

Supplementary Material. Questionnaire

CAM questionnaire for patients

I. CAM services

In the past 12 months, have you seen or talked to an alternative healthcare provider such as an acupuncturist, homoeopath, or massage therapist about your physical, emotional or mental health? If yes, choose one below (multi choice possible) and indicate whether the use of each was specifically for IBD or for other reasons.

1. Massage therapist

Yes → for IBD for other reasons

2. Acupuncturist

Yes → for IBD for other reasons

3. Naturopathic medicines (holistic approaches that focus on natural remedies)

Yes → for IBD for other reasons

4. Homoeopathy (treatments with diluted remedies prescribed by a homoeopath)

Yes → for IBD for other reasons

5. Relaxation

Yes → for IBD for other reasons

6. Reflexology

Yes → for IBD for other reasons

7. Aromatherapy

Yes → for IBD for other reasons

8. Hypnosis

Yes → for IBD for other reasons

9. Chinese traditional medicine (moxibustion or cupping)

Yes → for IBD for other reasons

10. Any services delivered by a spiritual healer or a religious healer

Yes → for IBD for other reasons

11. Chiropractors or physiotherapists

Yes → for IBD for other reasons

12. Others (describe)

Yes → for IBD for other reasons

II. CAM products

In the past 12 months, have you used other health products such as herbs, minerals, or homeopathic products? If yes, choose one below (multi choice possible) and indicate whether the use of each was specifically for IBD or for other reasons.

1. Herbal remedies

Yes → for IBD for other reasons

2. Ginseng

Yes → for IBD for other reasons

3. Deer antlers

Yes → for IBD for other reasons

4. Chinese medicine

Yes → for IBD for other reasons

5. St. John's wort/millepertuis valerian

Yes → for IBD for other reasons

6. Chamomile

Yes → for IBD for other reasons

7. Lavender

Yes → for IBD for other reasons

8. Ginkgo biloba

Yes → for IBD for other reasons

9. Kava Kava

Yes → for IBD for other reasons

10. Vitamins

Yes → for IBD for other reasons

11. Probiotics

Yes → for IBD for other reasons

12. Fish oils

Yes → for IBD for other reasons

13. Glucosamine

Yes → for IBD for other reasons

14. Others

Yes → for IBD for other reasons

CAM questionnaire for doctors

I. Basic background information

- 1. Name:
- 2. Country:
- 3. Age:
- 4. Gender:
 - female male
- 5. What is your type of practice?
 - private clinic academic teaching hospital other (please specify, _____)
- 6. What is your specialty?
 - Gastroenterologist specializing in IBD
 - General gastroenterologist
 - Surgeon
 - Pediatrician
 - Other (please specify, _____)

II. CAM questionnaires

Choose your opinion for questions to each CAM.

- 1. Massage therapy
 - How beneficial do you think this therapy is for IBD patients?
 - very beneficial moderately beneficial not very not at all
 - How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?
 - very likely to recommend somewhat likely to recommend
 - not very likely to recommend would never recommend
- 2. Acupuncture
 - How beneficial do you think this therapy is for IBD patients?
 - very beneficial moderately beneficial not very not at all
 - How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?
 - very likely to recommend somewhat likely to recommend
 - not very likely to recommend would never recommend
- 3. Naturopathic medicines (holistic approaches that focus on natural remedies)
 - How beneficial do you think this therapy is for IBD patients?
 - very beneficial moderately beneficial not very not at all
 - How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?
 - very likely to recommend somewhat likely to recommend
 - not very likely to recommend would never recommend

4. Homoeopathy (treatments with diluted remedies prescribed by a homoeopath)

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

5. Relaxation

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

6. Reflexology (zone therapy)

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

7. Aromatherapy

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

8. Hypnosis

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

9. Chinese traditional medicine (focusing on services like moxibustion or cupping)

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

10. Any services delivered by a spiritual healer or a religious healer

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

11. Chiropractic or physiotherapy

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

12. Herbal remedies

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

13. Ginseng

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

14. Deer antlers

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

15. Chinese medicine (focusing on product as drugs)

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

16. St. John's wort/millepertuis valerian

How beneficial do you think this therapy is for IBD patients?

very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

17. Chamomile

How beneficial do you think this therapy is for IBD patients?

very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

18. Lavender

How beneficial do you think this therapy is for IBD patients?

very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

19. Ginkgo biloba

How beneficial do you think this therapy is for IBD patients?

very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

20. Kava Kava

How beneficial do you think this therapy is for IBD patients?

very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

21. Vitamins

How beneficial do you think this therapy is for IBD patients?

very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

22. Probiotics

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

23. Fish oils

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend

24. Glucosamine

How beneficial do you think this therapy is for IBD patients?

- very beneficial moderately beneficial not very not at all

How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD patients?

- very likely to recommend somewhat likely to recommend
 not very likely to recommend would never recommend