CONSUMPTION AND KNOWLEDGE SURVEY OF MEDICINAL PLANTS AND RELATED PRODUCTS IN THE AUTONOMOUS COMMUNITY OF MADRID

1. Gender:  Female  Male

2. Age:  18-44  45-64  ≥ 65

3. Educational level:  Basic education  Vocational training  Higher education

4. Place of residence:  Postal code

5. Occupation:  Student  Employers  Unemployed  Pensioners  No answer

Medicinal plants definition: “Plants that contain properties or compounds that can be used for therapeutic purposes or those that synthetize metabolites to produce useful drugs”

6. Frequency with which you consume medicinal plants (referring to the last 12 months):
   Frequently*  Occasionally**  Never
   * > 4 times/month  ** 1-4 times/month

7. What do you use medicinal plants for therapeutic purposes? (more than one possible option)
   ○ Respiratory problems  ○ Vascular problems
   ○ Digestive problems  ○ Genitourinary problems
   ○ Sleep disorders  ○ Sugar levels
   ○ Anxiety and nervousness states  ○ Healing
   ○ Calmor dolor  ○ Others:
   ○ Blood pressure control
   ○ Depression

8. What medicinal plants have you used?

9. Forms in which you have consumed medicinal plants:
   ○ Herbal teas
   ○ Tablets/capsules
   ○ Essential oils
   ○ Creams
   ○ Syrups
10. Who recommends the medicinal plants you use?:
- Doctor recommendation
- Pharmacist advice
- Friends and family recommendations
- Own initiative

11. Where do you acquire mainly medicinal plants?:
- Pharmacy
- Herbal shops
- Internet
- Supermarkets
- Others (i.e. Street markets)

12. Where do you mainly get information about the uses of medicinal plants?:
- Doctor
- Pharmacist
- Family and friends
- Internet
- Other means of communications (i.e. magazines, TV)

13. Do you think that medicinal plants may cause side effects / adverse reactions?:
- YES
- NO

14. Have you had any side effects / adverse reactions when consuming medicinal plants?:
- YES
- NO

15. If the previous answer is YES:
- What side effects / adverse reactions:
- With which medicinal plant:

16. Do you usually consume medicines and medicinal plants concomitantly?:
- YES
- NO
- SOMETIME

17. If the previous answer is “YES” or “SOMETIMES”, please, indicate the name of the medicine and the medicinal plants that you consume concomitantly:

| Name of the medicine | Name of the medicinal plant |
|----------------------|----------------------------|

18. If the answer to question number 17 is “YES” or “SOMETIMES”:
- Do you tell your doctor / pharmacist that you are consuming concomitantly medicines and medicinal plants?
- YES
- NO