if any of these statements are true for you. Yes/no

- (1) Using homeopathic treatment has given you a sense of control over your health?
- (2) Using homeopathic treatment has helped you to relax?
- (3) Using homeopathic treatment has helped you to reduce your stress level?
- (4) Using homeopathic treatment has motivated you to eat healthier?
- (5) Using homeopathic treatment has motivated you to eat more organic foods
[ask #6 for respondents who report drinking alcohol in core]
- (6) Using homeopathic treatment has motivated you to cut back or stop drinking alcohol?
[ask #6 for respondents who report smoking in core]
- (7) Using homeopathic treatment has motivated you to cut back or stop smoking cigarettes, cigars, or pipes?
- (8) Using homeopathic treatment has motivated you to exercise more regularly?
- (9) Using homeopathic treatment has improved your overall health and made you feel better?
- (10) Using homeopathic treatment has given you more hope for the future?
- (11) Using homeopathic treatment has increased your ability to focus?
- (12) Using homeopathic treatment has made you feel better emotionally?
- (13) Using homeopathic treatment has made it easier to cope with health problems?
- (14) Using homeopathic treatment has improved your outlook on life?
- (15) Using homeopathic treatment has improved your relationships with others?
- (16) Using homeopathic treatment has improved your self-confidence?

[NEW]

PRT.28 During the past 12 months, did you use homeopathic treatment for spiritual reasons?

- (1) Yes
- (2) No

Ask if more than 1 chosen in PRT.23 (1,2,&3), else if 1, 2, OR 3 chosen goto next questions, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.29 Of the following reasons, which was the most important reason for using homeopathic treatment?

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a specific disease or health problem
- (3) To treat or manage a specific disease or health problem

Ask if 1, 2, or 3 chosen in PRT.23, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.30 For what symptom or health problems did you use homeopathic treatment the most [to prevent/to treat or manage]?

(Computer will display conditions picked earlier in core or for prevent computer will display conditions asked about in core)

[IF more than 1 condition, ask PRT.31; else go to PRT.32]

PRT.31 For which ONE of these health conditions did you use homeopathic treatment the most?

_____ [CONDITION]

***If respondent cannot choose one condition, probe for condition most important for using modality.**

[HELP SCREEN WILL LIST TYPES OF OTC MEDS]

PRT.32 Did you receive any of these medical treatments for [*condition for which modality used the most*]? Please say yes or no to each.

- (1) Prescription Medications
- (2) Over-the-counter medications
- (3) Surgery
- (4) Physical therapy
- (5) Mental Health Counseling

[2002 Q.]

PRT.33 How much do you think homeopathic treatment helped your [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

[2002 Q.]

PRT.34 During the past 12 months, how important was your use of homeopathic treatment in maintaining your health and well-being? Would you say very important, somewhat important, slightly important, or not at all important?

- (1) Very important
- (2) Somewhat important
- (3) Slightly important
- (4) Not at all important

PRT.35

{if saw practitioner for this modality in past 12 months insert: Other than seeing a practitioner for [modality],
DURING THE PAST 12 MONTHS, did you let any of the following medical professionals know about your use of homeopathic treatment? Please say yes or no to each.

- (1) D.O. or Doctor of Osteopathy
- (2) M.D. or Medical Doctor including specialists
- (3) Nurse Practitioner/Physician Assistant
- (4) Psychiatrist
- (5) Dentist including specialists
- (6) Psychologist/Social Worker
- (7) Pharmacist

[NEW]

PRT.36 {fill if saw practitioner in past 12 months:Not including visits to a practitioner}
How often did you use homeopathic treatment in the past 12 months?

_____ times per day/week/month/year

[NEW]

PRT.37 During the past 12 months, did you buy a self-help book or other materials such as a DVD, CD, or Video to learn about homeopathic treatment?

- (1) Yes (goto PRT.38)
- (2) No (goto next modality)

[NEW]

PRT.38 How much did you pay for these materials?

\$ _____

SPECIAL DIETS

DIT.1 Have you EVER used any of the following special diets for two weeks or more for health reasons? Please say yes or no to each.

(note: insert pronunciation guide)

- | | | |
|-------------------------------------|-----|----|
| (1) Vegetarian (for health reasons) | yes | no |
| (2) Macrobiotic | yes | no |
| (3) Atkins | yes | no |
| (4) Pritikin | yes | no |
| (5) Ornish | yes | no |

[IF NO TO ALL, GO TO NEXT SECTION – YOGA]

DIT.2 DURING THE PAST 12 MONTHS, did you use [*diets mentioned in DIT.1*] for two weeks or more for health reasons? **[MARK ALL THAT APPLY]**

- (1) yes
- (2) no to all **[GO TO NEXT MODALITY]**

[IF ONLY ONE DIET USED, GO TO DIT.4; ELSE ASK DIT.3]

DIT.3 During the past 12 months, which diet did you use the *most*?

_____ [DIET]

DIT.4 Did you use {diet used the most} for weight control or weight loss?

- (1) Yes
- (2) No

[new] DIT.5 Have you EVER seen a practitioner for special diets?

- (1) Yes
- (2) No (goto PRT.3)

DIT.6 DURING THE PAST 12 MONTHS, did you see a practitioner for special diets?

