

Many people use natural products to prevent or treat disease. **Natural products are dietary supplements, herbal teas, and special foods or liquids.** Some of these products are also used on your skin like creams, gels, or oils.

This survey asks about the natural products you use to improve your chronic pain, related symptoms, and general health and how often, how long, and why you took them. Please gather these products so you can look at them easily while filling this out. We are interested in all the natural products you use, whether or not you get them through VA. We will first ask you about multivitamins, then single vitamins and minerals, other natural products, cannabis, and home remedies.

On the lists that follow, please mark YES next to those you have taken during the past month, and please mark NO next to those you have not taken. If you use the same product in more than one way, please tell us about the way you use it the most. *For example, if you take a turmeric capsule every day AND use turmeric powder in smoothies at least once per week, select 'every day' for how often you take it.*

PRODUCT TYPE	I have taken in the PAST MONTH 		IF YES →	HOW OFTEN			FOR HOW LONG?		TO IMPROVE (check all that apply)...						
	No	Yes		LESS THAN ONCE per WEEK	AT LEAST ONCE per WEEK	EVERY DAY	LESS THAN 6 MONTHS	6 MONTHS OR MORE	PAIN or MOBILITY	SLEEP	PTSD or ANXIETY	STRESS	DEPRESSION	GENERAL HEALTH	OTHER
Multiple Vitamins <u>Multivitamin</u> (with or without minerals)	☐	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Name: 															
Brand: 															
<u>Mixed B-vitamin</u> (More than one B-vitamin in a single product, like B1 & B12)	☐	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Name: 															
Brand: 															

Magnesium
(topical, applied to
skin)

[illegible]

[illegible]

Cannabis (marijuana) is a plant that people sometimes use for their health. Some active ingredients in cannabis are CBD and THC. Cannabis products may be smoked, vaped, taken as a pill, drops, eaten, dabbed, or put directly on your skin.

This survey asks about the cannabis products you use to improve your chronic pain, related symptoms, and general health such as pain or mobility, sleep, PTSD or anxiety, stress, or depression. If you used cannabis products in more than one way during the past month, please tell us about the way you use it the most. *For example, if you used a CBD cream every day AND took a CBD pill to improve your health at least once per week, please only select 'every day' when you tell us how often you use this.*

Have you used any cannabis such as products that contain CBD or THC during the past month?

☐ **Yes**

☐ **No** (If you answered 'No,' please skip to the next page.)

Please mark YES next to cannabis you have taken during the past month, and please mark NO next to cannabis you have not taken.

CANNABIS THAT CONTAINS:	I have taken in the PAST MONTH		HOW OFTEN			FOR HOW LONG?		TO IMPROVE (check all that apply)...							
	No	Yes	IF YES →	LESS THAN ONCE per WEEK	AT LEAST ONCE per WEEK	EVERY DAY	LESS THAN 6 MONTHS	6 MONTHS OR MORE	PAIN or MOBILITY	SLEEP	PTSD or ANXIETY	STRESS	DEPRESSION	GENERAL HEALTH	OTHER
Mostly or all CBD	☐	☐													
Mostly or all THC	☐	☐													
Roughly equal THC and CBD	☐	☐													
Other or content not known	☐	☐													

In the past month, did you use cannabis products that you put directly on your skin?

☐ **Yes, the only way I used cannabis was on my skin**

☐ **Yes, sometimes I used cannabis on my skin but I used in other ways as well**

☐ **No, I did not put any cannabis products on my skin**

Please list the OTHER natural products you used most frequently in the past month to improve your chronic pain, related symptoms, and general health. This page is for products that you have purchased that have not yet been listed.

These may include combination products, which have more than one ingredient (for example, a product with more than one herb).

Please skip this page if you did not use any other natural products in the past month.

