Pain Management Strategies Survey

We are interested in learning how older adults treat *chronic pain*. For each of the therapies below, please answer the following questions with regard to your treatment of your *chronic pain,* by filling in the appropriate bubbles.

1. In the past year, have you used this therapy to treat your chronic pain? (Fill bubble if **yes**.)

2. Are you currently using this therapy to treat your chronic pain? (Fill bubble if **yes**.)

3. How helpful did you find this therapy in managing your chronic pain? (Rank on a scale of 0–4, where *0 = not at all helpful*, and *4 = extremely helpful*. Leave blank if you have never used this therapy.)

TIMEPOINT 1

Therapy	Used in past year	Currently using	Helpfulness in managing pain				
			not at all helpful		*moderately helpful*		*extremely helpful*
1. Acupuncture	○	○	⓪	①	②	③	④
2. Chiropractic care	○	○	⓪	①	②	③	④
3. Homeopathy	○	○	⓪	①	②	③	④
4. Glucosamine &/or chondroitin	○	○	⓪	①	②	③	④
5. Herbal therapies (e.g., arnica, evening primrose)	○	○	⓪	①	②	③	④
6. High-dose or mega-vitamin therapies, not including a daily vitamin or vitamins prescribed by your physician	○	○	⓪	①	②	③	④
7. Prayer or spiritual practice	○	○	⓪	①	②	③	④
8. Spiritual or religious healing by others	○	○	⓪	①	②	③	④

Therapy	Used in past year	Currently using	Helpfulness in managing pain				
			not at all helpful		*moderately helpful*		*extremely helpful*
9. Special diet programs for losing or gaining weight, like the kind you have to pay for, but not including trying to lose or gain weight on your own	○	○	⓪	①	②	③	④
10. A lifestyle diet like vegetarianism or macrobiotics	○	○	⓪	①	②	③	④
11. A folk remedy of any kind (describe:_____)	○	○	⓪	①	②	③	④
12. A self-help group, other than this study	○	○	⓪	①	②	③	④
13. Foot reflexology	○	○	⓪	①	②	③	④
14. Relaxation techniques (e.g., meditation, relaxation response, progressive muscle relaxation)	○	○	⓪	①	②	③	④
15. Imagery techniques (e.g., guided imagery)	○	○	⓪	①	②	③	④
16. Massage therapies (e.g., Rolfing, Swedish, shiatsu)	○	○	⓪	①	②	③	④
17. Energy healing (e.g., magnets, energy machines, the laying on of hands, Reiki, Therapeutic Touch)	○	○	⓪	①	②	③	④
18. Biofeedback	○	○	⓪	①	②	③	④
19. Hypnosis	○	○	⓪	①	②	③	④
20. Naturopathy	○	○	⓪	①	②	③	④

Therapy	Used in past year	Currently using	Helpfulness in managing pain				
			not at all helpful		*moderately helpful*		*extremely helpful*
21. Osteopathy	○	○	⓪	①	②	③	④
22. Aromatherapy	○	○	⓪	①	②	③	④
23. Physical Therapy	○	○	⓪	①	②	③	④
24. Regular exercise program (e.g., walking, swimming, weight lifting)	○	○	⓪	①	②	③	④
25. Movement therapy (e.g., yoga, tai chi, feldenkrais)	○	○	⓪	①	②	③	④
26. Creams or ointments (e.g., Icy Hot®, Tiger Balm®, capsaicin)	○	○	⓪	①	②	③	④
27. NSAIDs (e.g., Motrin®, Celebrex®)	○	○	⓪	①	②	③	④
28. Acetaminophen (e.g., Tylenol®)	○	○	⓪	①	②	③	④
29. Opioids (e.g., Vicodin®, Tylenol® #3, morphine)	○	○	⓪	①	②	③	④
30. Anti-seizure medications (e.g., Neurontin®)	○	○	⓪	①	②	③	④
31. Antidepressants (e.g., nortriptyline, desipramine)	○	○	⓪	①	②	③	④
32. Nerve blocks	○	○	⓪	①	②	③	④
33. Pain medication delivered by a patch on the skin (specify:_____)	○	○	⓪	①	②	③	④
34. Infusion of pain medication directly into spine using a pump	○	○	⓪	①	②	③	④

Therapy	Used in past year	Currently using	Helpfulness in managing pain				
			not at all helpful		*moderately helpful*		*extremely helpful*
35. Injection of medication directly into joint (e.g., knee, hip)	○	○	⓪	①	②	③	④
36. Psychotherapy/counseling	○	○	⓪	①	②	③	④
37. Spinal cord stimulator	○	○	⓪	①	②	③	④
38. TENS unit	○	○	⓪	①	②	③	④
39. Heat or cold	○	○	⓪	①	②	③	④
40. Splints or braces	○	○	⓪	①	②	③	④
41. Chronic illness or arthritis education classes	○	○	⓪	①	②	③	④
42. Special jewelry (e.g., copper bracelet)	○	○	⓪	①	②	③	④
43. Other therapies, not listed above, to treat your chronic pain:							
A) _____	○	○	⓪	①	②	③	④
B) _____	○	○	⓪	①	②	③	④
C) _____	○	○	⓪	①	②	③	④
D) _____	○	○	⓪	①	②	③	④