- (1) Yes
- (2) No (goto PRT.3)

DIT.7 What type of practitioner did you see?

Mark all that apply. If more than one chosen, goto DIT.8.

- (17) MD/DO (PRT.3)
- (18) Dietician/nutritionist (PRT.3)
- (19) Nurse (PRT.3)
- (20) Licensed acupuncturist (PRT.3)
- (21) Chiropractor (PRT.3)
- (22) Naturopath (PRT.3)
- (23) Licensed Massage therapist (PRT.3)
- (24) Other (PRT.3)

[NEW]

DIT.8 During the past 12 months, which one of these did you see the most?

Computer will display choices chosen above

[NEW]

PRT.3 Do you currently use {diet used the most} more, less, or about the same as you did one year ago?

- 1) More
- 2) Less
- 3) About the same

[NEW]

PRT.4 Compared to the past 12 months, do you plan to use {diet used the most} more, less, or about the same during the next 12 months?

- 1) More
- 2) Less
- 3) About the same

[if haven't seen practitioner in past 12 months (no to DIT.6) goto PRT.23]

[if no health insurance, goto PRT.21]

[NEW]

PRT.5 Does your health insurance cover seeing a practitioner for {diet used the most}?

- 1) Yes (goto PRT.6)
- 2) No (goto PRT.21)

[NEW]

PRT.6 During the past 12 months, were any of the costs for your visits to a practitioner for {diet used the most} covered by health insurance?

- 1) Yes (goto PRT.7a)
- 2) No (goto PRT.7)

[NEW]

PRT.7 Which were not covered by your health insurance: the practitioner, the health problem, or something else? *Mark all that apply.*

- 1) Practitioner (goto PRT.21)
- 2) Health problem (goto PRT.21)
- 3) Other (goto PRT.21)

[NEW]

PRT.7a During the past 12 months, did you have to pay a deductible before your health insurance would cover seeing a practitioner for {diet used the most}?

- 1) Yes (next question)
- 2) No (goto PRT.8)

[NEW]

PRT.7b How much was the deductible?

\$ _____

[NEW]

PRT.7c Did you pay ALL of this deductible?

- 1) Yes (next question)
- 2) No (PRT.21)

[NEW]

PRT.8 During the past 12 months, did your health insurance limit the number of visits that were covered for seeing a practitioner for {diet used the most}?

- 1) Yes
- 2) No

[NEW]

PRT.9 {fill for yes to question above: Other than limiting the number of visits,} Did your health insurance {also} limit the dollar amount covered for seeing a practitioner of {diet used the most}?

- 1) Yes
- 2) No

Yes to both PRT.8 and PRT.9 (limited in visits and \$) goto PRT.10

No to both PRT.8 and PRT.9 (no limits on visits or \$0) goto PRT.21

Yes to PRT.8 only (limited visits only) goto PRT.11

Yes to PRT.9 only (limited \$ only) goto PRT.16

[NEW]

PRT. 10 Which limit affected your use of {diet used the most} the most: the limit on the number of visits or the limit on the dollar amount?

- 1) number of visits (PRT.11)
 - 2) dollar amount (PRT.16)
 - 3) Neither affected my use of {diet used the most} (didn't exceed limits) (PRT.21)
- DK (PRT.11)

[NEW]

PRT.11 During the past 12 months, what is the maximum number of visits to a practitioner for {diet used the most} that your health insurance would cover?

_____ (number of visits)

[NEW]

PRT.12 During the past 12 months, how many times did you see a practitioner for {diet used the most}?

_____ (number of visits)

If went more times than covered by health insurance goto PRT.14, else next question

[NEW]

PRT.13 How much did you pay out-of-pocket per visit to a practitioner for {diet used the most}?

\$ _____ (goto PRT.23)

Soft check: verify answer of zero is correct

[NEW]

PRT.14 How much did you pay out-of-pocket per visit to a practitioner for {diet used the most} for visits COVERED by health insurance?

\$ _____

[NEW]

PRT.15 How much did you pay out-of-pocket per visit to a practitioner for {diet used the most} for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.16 During the past 12 months, what is the maximum dollar amount that your insurance would cover for visits to a practitioner for {diet used the most}?

_____ (amount in dollars)

[NEW]

PRT.17 During the past 12 months, did you spend more money for {diet used the most} than was covered by health insurance?

- 1) Yes (next question)
- 2) No (next question)
- DK (goto PRT.21)

[NEW]

PRT.18 During the past 12 months, how many times did you see a practitioner for {diet used the most}?

_____ (number of visits)

[NEW]

PRT.19 How much did you pay out-of-pocket per visit to a practitioner for {diet used the most} for visits COVERED by health insurance?

\$ _____

If did not go over dollar limit, goto PRT.23, else next question

[NEW]

PRT. 20 About how many times did you see a practitioner for {diet used the most} after you reached the dollar limit and the visits were no longer covered by health insurance?

_____ (number of visits)

[NEW]

PRT.20b How much did you pay out-of-pocket per visit to a practitioner for {diet used the most} for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.21 During the past 12 months, how many times did you see a practitioner for {diet used the most}?

_____ (number of visits)

[NEW]

PRT.22 On average, how much did you pay out-of-pocket for each visit to a practitioner for {diet used the most}?

