**Questionnaire for patients employing Traditional Chinese Medicine (TCM)**

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| **Date of birth** | Address of TCM clinic (district only): |
| **Sex** |
| **Place of residence (city, district):** | Date of first TCM consultation: |
| **Religion**   1. Christian 2. Jewish 3. Buddhist 4. Muslim 5. Religious in my own way 6. Not religious 7. Other |
| Number of treatments received (approx.): |
| **Salary**   1. less than 100.000 Ft 2. between 100.001 - 150.000 Ft 3. between 150.001 - 200.000 Ft 4. between 200.001 - 300.000 Ft 5. above 300.001 Ft |
| **level of education**     1. Less than MS diploma 2. MS diploma 3. Vocational training 4. Vocational HS diploma 5. HS diploma 6. MA diploma 7. PHD |
| **Marital status**   1. Married 2. Divorced 3. Widowed 4. Single 5. In a relationship |
| **employment**   1. Public servant 2. Employee 3. Entrepreneur 4. Occasional worker 5. Unemployed 6. Disability retirement 7. Retirement 8. Student 9. Housewife/homemaker 10. Maternity leave 11. Dependent   Other: |
| **Number of children**   1. Yes   How many do you have? \_\_\_\_\_\_\_\_   1. No |
| Please describe for what complaints or illnesses you are presently receiving TCM treatment: | |

**Please circle the appropriate answer**

1. My TCM practitioner is:

1. Hungarian

2. Chinese

3. Other

2. How did you first come into contact with your TCM practitioner?

1. Internet search

2. Recommended by friend or family member

3. Recommended by my (biomedical) doctor

4. From the media (magazine, TV, radio, etc.)

5. Other

3. Why did you choose TCM to treat your illness? *(you can mark more than one)*

1. I did an internet search and this seemed the best choice

2. My friend or family member recommended it

3. My (biomedical) doctor recommended it

4. I identify with the principles of TCM that I know of

5. I was looking for a natural cure

6. I wanted to have all my illnesses/complaints treated together

7. I wasn’t satisfied with biomedicine

8. Other

4. How many of your illnesses have you treated with TCM so far?

1. This is the first time I turn to TCM

2. 2-4 illnesses

3. More than 5 illnesses

5. What kind of illnesses have you treated with TCM? *(you can mark more than one)*

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| --- |
| 1. Skin disease 2. Cardiovascular, circulatory illness 3. Neurological illness (epilepsy, Alzheimer's disease, dementia, etc.) 4. Musculoskeletal disease (arthritis, reuma, etc.) 5. Cancer 6. Stress (overload, conflicts, etc.) 7. Psychiatric illness (depression, panic disorder, etc.) 8. Gynecological / Prostate problems (cyst, infertility, etc.) 9. Respiratory Disease (COPD, allergy, asthma, etc.)  10. Diabetes 11. Endocrinological / Hormonal Disease (thyroid, pituitary, adrenal, etc.) 12. Ear-nose-throat related illness 13. Gastrointestinal disorders (digestive complaint, ulcer, etc.) 14. Kidney disease 15. Blood pressure problems 16. Eye and sight-related problems 17. Addiction 18. Headaches 19. Back pain 20. Other complaint (please describe) |

6. How are you presently treating your illness(es)?

1. I only employ TCM

2. I employ TCM and other CAM

3. I employ TCM and biomedicine

4. I employ TCM, other CAM, and biomedicine

7. If you only employ TCM and/or other CAM, why aren’t you also receiving the prescribed western treatment? *(you may mark several answers; if the question does not pertain to you, please leave it blank)*

1. I didn’t receive a western medical diagnosis
2. I didn’t agree with the western medical diagnosis I received
3. My doctor did not explain my illness/condition to me sufficiently
4. There is no western cure for my illness
5. I didn’t agree with the western mode of treatment
6. The side-effects of the western treatment were unbearable
7. I tried the western treatment, but my illness was not cured/came back
8. Western medicine was too impersonal for me
9. The waiting list for a certain procedure, examination, therapy was too long
10. Other

8. When you employ a CAM and also visit a western doctor at the same time, do you inform the doctor about the alternative therapy?

