

APPENDICES

Questionnaire- English version

The purpose of this questionnaire is to find out what extent patients with chronic kidney disease in Shanghai are using complementary and alternative medicines. The findings of this study will help us better understand our patients with chronic kidney disease (CKD) and thus help us improve the medical treatment and care we provide to them. We implore you to give us as honest an answer to each question as possible. You may choose not to answer any questions that you are uncomfortable with. Note that the information will remain secret and will be used only for the purposes of scientific research.

1. The stage of CDK:

2. Gender

male	
female	

3. Age (years)

≤39	
40–59	
60–79	
≥80	

4. Marital status

Single	
Married	
Divorced/widowed	

5. Occupation

Employed	
Separated/unemployed/retired	

6. Address

Suburbs	
Capital city	

7. Level of education

Less than secondary school	
Secondary school	
Vocational degree	
Undergraduate degree	
Higher than undergraduate degree	

Complementary and alternative medicine

8. In the past year, have you used Chinese medicine for treatment?

Yes	
No	
Cannot remember	

Note: Please continue to answer the following questions by selecting (1) and end your answer by selecting (2) and (3).

9. Please check all that you are currently using or have/had been using in the past (please check all that apply and you can choose more than one item)

Nutritional Approaches	
Herbs	
vitamins and minerals,	
Probiotics	
Dietary supplements	
Psychological and physical approaches	
Acupuncture	
Tai chi, Qigong, or Yoga	
Massage therapy	
Music therapy	
Dance	
Meditation	
Mindfulness-based stress reduction	
Chiropractic	
Other complementary health approaches	
Homeopathy	
Naturopathy	
Functional medicine	
Other (please specify)	

10. Purpose of using Complementary and alternative medicine(CAM)

Treatment CDK	
Treatment of other chronic diseases	
Improve physical health	
Improve emotional health	
Counteract ill effects from medical treatment	
Other (please specify)	

11. In the past year, how long had you been using CAM?

Less than 3 months	
3-6 months	
7-9 months	
10-12 months	

12. Why did you use CAM in the first place? (More than 1 answer can be selected)

Families/friends encouragement	
Frustration with conventional treatment	
Traditional treatments are too toxic or destructive	
Conventional treatment too expensive	
Might help	
Recommended by health care providers	
Used by themselves	
Other (please specify)	

13. Source of information regarding

Friends or family members	
newspaper/magazine	
Television/ radio	
Internet/ Social media	
Other patients	
Health Talk	
Health care providers	
Other (please specify)	

14. Have you told your doctor about these supplements or alternative therapies?

Yes, because

Doctor asked	
Wanted to know the doctor's opinion	
Doctor should know	
Other (please specify)	

No, because

Doctor did not ask	
Short-term or occasional use	
Did not see a doctor while using TCM	
I have stopped using it	
It was not necessary for the doctor to know	
Other (please specify)	

15. When using these supplements or alternative therapies, have they benefited you?

No effect at all	
I feel better	
I feel worse	
I am not sure	

16. When using these supplements or alternative therapies, have you experienced unpleasant side effects?

Yes, please specify	
No	
Uncertain	

17. Will CAM increase your financial burden?

Yes	
No	
Uncertain	

18. Would you recommend your relatives or friends to see a CAM practitioner? For example, traditional Chinese medicine

Yes	
No	
Uncertain	