\$ _____

[NEW]

PRT.23 During the past 12 months, did you use {diet used the most} for any of these reasons?

Yes/no

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a *specific* disease or health problem
- (3) To treat or manage a *specific* disease or health problem

If yes to 1,2, or 3 go to PRT.24 else goto PRT.25

[NEW]

PRT.24 During the past 12 months, did you use {diet used the most} for any of these reasons?

Yes/no

- (1) Because medical treatments were not helping you
- (2) Because medical treatments were too expensive
- (3) Because special diets combined with medical treatments would help you
- (4) Because prescription medication does not work
- (5) Because prescription medication causes side effects
- (6) Because prescription or over-the-counter drugs are too expensive
- (7) Because [modality] treats the cause and not just the symptoms

[Ask 8-10 if respondent has seen practitioner in past 12 months]

- (8) Because the practitioner spends more time with you than medical doctors
- (9) Because the practitioner treats the whole person and not just one part
- (10) Because I can participate in decisions about my health with the practitioner

[NEW]

PRT.25 During the past 12 months, did you use {diet used the most} diets for any of these reasons?

Yes/no

- (1) To stay healthy
- (2) To improve your energy
- (3) To Improve your immune function
- (4) To improve your physical ability
- (5) To improve your athletic or sports performance
- (6) To improve your sexual performance
- (7) To improve your concentration
- (8) To improve your memory
- (9) To improve your flexibility
- (10) To improve your muscle strength
- (11) To cleanse/detoxify your body

[NEW]

PRT.26 During the past 12 months, did you use {diet used the most} for any of these reasons?

Yes/no

- (1) Because it was recommended by a medical doctor
- (2) Because it was recommended by family, friends, or co-workers
- (3) Because you learned about it from a magazine, tv program, or on the internet
- (4) Because you can do it on your own
- (5) Because it is natural
- (6) Because it focuses on the whole person and not just one part
- (7) Because you wanted to try something different
- (8) Because it was part of your upbringing

[NEW]

PRT.27 Thinking about your use of {diet used the most}, please tell me if any of these statements are true for you. Yes/no

- (1) Using {diet used the most} has given you a sense of control over your health?
- (2) Using {diet used the most} has helped you to relax?
- (3) Using {diet used the most} has helped you to reduce your stress level?
- (4) Using {diet used the most} has motivated you to eat healthier?
- (5) Using {diet used the most} has motivated you to eat more organic foods
[ask #6 for respondents who report drinking alcohol in core]
- (6) Using {diet used the most} has motivated you to cut back or stop drinking alcohol?
[ask #6 for respondents who report smoking in core]
- (7) Using {diet used the most} has motivated you to cut back or stop smoking cigarettes, cigars, or pipes?
- (8) Using {diet used the most} has motivated you to exercise more regularly?
- (9) Using {diet used the most} has improved your overall health and made you feel better?
- (10) Using {diet used the most} has given you more hope for the future?
- (11) Using {diet used the most} has increased your ability to focus?
- (12) Using {diet used the most} has made you feel better emotionally?
- (13) Using {diet used the most} has made it easier to cope with health problems?
- (14) Using {diet used the most} has improved your outlook on life?
- (15) Using {diet used the most} has improved your relationships with others?
- (16) Using {diet used the most} has improved your self-confidence?

[NEW]

PRT.28 During the past 12 months, did you use {diet used the most} for spiritual reasons?

- (1) Yes
- (2) No

Ask if more than 1 chosen in PRT.23 (1,2,&3), else if 1, 2, OR 3 chosen goto next questions, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.29 Of the following reasons, which was the most important reason for seeing a practitioner for [modality]?

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a specific disease or health problem
- (3) To treat or manage a specific disease or health problem

Ask if 1, 2, or 3 chosen in PRT.23, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.30 For what symptom or health problems did you use {diet used the most} for the most [to prevent/to treat or manage]?

(Computer will display conditions picked earlier in core or for prevent computer will display conditions asked about in core)

[IF more than 1 condition, ask PRT.31; else go to PRT.32]

PRT.31 For which ONE of these health conditions did you use {diet used the most} the most?

_____ [CONDITION]

***If respondent cannot choose one condition, probe for condition most important for using modality.**

[HELP SCREEN WILL LIST TYPES OF OTC MEDS]

PRT.32 Did you receive any of these medical treatments for [*condition for which modality used the most*]? Please say yes or no to each.

- (1) Prescription Medications
- (2) Over-the-counter medications
- (3) Surgery
- (4) Physical therapy
- (5) Mental Health Counseling

[2002 Q.]

PRT.33 How much do you think {diet used the most} helped your [condition]? Would you say a great deal, some, only a little, or not at all?

- (8) A great deal
- (9) Some
- (10) Only a little
- (11) Not at all

[2002 Q.]

PRT.34 During the past 12 months, how important was your use of {diet used the most} in maintaining your health and well-being? Would you say very important, somewhat important, slightly important, or not at all important?

- (12) Very important
- (13) Somewhat important
- (14) Slightly important
- (15) Not at all important

[NEW]

PRT.35 {fill if saw practitioner in past 12 months:Not including visits to a practitioner}
How often did you use {diet used the most} in the past 12 months?