OTHER NATURAL PRODUCTS		HOW OFTEN			FOR HOW LONG?		TO IMPROVE (check all that apply)...						
		LESS THAN ONCE per WEEK	AT LEAST ONCE per WEEK	EVERY DAY	LESS THAN 6 MONTHS	6 MONTHS OR MORE	PAIN or MOBILITY	SLEEP	PTSD or ANXIETY	STRESS	DEPRESSION	GENERAL HEALTH	OTHER
1.	Name:												
	Brand:												
2.	Name:												
	Brand:												
3.	Name:												
	Brand:												
4.	Name:												
	Brand:												
5.	Name:												
	Brand:												



Home remedies (also known as *folk remedies*) are a traditional therapy which may contain natural products. Some people learn about and use these remedies from their family, culture, or other sources of knowledge. It requires preparation and is used for health purposes. Examples of home remedies may include homemade plasters, tinctures, or other liquids not already mentioned.

Please list the HOME REMEDIES you used most frequently in the past month to improve your chronic pain or related symptoms.

Please skip this page if you did not use any of these remedies in the past month.

[illegible]

The last part of this survey asks about your experience using natural products to improve your chronic pain or related symptoms. As mentioned, natural products include dietary supplements, herbal teas, and special foods or liquids. Some of these products are also used on your skin like creams, gels, or oils.

Please answer these questions the best that you can.

How often would you use natural products for pain or related symptoms if the VA provided them or your insurance paid for them?

☐ Always
 ☐ Very often
 ☐ Often
 ☐ Not often
 ☐ Never

Do you have unanswered questions about using natural products for pain?

☐ Yes
 ☐ No
 ☐ Not sure

Do you think it is important for your healthcare provider to talk with you about natural product use?

☐ Not important
 ☐ Important
 ☐ Very important
 ☐ Don't Know

Have you talked to your (VA) health care provider(s) about your use of natural products for pain or related symptoms?

☐ Yes 
☐ No 
☐ Don't Know

How did they respond? **Check one.**

☐ Positively
☐ Negatively
☐ Neutral
☐ Other Response _____

Why not? **Check all that apply.**

☐ Embarrassed
☐ Felt it was not important to bring up
☐ Felt it was none of their business
☐ Did not think they would support it
☐ Other reason(s) _____

Have you had difficulty getting the natural products you want to use for pain or related symptoms?

☐ **Yes** 

☐ **No**

☐ **Don't Know**

Which, if any, factors have made it hard for you to access natural products?

Check all that apply.

☐ Too expensive

☐ Not available through my VA

☐ Not available at a store near me

☐ I'm not able to order online

☐ My medical provider is not supportive

☐ Other reason(s) _____

Over the past 3 months, have you used natural products in place of one or more of your pain medications?

☐ **Yes** 

☐ **No**

☐ **Don't Know**

Did you take a natural product or products in place of:

Check all that apply.

☐ Opioid medication (for example, oxycodone, Vicodin™, or Percocet™)

☐ Oral Anti-inflammatory Medication (for example, Motrin™, Advil™, naproxen, or ibuprofen)

☐ Acetaminophen (for example, Tylenol™)

☐ Neuropathic pain medication (for example, gabapentin or pregabalin)

☐ Antidepressant pain medication (for example, duloxetine or venlafaxine)

☐ Other pain medication(s) _____

Please mark the following statements as they apply to you.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Don't Know
I believe natural products are safe because they are sold over-the-counter.	☐	☐	☐	☐	☐	☐
I believe natural products are safe because they are natural.	☐	☐	☐	☐	☐	☐
I worry about natural products interacting with medications prescribed to me.	☐	☐	☐	☐	☐	☐
I worry about natural products interacting with each other.	☐	☐	☐	☐	☐	☐
I think natural products are as effective as most medications for pain.	☐	☐	☐	☐	☐	☐
I think natural products are less harmful than most medications.	☐	☐	☐	☐	☐	☐

Would you like to share anything else?

During the Coronavirus (COVID-19) pandemic, did you begin or continue to take any natural products to prevent or treat COVID-19 infection? Please list these here even if you have already told us about these products.

☐ Yes 
☐ No

If yes, please list the name/brand of these products, or the main ingredients if it is a home remedy:
