



Maternal Complementary and Alternative Medicine Data

**BUILT FILES
Documentation**

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This document contains details on the text information provided by the mother regarding the complementary and alternative medicines (CAM) that she had used. It describes how the text has been coded, how the file has been built and how the data should be used.

Access to the data

The complete built file is for internal use only and access is restricted to the ALSPAC statisticians. This is because a mother could be identified from the combination of CAM that she reports using for her child at any one time point or over several time points.

Collaborators therefore need to consult Table 1 at the end of this document to select the appropriate ALSPAC codes which represent the products that they are interested in.

Table 1 provides the frequency of CAM use at each time point for which the data has been coded (the number of mothers reporting each product as opposed to the number of times each product was reported). The table also indicates the type of CAM each entry falls under (e.g. homeopathic or herbal medicine; aromatherapy products etc). Indicator variables have also been created to denote whether a mother used any product at any time during pregnancy.

Once the collaborator has produced a list of the CAMs of interest, approval must be sought from the study director (as with any other data request). Once approval has been granted, the data buddy will compute flags indicating the use of these drugs at the time point of interest. The data buddy must ensure that there are at least *five* cases in a cell. This is to maintain confidentiality of the study participants. So, if any CAMs requested by a collaborator only have 2 or 3 'users' the data buddy will have to combine them into summary variables.

The data

The data are derived from the coded text from the specific questions on medications asked in the mother's questionnaires that have been completed (currently only data from the pregnancy questionnaires have been coded):

Questionnaire (time point)	Question
Your Environment (variable)	B2. Please describe any pills, medicines and ointments you have taken or used since the beginning of this pregnancy.* B4. b) At present how much of the following do you usually drink in a day: xii) other drinks (please describe)
Having a baby (18 wks)	B5.f) During this pregnancy have you been taking other supplements or diet foods? (please describe) B7. b) Please name any pills, medicines and ointments you have taken or used in the past 3 months.* G13. At present how much of the following do you usually drink in a day: l) other drinks(please describe)
Your Pregnancy (32 wks)	B5.f) In the last 3 months have you been taking other supplements or diet foods? (please describe) B6. Do you ever take homeopathic medicines? If yes, please list any you have taken this pregnancy: B8. Please describe all pills, medicines and ointments you have taken or used in the past 3 months, including those listed above* C14 a) Do you drink herbal teas at all? If yes, Please list the types of herbal teas you have drunk in the past 3 months:
About Yourself (variable)	A10. a) Are there any problems for which you have regular treatment or medicine? b) If yes, please describe the problem and regular treatment or medicine:*

For the questions marked * above, the mother was given several lines in order to record each medication and indicate how many days she had taken it and how many weeks pregnant she was when she took it. It should be noted that at the time of writing, the latter two pieces of information have not been coded. This is primarily due to poor completion, whereby it is often difficult to associate a particular piece of information with a report of CAM. However, this is being investigated further and will hopefully be added at a later date.

Instead, users will have to use the gestation of the completion of the questionnaire and assume that any recorded drug was taken in the period asked in the questionnaire up to that point.

How the data were coded

The data were coded by a Research Assistant and qualified Homeopath using a coding frame specifically devised in consultation with other complementary therapists for the ALSPAC-CAM project. The basic principle was that complementary medicines were categorised and coded into the separate therapies of (a) homeopathy, (b) herbalism and (c) other complementary medicines. Category C was further broken down into the individual therapies used, e.g. aromatherapy, osteopathy, reflexology etc.

Some vitamins, minerals and conventional medicines, have been coded if they were recorded in the relevant sections by the mother, these are easily identified in Table 1 as they have a blank in the 'Type of CAM' column in Table 1. The mothers reporting these items believed them to be homeopathic and as such have been included.

Creating the built file

ALSPAC users, please see more detailed information on the internal website.

The dataset contains 14541 cases (though naturally not all have completed the questions or even the relevant questionnaires). This is clearly indicated in the variables. In fact, 422 did not complete *any* of the questionnaires. Of the 14541, 9013 did not report any CAM use.