_____ times per day/week/month/year

PRT.36 {if saw practitioner for this modality in past 12 months insert: Other than seeing a practitioner for [modality],
DURING THE PAST 12 MONTHS, did you let any of the following medical professionals know about your use of {diet used the most}? Please say yes or no to each.

- (1) D.O. or Doctor of Osteopathy
- (2) M.D. or Medical Doctor including specialists
- (3) Nurse Practitioner/Physician Assistant
- (4) Psychiatrist
- (5) Dentist including specialists
- (6) Psychologist/Social Worker
- (7) Pharmacist

[NEW]

PRT.37 During the past 12 months, did you buy a self-help book or other materials such as a DVD, CD, or Video to learn about special diets?

- (1) Yes (goto PRT.38)
- (2) No (goto next modality)

[NEW]

PRT.38 How much did you pay for these materials?

\$ _____

YOGA/TAI CHI/QI GONG

YOG.1 Have you EVER practiced any of the following? 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]

Cycle through for each yes answer in YOG.1

YOG.2 DURING THE PAST 12 MONTHS, did you practice [exercise mentioned in YOG.1] for yourself?

- (1) Yes
- (2) No to all [**goto next modality**]

[IF MORE THAN ONE EXERCISE MENTIONED in YOG.2, ASK YOG.3; OTHERWISE GO TO YOG.4]

YOG.3 During the past 12 months, which exercise {fill from YES responses to YOG.2} did you practice the *most*?

_____ [EXERCISE]

[NEW]

YOG.4 Did you do breathing exercises as part of {fill type of exercise}? Breathing exercises may involve actively controlling the way air is drawn in, or the rate or depth of breathing.

- 1) Yes
- 2) No

[NEW]

YOG.5 Did you do postures, poses, or movements as part of {fill type of exercise}?

- 1) Yes
- 2) No

[NEW]

YOG.6 Did you do meditatioin as part of {fill type of exercise}?

- 1) Yes
- 2) No

[NEW]

PRT.3 Do you currently use {fill type of exercise} more, less, or about the same as you did one year ago?

- 1) More
- 2) Less
- 3) About the same

[NEW]

PRT.4 Compared to the past 12 months, do you plan to use {fill type of exercise} more, less, or about the same during the next 12 months?

- 1) More
- 2) Less
- 3) About the same

YOG.5 DURING THE PAST 12 MONTHS, did you take a {fill type of exercise} class or in some way receive formal training? Attending only one session does not count.

- (1) Yes (next question, PRT.5)
- (2) No (PRT.23)

[if haven't seen practitioner in past 12 months (no to YOG.5) goto PRT.23]

[if no health insurance, goto PRT.21]

[NEW]

PRT.5 Does your health insurance cover taking classes or seeing a practitioner for {type of exercise}?

- 1) Yes (goto PRT.6)
- 2) No (goto PRT.21)

[NEW]

PRT.6 During the past 12 months, were any of the costs for your classes or visits to a practitioner for {type of exercise} covered by health insurance?

- 1) Yes (goto PRT.7a)
- 2) No (goto PRT.7)

[NEW]

PRT.7 Which were not covered by your health insurance: the practitioner, the health problem, or something else? *Mark all that apply.*

- 1) Practitioner (goto PRT.21)
- 2) Health problem (goto PRT.21)
- 3) Other (goto PRT.21)

[NEW]

PRT.7a During the past 12 months, did you have to pay a deductible before your health insurance would cover taking classes or seeing a practitioner for {type of exercise}?

- 1) Yes (next question)
- 2) No (goto PRT.8)

[NEW]

PRT.7b How much was the deductible?

\$ _____

[NEW]

PRT.7c Did you pay ALL of this deductible?

- 1) Yes (next question)
- 2) No (PRT.21)

[NEW]

PRT.8 During the past 12 months, did your health insurance limit the number classes or visits that were covered for seeing a practitioner for {type of exercise}?

- 1) Yes
- 2) No

[NEW]

PRT.9 {fill for yes to question above: Other than limiting the number of visits,} Did your health insurance {also} limit the dollar amount covered for taking classes or seeing a practitioner for {type of exercise}?

- 1) Yes
- 2) No

Yes to both PRT.8 and PRT.9 (limited in visits and \$) goto PRT.10
No to both PRT.8 and PRT.9 (no limits on visits or \$0) goto PRT.21
Yes to PRT.8 only (limited visits only) goto PRT.11
Yes to PRT.9 only (limited \$ only) goto PRT.16

[NEW]

PRT. 10 Which limit affected your use of {type of exercise} the most: the limit on the number of classes or visits, or the limit on the dollar amount?

- 1) number of classes/visits (PRT.11)
 - 2) dollar amount (PRT.16)
 - 3) Neither affected my use of {type of exercise} (didn't exceed limits) (PRT.21)
- DK (PRT.11)

[NEW]

PRT.11 During the past 12 months, what is the maximum number of classes or visits to a practitioner for {type of exercise} that your health insurance would cover?

_____ (number of visits)

[NEW]

PRT.12 During the past 12 months, how many times did you take a class or see a practitioner for {type of exercise}?

