

Survey for Individuals Who Have Experienced Anxiety Due to the Absence of a Clear Diagnosis

(This survey asks how Traditional Chinese Medicine (TCM) explanations may have influenced your sense of understanding and reassurance during that experience.)

◆ Basic Information

- **Gender:**
☐ Female ☐ Male
 - **Age:**
☐ Under 10 ☐ 20s ☐ 30s ☐ 40s ☐ 50s ☐ 60s ☐ 70 or older
 - **Main symptoms (free description):**

 - **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 TCM 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 TCM 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):