The table below provides a summary of the number of CAMs recorded at each time point

Total no. CAMs recorded	A (8 wks)		B (18 wks)		C (32 wks)			D (variable)
	B2	B4	B7	G13	B6	B8	C14	A10
0								
1	455	350	424	339	204	370	854	80
2	66	51	64	34	64	62	493	9
3	15	1	21	4	15	16	254	1
4	6	1	11	3	5	6	84	-
5	1	-	3	-	6	3	41	-
6	1	-	1	-	2	3	14	-
7	-	-	2	-	-	1	7	-
8	-	-	1	-	-	-	4	-
9	-	-	-	-	-	3	1	-
10	-	-	-	-	-	-	1	-
11	-	-	-	-	-	-	1	-
12	-	-	-	-	-	-	-	-
13	-	-	-	-	-	-	1	-
14	-	-	-	-	-	-	-	-
15	-	-	-	-	-	-	-	-
16	-	-	1	-	-	-	-	-
No. of returned Qs	13548		13194		12421			12452

The variables on the built files are named as follows:

cama100 to cama215 from 'Your Environment' and 'Your Health and Lifestyle'

camb100 to camb214 from 'Having a baby'

camc100 to camc323 from 'Your Pregnancy'

camd100 to camd121 from 'About Yourself'

cam0005 to cam5176 are the indicator variables denoting the use of each product at any time during pregnancy (note the numbers in the variable names refer to the code given to each product).

Missing values have been assigned as follows:

- 1: Not stated (will not appear in first variable at each time point)
- 2: Not completed question/no drugs reported
- 3: Not completed Questionnaire

Indicator variables have been created to demonstrate which question the data refers to (since multiple questions were used to abstract the relevant data)

Summary variables have been created to show overall use in pregnancy of each type of CAM product, these are as follows:

cam001 Any use of Homeopathic Products throughout pregnancy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 Yes	547	3.8	3.8	3.8
	2 No	13994	96.2	96.2	100.0
	Total	14541	100.0	100.0	

cam002 Any use of Herbal products throughout pregnancy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 Yes	2262	15.6	15.6	15.6
	2 No	12279	84.4	84.4	100.0
	Total	14541	100.0	100.0	

cam003 Any use of Other CAM products throughout pregnancy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 Yes	136	.9	.9	.9
	2 No	14405	99.1	99.1	100.0
	Total	14541	100.0	100.0	

Table 1: Frequency of CAM product use during pregnancy

ALSPAC code	CAM product	Type of CAM	A files	B Files	C Files	D Files	Any use in Preg
5	Aconite	Homeo	6	7	8		18
11	Allium Sepa	Homeo	1		3		4
15	Anacardium	Homeo	1	1	2		2
20	Ant-tart	Homeo			1		1
25	Apis	Homeo	1	1	54		5
26	Apomorph	Homeo			1		1
30	Arg-nit	Homeo	1	1	3		5
35	Arnica tabs	Homeo	10	11	42		50
40	Arsenicum	Homeo	1	3	7		9
51	Baptisia	Homeo			1		1
60	Belladonna	Homeo	4	3	7		9
70	Berberis	Homeo		1	1		1
75	Bryonia	Homeo	5	5	7		11
80	Calc-carb	Homeo		1	1		2
85	Calc-fluor	Homeo	2	2	4		5
90	Calc-phos	Homeo			1		1
100	Calendula	Homeo			1		1
105	Cantharis	Homeo	1	2	4		6
115	Carcinosin	Homeo			1		1
120	Caulophyllum	Homeo	1	1	12		12
125	Causticum	Homeo			1		1
130	Chamomilla	Homeo			1		1
145	Cinnabaris	Homeo		2	1		2
148	Cocculus	Homeo	2	3	3		6
150	Coffea	Homeo	1	1	1		3
156	Cuprum	Homeo			3		3
165	Drosera	Homeo			1		1
180	Equisetum	Homeo		1			1
181	Euphrasia tabs	Homeo		1	2		3
182	Ferrum-met	Homeo			1		1
185	Ferrum-phos	Homeo		1	6		7
195	Gelsemium	Homeo	2	2	5		9
201	Graphites cream	Homeo		1			1
210	Hamamelis	Homeo		1	10		10
215	Hepar-sulph	Homeo	1	1	3		3
220	Hypericum	Homeo	2	1	6		7
225	Ignatia	Homeo	1		1		2
230	Ipecac	Homeo	40	36	36		65
240	Kali-bich	Homeo	5	4	9		14
250	Kali-mur	Homeo			1		1
255	Kali-phos	Homeo	1		2		2
260	Kali-sulph	Homeo			1		1
265	Lachesis	Homeo		2			2
275	Lycopodium	Homeo			2		2
281	Mag-phos	Homeo			2		2
286	Merc-sol	Homeo			2		2
290	Nat-mur	Homeo	3	4	5	1	6
291	Nat-phos	Homeo			2		1
292	Nat-sulph	Homeo			1		1
300	Nux-vom	Homeo	19	24	23		35
301	Opium	Homeo			1		1
315	Phosphorus	Homeo	5	6	6		11
320	Phytolacca	Homeo			1		1
321	Podophyllum	Homeo			1		1
325	Pulsatilla	Homeo	7	6	25		30
330	Rhus-tox	Homeo	1	4	8		10
331	Rhus-tox cream	Homeo			1		1
335	Ruta	Homeo			2		1
336	Sabadilla	Homeo			1		1
341	Sanguinaria	Homeo			1		1
345	Sarsaparilla	Homeo	1	2			2
350	Sepia	Homeo	11	11	15		22