_____ (number of visits)

If went more times than covered by health insurance goto PRT.14, else next question

[NEW]

PRT.13 How much did you pay out-of-pocket per class or visit to a practitioner for {type of exercise}?

\$ _____ (goto PRT.23)

Soft check: verify answer of zero is correct

[NEW]

PRT.14 How much did you pay out-of-pocket per class or visit to a practitioner for {type of exercise} for visits COVERED by health insurance?

\$ _____

[NEW]

PRT.15 How much did you pay out-of-pocket per class or visit to a practitioner for {type of exercise} for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.16 During the past 12 months, what is the maximum dollar amount that your insurance would cover for classes or visits to a practitioner for {type of exercise}?

_____ (amount in dollars)

[NEW]

PRT.17 During the past 12 months, did you spend more money for {type of exercise} than was covered by health insurance?

- 1) Yes (next question)
- 2) No (next question)
- DK (goto PRT.21)

[NEW]

PRT.18 During the past 12 months, how many times did you take a class or see a practitioner for {type of exercise}?

_____ (number of visits)

[NEW]

PRT.19 How much did you pay out-of-pocket per class or visit to a practitioner for {type of exercise} for visits COVERED by health insurance?

\$ _____

If did not go over dollar limit, goto PRT.23, else next question

[NEW]

PRT. 20 About how many times did you take a class or see a practitioner for {type of exercise} after you reached the dollar limit and the visits were no longer covered by health insurance?

_____ (number of visits)

[NEW]

PRT.20b How much did you pay out-of-pocket per class or visit to a practitioner for {type of exercise} for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.21 During the past 12 months, how many times did you take a class or see a practitioner for {type of exercise}?

_____ (number of visits)

[NEW]

PRT.22 On average, how much did you pay out-of-pocket for each class or visit to a practitioner for {type of exercise}?

\$ _____

FR instruction: For classes included in gym membership record zero costs.

[NEW]

PRT.23 During the past 12 months, did you use {fill type of exercise} for any of these reasons?

Yes/no

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a *specific* disease or health problem
- (3) To treat or manage a *specific* disease or health problem

If yes to 1,2, or 3 go to PRT.24 else goto PRT.25

[NEW]

PRT.24 During the past 12 months, did you use {fill type of exercise} for any of these reasons?

Yes/no

- (1) Because medical treatments were not helping you
- (2) Because medical treatments were too expensive
- (3) Because special diets combined with medical treatments would help you
- (4) Because prescription medication does not work
- (5) Because prescription medication causes side effects
- (6) Because prescription or over-the-counter drugs are too expensive
- (7) Because the practitioner spends more time with you than medical doctors

[Ask 8-10 if respondent has taken class or seen practitioner in past 12 months]

- (8) Because the practitioner treats the whole person and not just one part
- (9) Because [modality] treats the cause and not just the symptoms
- (10) Because I can participate in decisions about my health with the practitioner

[NEW]

PRT.25 During the past 12 months, did you use {fill type of exercise} for any of these reasons?

Yes/no

- (1) To stay healthy
- (2) To improve your energy
- (3) To Improve your immune function
- (4) To improve your physical ability
- (5) To improve your athletic or sports performance
- (6) To improve your sexual performance
- (7) To improve your concentration
- (8) To improve your memory
- (9) To improve your flexibility
- (10) To improve your muscle strength
- (11) To cleanse/detoxify your body

[NEW]

PRT.26 During the past 12 months, did you use {fill type of exercise} for any of these reasons?

Yes/no

- (1) Because it was recommended by a medical doctor
- (2) Because it was recommended by family, friends, or co-workers
- (3) Because you learned about it from a magazine, tv program, or on the internet
- (4) Because you can do it on your own
- (5) Because it is natural
- (6) Because it focuses on the whole person and not just one part
- (7) Because you wanted to try something different
- (8) Because it was part of your upbringing

[NEW]

PRT.27 Thinking about your use of {fill type of exercise}, please tell me if any of these statements are true for you. Yes/no

- (1) Using {fill type of exercise} has given you a sense of control over your health?
- (2) Using {fill type of exercise} has helped you to relax?
- (3) Using {fill type of exercise} has helped you to reduce your stress level?
- (4) Using {fill type of exercise} has motivated you to eat healthier?
- (5) Using {fill type of exercise} has motivated you to eat more organic foods
[ask #6 for respondents who report drinking alcohol in core]
- (6) Using {fill type of exercise} has motivated you to cut back or stop drinking alcohol?
[ask #6 for respondents who report smoking in core]
- (7) Using {fill type of exercise} has motivated you to cut back or stop smoking cigarettes, cigars, or pipes?
- (8) Using {fill type of exercise} has motivated you to exercise more regularly?
- (9) Using {fill type of exercise} has improved your overall health and made you feel better?
- (10) Using {fill type of exercise} has given you more hope for the future?
- (11) Using {fill type of exercise} has increased your ability to focus?
- (12) Using {fill type of exercise} has made you feel better emotionally?
- (13) Using {fill type of exercise} has made it easier to cope with health problems?
- (14) Using {fill type of exercise} has improved your outlook on life?
- (15) Using {fill type of exercise} has improved your relationships with others?
- (16) Using {fill type of exercise} has improved your self-confidence?

