

Attachment 1: Questions to be cognitively tested

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2022 Draft NHIS Complementary Health Approaches and Well-being Questionnaire

Now I am going to ask you about some health services you may have used.

1. During the past 12 months, have you seen or talked to a chiropractor about your own health?

**ask if yes*

1a. During the past 12 months, did you see a chiropractor to treat or manage pain?

1b. During the past 12 months did you see a chiropractor for general wellness?

1c. During the past 12 months did you see a chiropractor to restore your overall health?

2. DURING THE PAST 12 MONTHS, did you see a practitioner of acupuncture?

**ask if yes*

2a. During the past 12 months, did you see a practitioner of acupuncture to treat or manage pain?

2b. During the past 12 months did you see a practitioner of acupuncture for general wellness?

2c. During the past 12 months, did you see a practitioner of acupuncture to restore your overall health?

3. DURING THE PAST 12 MONTHS, did you see a practitioner of massage?

**ask if yes*

3a. During the past 12 months, did you see a practitioner of massage to treat or manage pain?

3b. During the past 12 months did you see a practitioner of massage for general wellness?

3c. During the past 12 months, did you see a practitioner of massage to restore your overall health?

4. DURING THE PAST 12 MONTHS, did you see a practitioner of naturopathy (nay-chur-AH-puh-thee)?

Read if necessary: Naturopathy is a medical system that has evolved from traditional practices and approaches in Europe during the 19th century. People visit naturopaths for primary care, overall well-being, and treatment of illnesses. Naturopathic practitioners use treatments such as dietary and lifestyle changes, stress reduction, and exercise.

**ask if yes*

4a. During the past 12 months, did you see a practitioner of naturopathy to treat or manage pain?

4b. During the past 12 months did you see a practitioner of naturopathy for general wellness?

4c. During the past 12 months, did you see a practitioner of naturopathy to restore your overall health?

5. Adult-Music therapists are certified health care professionals who work in health care settings, senior centers, and treatment centers.

Read if necessary: Treatment center include mental health, eating disorders, drug and alcohol rehab, and other centers.

DURING THE PAST 12 MONTHS, did you see a music therapist?

**ask if yes*

5a. During the past 12 months, did you see a music therapist to treat or manage pain?

5b. During the past 12 months did you see a music therapist for general wellness?

5c. During the past 12 months, did you see a music therapist to restore your overall health?

6. Adult-Art therapists are health care professionals with a master's level degree who work in health care settings, senior centers, and private practice.

DURING THE PAST 12 MONTHS, did you see an art therapist?

**ask if yes*

6a. During the past 12 months, did you see an art therapist to treat or manage pain?

6b. During the past 12 months did you see an art therapist for general wellness?

6c. During the past 12 months, did you see an art therapist to restore your overall health?

7. During the past 12 months did you use guided imagery or progressive relaxation?

**ask if yes*

7a. During the past 12 months, did you use guided imagery or progressive relaxation to treat or manage pain?

7b. During the past 12 months did you use guided imagery or progressive relaxation for general wellness?

7c. During the past 12 months, did you use guided imagery or progressive relaxation to restore your overall health?

8. Meditation includes Mindfulness, Mantra, and Spiritual meditation. During the past 12 months did you use any of these types of meditation?

**ask if yes*

7b. During the past 12 months, did you use any of these types of meditation to treat or manage pain?

7c. During the past 12 months did you use any of these types of meditation for general wellness?

7d. During the past 12 months, did you use any of these types of meditation to restore your overall health?

9. DURING THE PAST 12 MONTHS, did you practice Yoga?

**ask if yes*

9a. Breathing exercises may involve actively controlling the way air is drawn in, or the rate or depth of breathing. Did you do breathing exercises or meditation as part of Yoga?

ORIGIN: breathing exercises were asked on the 2002, 2007, 2012, and 2017 surveys. All but 2017 were cognitively testing at NCHS.

9b. During the past 12 months, did you use yoga to treat or manage pain?

9c. During the past 12 months did you use yoga for general wellness?

9d. During the past 12 months, did you use yoga to restore your overall health?

Note: One or both versions below (or similar) may be tested. The exact question has not been selected yet.

10a. All things considered, how satisfied are you with your life as a whole these days? Use a 0 to 10 scale, where 0 is dissatisfied and 10 is satisfied.

10a. All things considered, how satisfied are you with your life as a whole these days?

1. Extremely satisfied
2. Somewhat satisfied
3. Somewhat dissatisfied
4. Extremely dissatisfied