1. I haven’t employed both at the same for the same illness

2. Yes, I always inform the doctor

3. No, I never inform the doctor

4. I inform the doctor, but only when he/she asks me about it

5. It differs whether I inform them or not

*Please describe what it depends on:*

9. If you employ western medicine and CAM simultaneously and do not inform your western doctor, please disclose why *(you may mark multiple answers; if the question does not pertain to you, please leave it blank!)*

1. My doctor is not open to CAM

2. My doctor does not know enough about the CAM I am employing

3. If my doctor knew I was employing CAM, he/she would judge me

4. If my doctor knew I was employing CAM, he/she would deny my care (reject me as a patient)

5. It is useless to inform my western doctor because my CAM practitioner is at home in both types of medicine

6. Other

10. Do you use many types of CAM to treat your illness?

*(Please do not include home remedies and self-treatment procedures, only therapies employed at a CAM specialist, such as energy healing, ayurvedic healing, osteopathy, homeopathy)*

1. I only employ TCM

2. I employ 2-3 CAM modalities

3. I employ 4-5 CAM modalities

4. I employ more than 6 CAM modalities

11. In your opinion, what does acupuncture have an effect on *primarily*?

1. The immune system

2. The nervous system

3. The energetic system

4. The psyche or the soul

5. Other

12. How effective are TCM treatments in your experience?

1. I don’t feel they are effective

2. They are somewhat effective

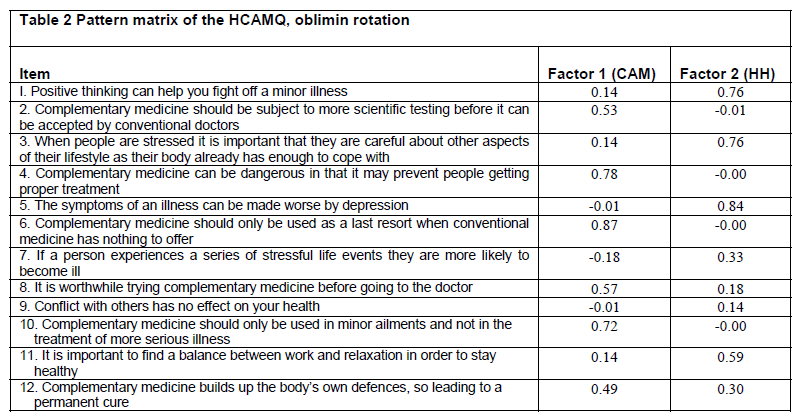
3. They are very effective

4. I cannot tell how effective they are

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| **Az alábbiakban világnézettel, betegséggel és kezelésekkel kapcsolatos állításokat talál. Kérjük, minden egyes esetben döntse el azt, hogy mennyire ért vagy nem ért egyet az adott állítással és karikázza be a véleményével leginkább megegyező számot. Nincsenek jó vagy rossz válaszok. Kérjük, ne hagyjon ki egyetlen állítást sem!** | | **strongly disagree** | **disagree** | **slightly disagree** | **slightly agree** | **agree** | **strongly agree** |
| 1 | Health can be maintained with **regular exercise** and a **healthy diet**. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | You have to **suffer** in order to achieve health (you have to suffer to heal). | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | I **trust** **traditional remedies** more than I trust **western medicine**. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | The body is a mirror to the soul. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | (my) **Falling ill** and **healing** are largely dependent on my **environment** (family, friends, colleagues, etc.). | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | An imbalance between body and soul will lead to illness. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | I try to keep a healthy diet. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | I need to see my healing reflected in a test result (blood test, ultrasound, CT, etc.) | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | Our mind can have a strong effect on our healing. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | You attract people and **events**, which help you **grow**. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11 | Our body remembers everything (emotions, life events, etc.). | 1 | 2 | 3 | 4 | 5 | 6 |
| 12 | Every illness is caused by a weak immune system. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13 | Electronic devices emit radiation that causes disease. | 1 | 2 | 3 | 4 | 5 | 6 |
| 14 | I believe in reincarnation. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15 | Ancient/old remedies are more trustworthy than western medicine. | 1 | 2 | 3 | 4 | 5 | 6 |
| 16 | Everything is connected to everything. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17 | If I get sick, it is mostly by chance. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18 | Western medicine only treats symptoms. | 1 | 2 | 3 | 4 | 5 | 6 |
| 19 | I expect my doctor/practitioner to heal me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 20 | My healing is mostly due to luck. | 1 | 2 | 3 | 4 | 5 | 6 |
| 21 | Every illness is caused by emotional problems (soul). | 1 | 2 | 3 | 4 | 5 | 6 |
| 22 | I consciously avoid pharmaceuticals. | 1 | 2 | 3 | 4 | 5 | 6 |
| 23 | Nothing **happens by chance** (**everything in life has a reason**). | 1 | 2 | 3 | 4 | 5 | 6 |
| 24 | Illness is caused by genetic factors or inherited predispositions. | 1 | 2 | 3 | 4 | 5 | 6 |
| 25 | Chemotherapy does more harm than good. | 1 | 2 | 3 | 4 | 5 | 6 |
| 26 | My healing is the result of my spiritual/emotional development. | 1 | 2 | 3 | 4 | 5 | 6 |
| 27 | The human body is interlaced with a (spiritual) energetic system (chi, prana, etc.). | 1 | 2 | 3 | 4 | 5 | 6 |
| 28 | Healing always begins with confronting an emotional problem. | 1 | 2 | 3 | 4 | 5 | 6 |
| 29 | Radiation therapy does more harm than good. | 1 | 2 | 3 | 4 | 5 | 6 |
| 30 | I do not agree with mandatory vaccines. | 1 | 2 | 3 | 4 | 5 | 6 |
| 31 | It is important which organ/body part gets sick because that tells us about the reason for falling ill/the cause (throat = something you have not said, ear = something you don’t want to hear, etc.) | 1 | 2 | 3 | 4 | 5 | 6 |
| 32 | I trust western doctors. (SHOULD PROBABLY BE RECODED) | 1 | 2 | 3 | 4 | 5 | 6 |
| 33 | If I get well emotionally, then my symptoms/illness will disappear as well. | 1 | 2 | 3 | 4 | 5 | 6 |
| 34 | The belief in energy (chi, prana, etc.) is shared by all eastern religions and medicines. | 1 | 2 | 3 | 4 | 5 | 6 |
| 35 | With a serious symptom I always turn to a western doctor. | 1 | 2 | 3 | 4 | 5 | 6 |
| 36 | If a trauma is left unprocessed, it will eventually cause an illness in the body. | 1 | 2 | 3 | 4 | 5 | 6 |
| 37 | You shouldn’t perform a biopsy on a tumor. | 1 | 2 | 3 | 4 | 5 | 6 |
| 38 | Every illness enters our life in order to teach us. | 1 | 2 | 3 | 4 | 5 | 6 |
| 39 | I only look for natural treatments to cure my illness. | 1 | 2 | 3 | 4 | 5 | 6 |
| 40 | If my complaints intensify due to a treatment that means the treatment is effective and I will get better soon. | 1 | 2 | 3 | 4 | 5 | 6 |