[NEW]

PRT.28 During the past 12 months, did you take {fill type of exercise} classes or see a practitioner for {fill type of exercise} for spiritual reasons?

- (1) Yes
- (2) No

Ask if more than 1 chosen in PRT.23 (1,2,&3), else if 1, 2, OR 3 chosen goto next questions, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.29 Of the following reasons, which was the most important reason for seeing a practitioner for {fill type of exercise}?

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a specific disease or health problem
- (3) To treat or manage a specific disease or health problem

Ask if 1, 2, or 3 chosen in PRT.23, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.30 For what symptom or health problems did you use {fill type of exercise} the most [to prevent/to treat or manage]?

(Computer will display conditions picked earlier in core or for prevent computer will display conditions asked about in core)

[IF more than 1 condition, ask PRT.31; else go to PRT.32]

PRT.31 For which ONE of these health conditions did you use {fill type of exercise} the most?

_____ [CONDITION]

***If respondent cannot choose one condition, probe for condition most important for using modality.**

[HELP SCREEN WILL LIST TYPES OF OTC MEDS]

PRT.32 Did you receive any of these medical treatments for [*condition for which modality used the most*]? Please say yes or no to each.

- (1) Prescription Medications
- (2) Over-the-counter medications
- (3) Surgery
- (4) Physical therapy
- (5) Mental Health Counseling

[2002 Q.]

PRT.33 How much do you think {fill type of exercise} helped your [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

[2002 Q.]

PRT.34 During the past 12 months, how important was your use of {fill type of exercise} in maintaining your health and well-being? Would you say very important, somewhat important, slightly important, or not at all important?

- (1) Very important
- (2) Somewhat important
- (3) Slightly important
- (4) Not at all important

[NEW]

PRT.35 {fill if saw practitioner in past 12 months:Not including visits to a practitioner}
How often did you use {fill type of exercise} in the past 12 months?

_____ times per day/week/month/year

PRT.36 {if saw practitioner for this modality in past 12 months insert: Other than seeing a practitioner for [modality],
DURING THE PAST 12 MONTHS, did you let any of the following medical professionals know about your use of {fill type of exercise}? Please say yes or no to each.

- (1) D.O. or Doctor of Osteopathy
- (2) M.D. or Medical Doctor including specialists
- (3) Nurse Practitioner/Physician Assistant
- (4) Psychiatrist
- (5) Dentist including specialists
- (6) Psychologist/Social Worker
- (7) Pharmacist

[NEW]

PRT.37 During the past 12 months, did you buy a self-help book or other materials such as a DVD, CD, or Video to learn about {fill type of exercise}?

- (1) Yes (goto PRT.38)
- (2) No (goto next modality)

[NEW]

PRT.38 How much did you pay for these materials?

\$ _____

RELAXATION and STRESS MANAGEMENT TECHNIQUES

REL.1 Have you EVER used any of the following for your own health or treatment?

- (1) Mantra Meditation YES NO
(i.e. Transcendental Meditation® , Relaxation Response , and Clinically Standardized Meditation)
- (2) Mindfulness meditation YES NO
(i.e., Vipassana, Zen Buddhist meditation, Mindfulness-based Stress Reduction, and Mindfulness-based Cognitive Therapy)
- (3) Spiritual meditation YES NO
(i.e. Centering Prayer and Contemplative Meditation)
- (4) Guided imagery YES NO
- (5) Progressive relaxation YES NO

[IF NO TO ALL, GO TO prayer]

Cycle through for every yes in REL.1

REL.3 DURING THE PAST 12 MONTHS, did you use [*methods mentioned in REL.1 and/or REL.2*] for yourself?

- (1) Yes
- (2) No to all (**GO TO PRAYER**)

[IF MORE THAN ONE YES in REL.3, ASK REL.4; ELSE GO TO REL.5]

REL.4 During the past 12 months, which relaxation techniques {fill techniques from REL. 3} did you use the *most*?

_____ [TECHNIQUE]

[NEW]

REL.5 Did you do breathing exercises as part of {relaxation technique used the most}?

- 1) Yes
- 2) No

REL.6 DURING THE PAST 12 MONTHS, did you see a practitioner or take a class for {relaxation technique used the most}?

- (1) Yes
- (2) No

[NEW]

PRT.3 Do you currently use {relaxation technique used the most} more, less, or about the same as you did one year ago?

- 1) More
- 2) Less
- 3) About the same

[NEW]

PRT.4 Compared to the past 12 months, do you plan to use {relaxation technique used the most} more, less, or about the same during the next 12 months?

- 1) More
- 2) Less
- 3) About the same

[if haven't seen practitioner in past 12 months (no to REL.6) goto PRT.23]

[if no health insurance, goto PRT.21]

[NEW]

PRT.5 Does your health insurance cover taking classes or seeing a practitioner for {relaxation technique used the most}?

- 1) Yes (goto PRT.6)
- 2) No (goto PRT.21)

[NEW]

PRT.6 During the past 12 months, were any of the costs for your classes or visits to a practitioner for {relaxation technique used the most} covered by health insurance?

