

◆ **Basic Information**

· Gender:

☐ Female ☐ Male

· Age:

☐ Under 10 ☐ 20s ☐ 30s ☐ 40s ☐ 50s ☐ 60s ☐ 70 or older

· Main symptoms (free description):

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· Healthcare institutions visited at the time (select all that apply):

☐ Internal medicine ☐ Psychiatry ☐ Acupuncture clinic ☐ Kampo clinic  
(Japanese herbal medicine) ☐ Other (please specify): \_\_\_\_\_

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◆ **Understanding and Acceptance of the Explanation (5-point scale)**

1. Do you relate to the feeling of anxiety when no clear diagnosis is given?  
☐ Strongly agree ☐ Somewhat agree ☐ Neutral ☐ Somewhat disagree  
☐ Strongly disagree
  2. Was the explanation using traditional medicine terms (e.g., Liver Qi stagnation, Spleen deficiency) easy to understand?  
☐ Very easy to understand ☐ Somewhat easy to understand ☐ Neutral  
☐ Somewhat difficult to understand ☐ Very difficult to understand
  3. Did the explanation help you better understand your symptoms?  
☐ Significantly improved understanding ☐ Somewhat improved ☐ Neutral  
☐ Slightly worsened understanding ☐ No understanding at all
  4. Did you feel satisfied with the explanation, even without a biomedical diagnosis?  
☐ Very satisfied ☐ Somewhat satisfied ☐ Neutral ☐ Not very satisfied  
☐ Not at all satisfied
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◆ **Change in Anxiety**

5. Did the traditional medicine explanation help reduce your anxiety about your

symptoms?

☐ Anxiety greatly reduced   ☐ Somewhat reduced   ☐ No change   ☐ Slightly increased   ☐ Greatly increased

6. How would you rate your anxiety before and after the explanation? (0 = none, 10 = extreme)

· Before the explanation: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

· After the explanation: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

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🔗 **Optional Comment**

Please feel free to write anything else you would like to share (optional):