Table S1. Key data from surveys regarding CAM in general.

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Main findings							
							Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Andrews (2002)[68]	'To provide some impressionistic evidence on localised trends in older peoples' use [of CAM]'	400 elderly individuals in England	Interview and questionnaire	NM	NM	36	12 months: 100; 2 years: 61.2	Reflexology: 16.7; Massage: 13.6; Acupuncture: 8.2; Chiropractic: 8.2; Aromatherapy: 8	Claimed CAM made them feel better: 100	NM	Per year: 750–1,250	NM	Friend: 35.7; GP: 17; Magazine: 11.1	Claimed to have been using CAM for more than 10 years: 23.4
Anon (2006)[5]	NM	5,927	NM	NM	'...We asked 5,927 Which? members about their experience of using complementary therapies'	55	12 months: 100	NM	Osteopathy: 69; Chiropractic: 69; Massage: 50; Homeopathy: 45; Acupuncture: 42; Herbals: 35; Aromatherapy: 30	NM	NM	NM	NM	Using herbal medicine who had not seen a herbal practitioner: 73
Artus (2007)[69]	'To determine CAM use among patients with chronic musculoskeletal pain who have consulted about their pain in primary care'	427 pain patients in England	Interview and questionnaire	NM	Treatments used for pain control and consisted of eight questions	32.3	Used at least one CAM (12 months): 84	Massage: 8; Acupuncture: 8; Aromatherapy: 8	NM	Reported harm: 7	NM	NM	Friend/relative: 47	Current users of CAM: 65
Badger (2007)[81]	To describe 'the use of and attitudes towards self-chosen treatments among people who were treated for a recent episode of depression'	60 depressed patients in England	Interview	NM	Questions were used to gain further details of users' perceptions and experiences of care during depression	34	63.3*	Herbals: 28.9; Relaxation: 13.1; Aromatherapy: 5.2	Yes (qualitative data)	NM	By one patient: 20	NM	NM	'Use of a range of self-chosen therapies was supported by a belief that they were natural, combined with a desire to avoid consulting health practitioners'
Baguley (2006)[86]	'To determine the incidence of use of CTs in patients with vestibular symptoms...'	80 patients with vestibular symptoms in UK	Questionnaire	NM	'... a structured set of questions regarding the use of CT...'	NM	16	Herbals and acupuncture	Claimed CAM helped them: 46	NM	NM	NM	Personal recommendation: 54	Tried CAM before seeing GP: 7.6

Continues

Table S1. Continued

| Author (year) | Aim (quote) | Population (n) and location | Method | Sampling technique | Question(s) asked (quote) | Response rate (%) | Main findings | | | | | | | |
							Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Baron (2005)[6]	'...to investigate the use of CAM by outpatients with general dermatologic conditions in 3 UK cities...'	400 dermatology patients in England and 637 in Wales	NM	NM	NM	England: 78 Wales: 68	12 months: England: 45 Wales: 50	'Herbal medicine was the most popular CAM in both regions'	Found CAM helpful: England: 76 Wales: 23	NM	NM	NM	Friend or relative: 72 Magazine or newspaper: 15 Health shop: 13 GP: 7	Thought CAM should be available on NHS: 88
Cheetham (2001)[71]	'...to quantify patient awareness and use of ATs for the prevention and treatment of prostate cancer in the UK'	195 patients with cancer in England	Questionnaire	NM	Whether they had thought of using, or had actually used any CAMs	86	16.5	Saw palmetto: 18.5	NM	NM	NM	NM	Newspaper: 46 Friend/relative: 26.8	Aware of ATs for prevention or treatment of prostate cancer: Private practice: 60.4 NHS: 46.2
Cinotta (2006)[87]	'To compare prevalence, reasons, motivations, initiation, perceived helpfulness, and communication of CAM use between two tertiary children's hospitals.'	500 children with various clinical conditions in Wales	Interview questionnaire	Non-random sampling	'If the child had used CAM in the past year...'	NM	12 months: 41	Herbals: 10 Aromatherapy: 5 Homeopathy: 4 Reflexology: 3	NM	NM	NM	Tertiary-educated mother (p=0.02)	Parent/patient or family/friends: 74	Did not disclose CAM use to medical practitioners: 66
Clare (2010)[8]	'...to evaluate the usage and reported satisfaction of the various CTs used by patients in both the in-patient and outpatient setting(s).'	168 patients with cancer in England	Self-report questionnaire	Non-random sampling	'...a combination of closed, multiple choice, a free text opinion option, and a ten-point satisfaction scale'	93	Previously received CAM at hospital: 58	Reiki: 75	NM	NM	NM	NM	NM	Extremely likely to request more CAM therapy in future: 76