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| **Az alábbiakban az egészségével és a természetgyógyászattal kapcsolatos állításokat talál. Kérjük, minden egyes esetben döntse el azt, hogy mennyire ért vagy nem ért egyet az adott állítással és karikázza be a véleményével leginkább megegyező számot. Nincsenek jó vagy rossz válaszok. Kérjük, ne hagyjon ki egyetlen állítást sem!**  **(((((((((this is a validated questionnaire, name: HCAMQ, see attached article)))))))))** | | **strongly disagree** | **disagree** | **slightly disagree** | **slightly agree** | **agree** | **strongly agree** |
| 1 | A pozitív gondolkodás segíthet egy kisebb betegség legyőzésében | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | A természetgyógyászati eljárásokat alaposabb tudományos vizsgálatnak kell alávetni ahhoz, hogy az orvosok számára is elfogadhatóvá váljanak | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | Stresszes időszakokban fontos, hogy az ember odafigyeljen az életmódjára (pl. az egészséges étkezésre), mert a szervezetének már amúgy is elég nehézséggel kell megküzdenie | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | A természetgyógyászat veszélyes lehet, mivel gátolhatja azt, hogy az emberek megfelelő kezelést kapjanak | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | A depresszió súlyosbíthatja egy betegség tüneteit | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | A természetgyógyászatot csak végső lehetőségként kellene használni olyankor, amikor a konvencionális orvoslás már semmit nem tud ajánlani | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | Az egymást követő stresszes életesemények nagy valószínűséggel betegséget okoznak | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | Mielőtt orvoshoz fordulnánk, érdemes kipróbálni a természetgyógyászatot | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | A természetgyógyászatot csak enyhébb panaszok kezelésére kellene használni, súlyosabb betegségek esetében nem | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | Ahhoz, hogy egészségesek maradjunk, fontos, hogy megtaláljuk az egyensúlyt a munka és a pihenés között | 1 | 2 | 3 | 4 | 5 | 6 |
| 11 | A természetgyógyászat erősíti a szervezet saját védekezését, ezért állandó kúrának is tekinthető | 1 | 2 | 3 | 4 | 5 | 6 |

**(Likert point scores flipped in mine!!!) (((item 9 is not in the Hungarian version…))**

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Thank you for your contribution!

If you have any questions or comments about the questionnaire, please disclose them!

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