

**SAMPLE: SELF-ADMINISTERED QUESTIONNAIRE**

**Do you talk to your health care providers about complementary and alternative medicine?**

The National Center for Complementary and Alternative Medicine at the National Institutes of Health is interested in getting your input about how people communicate with their health care providers about complementary and alternative medicine (CAM). Your responses are confidential and anonymous. Thank you for sharing your thoughts.

**Please read the following statements:**

- A. Talking to your providers about CAM use helps them be fully informed and your partner in health care.
- B. Some CAM approaches can have an effect on conventional medicine. Talking with your health care providers will help ensure coordinated and safe care.
- C. Giving your health care providers a full picture of what you do to manage your health helps you stay in control.
- D. Some CAM therapies may be beneficial to your health, but can interact with conventional medications.

**1. Which statement do you like the most?** \_\_\_\_\_

**What do you like about it?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. Which statement do you like the least?** \_\_\_\_\_

**What don't you like about it?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DEMOGRAPHICS** *The following questions are for statistical purposes only.*

**3. Do you discuss CAM with your doctor/provider?**

€ Yes      € No

**4. What is your gender?**

€ Female      € Male

**5. What is your age?**

€ 50-55   € 56-60   € 61-65   € 66-70   € 71-75   € 75+

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