APPENDICES

Appendix 1A (Questionnaire- English version)

Traditional and Complementary Medicine (TCM) Use
Among Chronic Haemodialysis Patients in Malaysia

This questionnaire is designed to find out to what degree haemodialysis (HD) patients in Malaysia use alternative and complementary medicine. It is only a research work. The findings of this research will help us to understand our HD patients better and therefore help us to improve the care that we render to them. We implore you to give us as honest an answer to each question as possible. You may choose not to respond to any of the questions you are not comfortable with. We guarantee you confidentiality.

Haemodialysis centre and its location (State)
________________________________

1. How long have you been on dialysis? (Please state answer in years)
________________________________

2. Date of birth: __/__/____

3. Sex □ Male □ Female

4. Household income:

| Income Level                  |
|-------------------------------|
| Less than RM 3000             |
| RM 3000 – RM 4999             |
| RM 5000 – RM 9999             |
| RM 10000 – RM 15000           |
| More than RM 15000            |

5. Marital status:

| Status                        |
|-------------------------------|
| Single                        |
| Married                       |
| Divorced/Spouse already passed away |

6. Highest level of education:

| Level          |
|----------------|
| None           |
| Primary school |
| Secondary school |
| College/University |
| Professional degree |
| Other (please specify)   |
7. Employment status

| Employment status      |
|------------------------|
| Employed               |
| Self - employed        |
| Not employed           |
| Pensioner              |
| Studying               |

8. Race

| Race                  |
|-----------------------|
| Malay                 |
| Chinese               |
| Indian                |
| Others (please specify)|

9. Comorbidity:

| Comorbidity                          |
|--------------------------------------|
| Diabetes mellitus                    |
| Hypertension                         |
| Gouty arthritis                      |
| Asthma/lung disease                  |
| Heart disease                        |
| Other renal disease                  |
| [Glomerulonephritis/Polycystic kidney disease/Renal calculi etc]|
| Autoimmune disease [Systemic lupus erythematosus/ Rheumatoid arthritis etc]|
| Dyslipidaemia                         |
| None                                  |
| Other (please specify)                |

10. Cause of ESRD:

| Cause of ESRD                          |
|----------------------------------------|
| Diabetes mellitus                      |
| Hypertension                           |
| Polycystic kidney disease/Obstructive uropathy |
| Glomerulonephritis                     |
| Drug induced e.g. NSAID                |
| Traditional and complementary medicine |
| Unknown                                |
| Other                                  |

11. Traditional and complementary medicine (TCM) use

| TCM use since before started on dialysis |
|-----------------------------------------|
| No TCM use before dialysis, only after started on dialysis |
Never use TCM

(Proceed with question 12 if you have been using or had use TCM)

12. Please check all that you are currently using or have/had been using in the past (please check all that apply)

| Food/vitamin supplement that was not prescribed by healthcare professional |   |
|---|---|
| Dietary adjustment |   |
| Detoxification |   |
| Acupuncture |   |
| Massage |   |
| Aromatherapy |   |
| Electromagnetic therapy |   |
| Spiritual therapies |   |
| Herbal medicine |   |
| Meditation |   |
| Tai chi |   |
| Yoga |   |
| Medicinal teas (including green teas) |   |
| Non-traditional diet therapy (including juice) |   |
| Hypnosis |   |
| Mental imagery |   |
| Psychic therapy |   |
| Reflexology |   |
| Bloodletting Cupping |   |
| Other (please specify) |   |

13. Reasons for using traditional and complementary medicine (TCM)

| Directly treat the kidney disease with TCM |   |
| Disappointed with conventional treatment |   |
| Conventional treatment too expensive |   |
| To do everything possible to treat the illnesses |   |
| Conventional treatment too toxic or damaging |   |
| Increase the body’s ability to treat other illnesses |   |
| Improve physical well-being |   |
| Improve emotional well being |   |
| Increase optimism |   |
| Counteract ill effects from the HD or medical treatment |   |
| Might help, cannot hurt |   |
| Provide hope |   |
| For fun |   |
14. How frequently have you been using traditional and complementary medicine (TCM)?

- Daily
- Weekly
- Occasionally
- Only once

15. Source of information regarding TCM (check all that apply)

- Local newspaper/magazine
- Foreign newspaper/magazine
- Television/ radio
- Internet/ Social media
- Healthcare professionals
- Other patients
- Friends
- Family members
- Health Talk
- Religious contacts
- Practitioners of TCM
- Other (please specify)

16. When using these supplements or alternative therapies, have they benefited you?

- No effect at all
- I feel better
- I feel worse
- I am not sure

17. When using these supplements or alternative therapies, have you experienced unpleasant side effects?

- Yes, please specify
- No
- Uncertain

18. About how much money have you spent on TCM?

- Less than RM 100
- RM 100 – RM 299
- RM 300 – RM 499
- RM 500 – RM 999
- RM 1000 – RM 4999
19. Have you told your doctor about these supplements or alternative therapies?

Yes, because

| Reason                                | Space for Answer |
|---------------------------------------|------------------|
| Doctor asked                          |                  |
| Doctor should know                    |                  |
| Wanted to know the doctor’s opinion   |                  |
| Other (please specify)                |                  |

No, because

| Reason                                | Space for Answer |
|---------------------------------------|------------------|
| Doctor did not ask                    |                  |
| It was not necessary for the doctor to know |            |
| Doctor would disapprove               |                  |
| Other (please specify)                |                  |

20. If you told your doctor, what was his/her reaction? (check all that apply)

| Reaction                        | Space for Answer |
|---------------------------------|------------------|
| Doctor in favour                 |                  |
| Doctor opposed                   |                  |
| Did not offer opinion            |                  |
| Other (please specify)           |                  |

Thank you