ALSPAC code	CAM product	Type of CAM	A files	B Files	C Files	D Files	Any use in Preg
355	Silica	Homeo		3	4		7
360	Staphysagria	Homeo	1	3	3		6
364	Streptococcus	Homeo			1		1
370	Sulphur	Homeo	2	5	8		8
375	Symph racemosa	Homeo	2	2			2
385	Tabacum	Homeo	1		2		1
390	Thuja	Homeo			2		2
395	Urtica Urens	Homeo			1		1
500	Hom Rem NOS	Homeo	59	43	28	10	115
550	Condition Only given	Homeo			69		-
600	New Era Tissue Salts	Homeo	6	5	3		14
610	New Era: Hay Fever/Allergic Rhinitis	Homeo	4	7	12		20
620	New Era: Migraine/Headache	Homeo	2	5	4		7
630	New Era: Flatulence/Indigestion	Homeo			3		3
640	New Era: Cough/Cold	Homeo	3	2	2		5
645	New Era: Teething	Homeo	1				1
655	New Era: Stomach	Homeo			1		1
660	New Era: Catarrh/Sinus	Homeo	3	4	6		9
700	Nelson's: Candida	Homeo	3	1	2	1	3
720	Nelson's: Pollena	Homeo	5	2	11		15
730	Nelson's: Coldenza	Homeo		1	1		1
740	Nelson's: Rem NOS	Homeo			1		1
750	Nelson's: Noctura	Homeo	1	1	3		5
765	Nelson's: Sootha	Homeo	3	5	8		11
800	Weleda: Mixed Pollen	Homeo	3	6	7		12
810	Weleda: Rem NOS	Homeo		2	2		4
820	Weleda: Cough Elixir	Homeo	1	5	5		10
910	Traumeel tabs	Homeo		1	1		1
915	Traumeel cream	Homeo			1		1
920	Pascatox	Homeo				1	1
1005	Chamomile	Herbal	29	23	528		546
1010	Chinese Herb Med/Tea	Other	4	4	4		9
1011	Equisetum Tea	Herbal		1	1		1
1015	Feverfew	Herbal	2	2	4		4
1016	Fragador	Herbal			1		1
1020	Ginger	Herbal	40	46	13		81
1025	Ginseng	Herbal	10	13	9		26
1030	Golden Seal Compound	Herbal	1				1
1040	Herbal Inhalant	Herbal		2			2
1045	Herbal Meds/Tabs NOS	Herbal	49	29	34	3	90
1048	Fruit & Herb Teas NOS	Herbal		1			1
1050	Herbal Teas/Drinks NOS	Herbal	191	181	29		321
1055	Herbs NOS	Herbal			1		1
1060	Kalms	Herbal	3		2		5
1070	Marsh Tea	Herbal		2	1	1	2
1075	Natracalm	Herbal	3	3	5		7
1080	Peppermint/Mint	Herbal	40	35	509	1	534
1085	Pilewort	Herbal		1	2		3
1095	Quiet Life Tabs	Herbal	1	3			3
1100	Raspberry Leaf Tea/Tabs	Herbal	41	23	416		433
1105	Sage Tabs/Tea	Herbal			2		2
1106	Senna Laxative	Herbal	56	52	34	1	110
1108	Herbal/Natural Laxative	Herbal	10	4	3		15
1110	Slippery Elm Powder	Herbal	2	1	2		4
1115	Thyme Tea	Herbal	2	1	3		5
1120	Valerian	Herbal		1	4		5
1130	Witch Hazel	Herbal	5	4	4		10
1140	Potter' s Antifect	Herbal	1	1			2
1145	Melissa Compound	Herbal			2		2
1150	Comfrey Ointment	Herbal	1	3	6		7
1151	Comfrey Tea	Herbal			1		1
1161	Waterfall	Herbal	1	1			1
1165	Women' s Precious	Herbal	1				1
1170	Coltsfoot	Herbal	2	5	6		11