- 1) Yes (goto PRT.7a)
- 2) No (goto PRT.7)

[NEW]

PRT.7 Which were not covered by your health insurance: the practitioner, the health problem, or something else? *Mark all that apply.*

- 1) Practitioner (goto PRT.21)
- 2) Health problem (goto PRT.21)
- 3) Other (goto PRT.21)

[NEW]

PRT.7a During the past 12 months, did you have to pay a deductible before your health insurance would cover taking classes or seeing a practitioner for {relaxation technique used the most}?

- 1) Yes (next question)
- 2) No (goto PRT.8)

[NEW]

PRT.7b How much was the deductible?

\$ _____

[NEW]

PRT.7c Did you pay ALL of this deductible?

- 1) Yes (next question)
- 2) No (PRT.21)

[NEW]

PRT.8 During the past 12 months, did your health insurance limit the number classes or visits that were covered for seeing a practitioner for {relaxation technique used the most}?

- 1) Yes
- 2) No

[NEW]

PRT.9 {fill for yes to question above: Other than limiting the number of visits,} Did your health insurance {also} limit the dollar amount covered for taking classes or seeing a practitioner for {relaxation technique used the most}?

- 1) Yes
- 2) No

Yes to both PRT.8 and PRT.9 (limited in visits and \$) goto PRT.10

No to both PRT.8 and PRT.9 (no limits on visits or \$0) goto PRT.21

Yes to PRT.8 only (limited visits only) goto PRT.11

Yes to PRT.9 only (limited \$ only) goto PRT.16

[NEW]

PRT. 10 Which limit affected your use of {relaxation technique used the most} the most: the limit on the number of classes or visits, or the limit on the dollar amount?

- 1) number of classes/visits (PRT.11)
 - 2) dollar amount (PRT.16)
 - 3) Neither affected my use of {relaxation technique used the most} (didn't exceed limits) (PRT.21)
- DK (PRT.11)

[NEW]

PRT.11 During the past 12 months, what is the maximum number of classes or visits to a practitioner for {relaxation technique used the most} that your health insurance would cover?

_____ (number of visits)

[NEW]

PRT.12 During the past 12 months, how many times did you take a class or see a practitioner for {relaxation technique used the most}?

_____ (number of visits)

If went more times than covered by health insurance goto PRT.14, else next question

[NEW]

PRT.13 How much did you pay out-of-pocket per class or visit to a practitioner for {relaxation technique used the most}?

\$ _____ (goto PRT.23)

Soft check: verify answer of zero is correct

[NEW]

PRT.14 How much did you pay out-of-pocket per class or visit to a practitioner for {relaxation technique used the most} for visits COVERED by health insurance?

\$ _____

[NEW]

PRT.15 How much did you pay out-of-pocket per class or visit to a practitioner for {relaxation technique used the most} for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.16 During the past 12 months, what is the maximum dollar amount that your insurance would cover for classes or visits to a practitioner for {relaxation technique used the most}?

_____ (amount in dollars)

[NEW]

PRT.17 During the past 12 months, did you spend more money for {relaxation technique used the most} than was covered by health insurance?

- 1) Yes (next question)
- 2) No (next question)
- DK (goto PRT.21)

[NEW]

PRT.18 During the past 12 months, how many times did you take a class or see a practitioner for {relaxation technique used the most}?

_____ (number of visits)

[NEW]

PRT.19 How much did you pay out-of-pocket per class or visit to a practitioner for {relaxation technique used the most} for visits COVERED by health insurance?

\$ _____

If did not go over dollar limit, goto PRT.23, else next question

[NEW]

PRT. 20 About how many times did you take a class or see a practitioner for {relaxation technique used the most} after you reached the dollar limit and the visits were no longer covered by health insurance?

_____ (number of visits)

[NEW]

PRT.20b How much did you pay out-of-pocket per class or visit to a practitioner for {relaxation technique used the most} for visits NOT COVERED by health insurance?

\$ _____ GOTO PRT.23

[NEW]

PRT.21 During the past 12 months, how many times did you take a class or see a practitioner for {relaxation technique used the most}?

_____ (number of visits)

[NEW]

PRT.22 On average, how much did you pay out-of-pocket for each class or visit to a practitioner for {relaxation technique used the most}?

\$ _____

[NEW]

PRT.23 During the past 12 months, did you use {relaxation technique used the most} for any of these reasons? Yes/no

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a *specific* disease or health problem
- (3) To treat or manage a *specific* disease or health problem

If yes to 1,2, or 3 go to PRT.24 else goto PRT.25

[NEW]

PRT.24 During the past 12 months, did you use {relaxation technique used the most} for any of these reasons? Yes/no

- (1) Because medical treatments were not helping you
- (2) Because medical treatments were too expensive
- (3) Because special diets combined with medical treatments would help you
- (4) Because prescription medication does not work
- (5) Because prescription medication causes side effects
- (6) Because prescription or over-the-counter drugs are too expensive
- (7) Because the practitioner spends more time with you than medical doctors

[Ask 8-10 if respondent has taken class or seen practitioner in past 12 months]

- (8) Because the practitioner treats the whole person and not just one part
- (9) Because [modality] treats the cause and not just the symptoms
- (10) Because I can participate in decisions about my health with the practitioner

[NEW]

PRT.25 During the past 12 months, did you use {relaxation technique used the most} for any of these reasons? Yes/no