ALSPAC code	CAM product	Type of CAM	A files	B Files	C Files	D Files	Any use in Preg
1175	Calmanite	Herbal			1		1
1180	Borage	Herbal			1		1
1185	Calendula Cream/Tinct	Homeo	19	18	19		36
1190	Roseleaf Tabs	Herbal			1		1
1195	Chamomile Cream/Tinct	Homeo	8	4	10		19
1200	Hypercal	Homeo	2	2	6		8
1205	Achillaea Compound	Herbal			1		1
1210	Black Cohosh	Herbal			1		1
1215	Hydrastis Angelica Root	Herbal			1		1
1220	Nelson's Haemorrhoid Cream	Homeo	1	1	2	1	2
1230	Arnica Cream	Homeo	7	7	6		12
1240	Nelson's Evening Primrose Cream	Herbal		2	2		3
1250	Balsamicum oint	Homeo		1			1
1255	Passiflora	Herbal		3	1		3
1260	Avena Sativa	Homeo		1			1
1265	Echinacea	Herbal	1	2	3		4
1270	Burdock & Chickweed Ointment	Herbal	1	1			2
1280	Herbal Ointment/Cream NOS	Herbal	1				1
1281	Homeopathic Cream NOS	Homeo	1	7	3	1	10
1290	Fennel	Herbal	1	1	68		68
1296	Potter's Vegetable Cough Remover	Herbal	1		4		5
1297	Herbal Cough Medicine	Herbal	13	16	5		28
1300	Charcoal	Herbal	1	1	2		3
1315	Biobalm Powder	Herbal			1		1
1325	Newton's Pills	Herbal			1		1
1330	Garlic Perles	Herbal	23	24	20		43
1335	Papaya	Herbal	2	2			2
1340	Aloe Vera (Int)	Herbal		1			1
1341	Aloe Vera (Ext)	Herbal		1			1
1345	Nel: Burn Oint	Homeo	1	1			2
1350	Herbal Oil NOS	Herbal		1			1
1395	Potter's Acidosis	Herbal	1	1	1		2
1400	Euphrasia Tincture	Herbal		1			1
1410	Guarana	Herbal	1				1
1415	Motherwort	Herbal	1	1			1
1420	Psyllium Seeds	Herbal	2	1	3		4
1430	Cascara	Herbal		1			1
1435	Dandelion	Herbal		2	2		3
1440	Elderflower/Berry	Herbal	7	6	13		21
1445	Yarrow	Herbal		2	1		2
1450	Nettle	Herbal	1	1	17		18
1460	St. John's Wort	Herbal		1			1
1465	Astragalus	Herbal			1		1
1470	Yellow Dock	Herbal		1	1		1
1485	Anise/Aniseed	Herbal			2		2
1495	Rosehip	Herbal	12	8	263		273
1515	Linseed	Herbal	1	1	2		4
1521	Legapos	Herbal			1	1	1
1525	Chicory	Herbal	2		2		2
1530	Burdock	Herbal	1				1
1535	Dandelion	Herbal			2		2
1540	Dandelion & Burdock	Herbal	3	2			5
1545	Jasmine Green Tea	Herbal	1	2	41		41
1550	Bamboo Coffee	Herbal	1	1	1		2
1555	Lime Blossom/Linden Flowers	Herbal	1	1	22		23
1560	Lemon Verbena	Herbal	1		24		25
1565	Skullcap	Herbal			2		2
1570	Hyssop	Herbal			1		1
1575	Chrysanthemum	Herbal			2		2
1580	Cinnamon	Herbal			3		3
1585	Betony	Herbal			1		1
1590	Lavender Tea	Herbal			1		1
1595	Lemon Balm	Herbal			2		2
1600	Liquorice	Herbal			9		9
1601	Orange Blossum	Herbal			3		3