- (1) To stay healthy
- (2) To improve your energy
- (3) To Improve your immune function
- (4) To improve your physical ability
- (5) To improve your athletic or sports performance
- (6) To improve your sexual performance
- (7) To improve your concentration
- (8) To improve your memory
- (9) To improve your flexibility
- (10) To improve your muscle strength
- (11) To cleanse/detoxify your body

[NEW]

PRT.26 During the past 12 months, did you use {relaxation technique used the most} for any of these reasons? Yes/no

- (1) Because it was recommended by a medical doctor
- (2) Because it was recommended by family, friends, or co-workers
- (3) Because you learned about it from a magazine, tv program, or on the internet
- (4) Because you can do it on your own
- (5) Because it is natural
- (6) Because it focuses on the whole person and not just one part
- (7) Because you wanted to try something different
- (8) Because it was part of your upbringing

[NEW]

PRT.27 Thinking about your use of {relaxation technique used the most}, please tell me if any of these statements are true for you. Yes/no

- (1) Using {fill type of exercise} has given you a sense of control over your health?
- (2) Using {fill type of exercise} has helped you to relax?
- (3) Using {fill type of exercise} has helped you to reduce your stress level?
- (4) Using {fill type of exercise} has motivated you to eat healthier?
- (5) Using {fill type of exercise} has motivated you to eat more organic foods
[ask #6 for respondents who report drinking alcohol in core]
- (6) Using {fill type of exercise} has motivated you to cut back or stop drinking alcohol?
[ask #6 for respondents who report smoking in core]
- (7) Using {fill type of exercise} has motivated you to cut back or stop smoking cigarettes, cigars, or pipes?
- (8) Using {fill type of exercise} has motivated you to exercise more regularly?
- (9) Using {fill type of exercise} has improved your overall health and made you feel better?
- (10) Using {fill type of exercise} has given you more hope for the future?
- (11) Using {fill type of exercise} has increased your ability to focus?
- (12) Using {fill type of exercise} has made you feel better emotionally?
- (13) Using {fill type of exercise} has made it easier to cope with health problems?
- (14) Using {fill type of exercise} has improved your outlook on life?
- (15) Using {fill type of exercise} has improved your relationships with others?
- (16) Using {fill type of exercise} has improved your self-confidence?

[NEW]

PRT.28 During the past 12 months, did you take {relaxation technique used the most} classes or see a practitioner for {fill type of exercise} for spiritual reasons?

- (1) Yes
- (2) No

Ask if more than 1 chosen in PRT.23 (1,2,&3), else if 1, 2, OR 3 chosen goto next questions, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.29 Of the following reasons, which was the most important reason for seeing a practitioner for {relaxation technique used the most}?

- (1) To treat or manage physical or emotional symptoms
- (2) To prevent a specific disease or health problem
- (3) To treat or manage a specific disease or health problem

Ask if 1, 2, or 3 chosen in PRT.23, else if not using for symptom or health condition goto PRT.34

[NEW]

PRT.30 For what symptom or health problems did you use {relaxation technique used the most} the most [to prevent/to treat or manage]?

(Computer will display conditions picked earlier in core or for prevent computer will display conditions asked about in core)

[IF more than 1 condition, ask PRT.31; else go to PRT.32]

PRT.31 For which ONE of these health conditions did you use {relaxation technique used the most} the most?

_____ [CONDITION]

***If respondent cannot choose one condition, probe for condition most important for using modality.**

[HELP SCREEN WILL LIST TYPES OF OTC MEDS]

PRT.32 Did you receive any of these medical treatments for [*condition for which modality used the most*]? Please say yes or no to each.

- (1) Prescription Medications
- (2) Over-the-counter medications
- (3) Surgery
- (4) Physical therapy
- (5) Mental Health Counseling

[2002 Q.]

PRT.33 How much do you think {relaxation technique used the most} helped your [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

[2002 Q.]

PRT.34 During the past 12 months, how important was your use of {relaxation technique used the most} in maintaining your health and well-being? Would you say very important, somewhat important, slightly important, or not at all important?

- (1) Very important
- (2) Somewhat important
- (3) Slightly important
- (4) Not at all important

[NEW]

PRT.35 {fill if saw practitioner in past 12 months:Not including visits to a practitioner} How often did you use {relaxation technique used the most} in the past 12 months?

_____ times per day/week/month/year

PRT.36 {if saw practitioner for this modality in past 12 months insert: Other than seeing a practitioner for [modality], DURING THE PAST 12 MONTHS, did you let any of the following medical professionals know about your use of {relaxation technique used the most}? Please say yes or no to each.

- (1) D.O. or Doctor of Osteopathy
- (2) M.D. or Medical Doctor including specialists
- (3) Nurse Practitioner/Physician Assistant
- (4) Psychiatrist
- (5) Dentist including specialists
- (6) Psychologist/Social Worker
- (7) Pharmacist

[NEW]

PRT.37 During the past 12 months, did you buy a self-help book or other materials such as a DVD, CD, or Video to learn about {relaxation technique used the most}?

- (1) Yes (goto PRT.37)
- (2) No (goto prayer)

[NEW]

PRT.38 How much did you pay for these materials?

\$ _____

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 [end]

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

- (1) Yes
- (2) No