ALSPAC code	CAM product	Type of CAM	A files	B Files	C Files	D Files	Any use in Preg
1602	Bancha/Kukicha Twig	Herbal		1	3		3
1603	Lemon Grass	Herbal		1	3		1
1604	Meadowsweet	Herbal			1		11
1605	Pregnancy Tea	Herbal		1	11		6
1606	Rooibos	Herbal			6		4
1607	Rosemary	Herbal			4		4
1608	Vanilla	Herbal			4		48
1616	Night Time Tea	Herbal		2	46		22
1617	Morning Time Tea	Herbal			22		1
1619	Laxodoron	Herbal			1		1
1622	SuNerven	Herbal	1				1
1900	Fruit/Mixed Fruit Teas	Fruit tea	21	11	292		312
1901	Almond	Fruit tea			7		7
1902	Apple	Fruit tea			66		66
1903	Apple & Cinnamon	Fruit tea	2		47		48
1904	Apple & Blackberry/currant	Fruit tea			24		24
1905	Apple & Mango	Fruit tea			14		14
1906	Blackberry/currant	Fruit tea		3	109		109
1907	Strawberry	Fruit tea	2	1	142		143
1908	Orange	Fruit tea	1	1	118		118
1909	Cherry	Fruit tea			63		63
1910	Raspberry	Fruit tea	1	2	152		154
1911	Lemon	Fruit tea	2		84		85
1912	Lemon & Lime	Fruit tea			21		21
1913	Apricot	Fruit tea			10		10
1914	Banana & Cinnamon	Fruit tea			10		10
1915	Peach	Fruit tea			9		9
1916	Passionfruit	Fruit tea			10		10
1917	Orange & Grapefruit	Fruit tea			6		6
1918	Nectarine/Tangerine	Fruit tea			4		4
1919	Mango	Fruit tea			10		10
1920	Mango & Vanilla	Fruit tea			2		2
1921	Orange & Lemon	Fruit tea			2		2
1922	Pineapple & Coconut	Fruit tea			4		4
1923	Apple & Orange	Fruit tea			1		1
1924	Orange Spice	Herbal			4		4
1925	Fruit & Spice Teas Nos	Herbal			1		1
1926	Grapefruit	Herbal			3		3
1927	Passionfruit & Vanilla	Herbal			8		8
1930	Lemon Zinger	Herbal			2		2
1931	Kiwi & Passion Fruit	Herbal			1		1
1932	Red Zinger	Herbal			6		6
1933	Cranberry	Herbal			1		1
3005	Acupuncture	Other	1	1		4	5
3006	Acupressure/Sea Bands	Other	1				1
3010	Bach Flower Remedies	Homeo	6	10	19		28
3012	Bach Flower Cream	Homeo	2	3	1	1	7
3015	Chiropracty	Other				10	10
3020	Osteopathy	Other				15	15
3025	Reflexology	Other				2	2
3030	Cranial Sacral Therapy	Other				1	1
3040	Aromatherapy	Other	12	26	34		59
3100	Massage	Other				1	1
3105	Counselling	Other				5	5
3110	Physiotherapy	Other				27	27
3115	Hypnotherapy	Other				1	1
3120	Psychotherapy	Other				6	6
4010	Black Strap Molasses	-			1		1
4030	Calcium	-			3		3
4050	Cod Liver/Fish Caps	-			3		3
4059	Safflower Caps	Herbal			1		1
4060	Evening Primrose Caps	Herbal	63	57	41	5	95
4061	Efalex	-			2		2
4108	Vits for mums	-			2		2
4110	Iron	-			12		12

ALSPAC code	CAM product	Type of CAM	A files	B Files	C Files	D Files	Any use in Preg
4118	Multi Vits	-			5		5
4120	Multi Vits & Mins	-	1		1		2
4121	Floradix	Herbal	28	38	9		51
4125	Multi Vits & Calcium	-			1		1
4135	Royal Jelly	-			5		5
4142	Vit B12	-			1		1
4160	Olbas Oil Pastels	-			3		3
4165	Natural Cough Medicine	-			2		2
4180	Zinc	-			1		1
4190	Acidophilus/Enzyme Digest	-			2		2
4195	Preparation H	-			1		1
4200	Gluten-Free/Special Food	-			1		1
4205	Brewer's Yeast	-		1	1		2
4210	Dolomite Tabs	-			1		1
4245	Selenium	-			1		1
4250	Bee Propolis	-			1		1
4260	Vit E cream	-			1		1
4265	Weleda Oleum Rhinale	-			1		1
4280	Spirulina	-	1	1	3		4
4285	Olbas Oil NOS	-			9		9
4290	Tiger Balm	-			5		5
4300	Menthol Oil NOS	-			1		1
4345	Coconut Oil	-			1		1
4350	Kelp/Seaweed Sups	Herbal		8	6		11
4900	Caro	-	5	5	27		31
4905	Pearl Barley/Barley Cup	-	74	78	46		170
4910	Aqua Libra	-	23	35	49		89
4915	Vimto	-	8	3			10
5010	Aspro clear	-			2		2
5020	Nasal spray	-			1		1
5030	Paracetamol	-			7		7
5045	Antacid	-			2		2
5055	Boric acid	-			1		1
5060	Colofac	-			1		1
5075	Elecpواده	-			1		1
5080	Dual-lax	-	1				1
5085	Regulan	-	1				1
5176	Decongestant	-	1				1