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Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Main findings							
							Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Corner (2009)[9]	'...to assess the prevalence of CAM use in a representative cancer population prior to and within 6 months of diagnosis.'	304 patients with cancer in England	Postal questionnaire	Non-random sampling	NM	51	Used CAM before diagnosis: 32 Used CAM after diagnosis: 28.9	Reflexology: 35 Aromatherapy: 30 Herbal medicine: 25	NM	NM	NM	Highly educated women with early stage cancer (after diagnosis)	Friends: 28.4 Self-education: 27 Family: 25.0	Had used CAM since diagnosis and not informed health professional: 26.1
Coulson (2005)[10]	'...to compare the prevalence of CAM use among infertility patients in National Health Service (NHS) and private clinics.'	400 infertility patients in England	Questionnaire	NM	'Have you tried any of the following complementary therapies to help your fertility problem?'	83	3 months: Private sector: Male: 13 Female: 40 NHS: Male: 12 Female: 23 (3 months)	NM	Found CAM helpful for infertility: 10	NM	NM	NM	NM	Patients had used CAM for other health problems in past: 19
Crawford (2006)[11]	'... to examine the use of CAM by children and adolescents with a wide spectrum of acute and chronic medical problems in a tertiary care'	580 paediatric patients in Wales	Interview	Non-random sampling	NM	NM	12 months: 41 1 month: 26	Herbals: 10 Aromatherapy: 5 Reflexology: 3	At least one CAM perceived as helpful by users: 57	Experienced side effects: 5	Median for medicinal CAM per month: 1–4	Higher income and parental tertiary education	Self-initiation, parent, participant, family, friend: 74 CAM practitioner: 14 Doctor: 6	Did not disclose CAM use to their doctor: 66 Using herbs and prescription medicines concurrently: 3
Daley (2006)[33]	'...to determine the prevalence of women using CAM and NPI for menopausal symptoms; describe the perceived effectiveness of CAM and NPI for symptom management...'	2,399 menopausal women in England	Postal questionnaire	Non-random sampling	'Was it helpful?'	50.3	NM	Yoga: 41.5 Relaxation: 27.4 Homeopathy/ naturopathy: 25.4	Prayer: 86.4 Relaxation: 82.5 Aromatherapy 79.2 Exercise 76.5 Homeopathy: 58.7	NM	NM	Physically active and not smoking whites	NM	Women who consumed 1–7 units of alcohol/ week more likely to use homeopathy or naturopathy
Domoney (2003)[88]	To 'investigate the use of CTs by women attending a specialist PMS clinic in the UK'	100 patients with PMS in UK	Questionnaire	NM	'...questionnaire detailing previous use of CTs...'	100	Ever used: 91 Current users: 35	Herbals	Felt CAM was of benefit: 53	NM	NM	NM	Friends/relatives: 62 Media: 37 GP: 24	Used prescribed medication concomitantly: 71

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Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Main findings						
								Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Easterford (2005)[12]	'...to ascertain the use of CAM in consecutive patients attending specialist epilepsy clinics'	400 patients with epilepsy in England	Structured questionnaire	NM	'The question about seizure frequency and CAM use'	94.25	Used CAMs at one point: 34.6	NM	NM	NM	Majority spent less than £1/week	NM	Friend: 22.9 Doctor: 16.3	Used CAM at some time specifically for their epilepsy: 11.1
Emslie (2002)[34]	'To assess changes in awareness of, use of, attitudes to, and opinions about CAM'	800 healthy responders in Scotland	Postal questionnaire	Stratified random sampling	NM	54	Used at least one type of CAM (6 years): 41	Aromatherapy: 18 Osteopathy: 12 Acupuncture: 10 Homeopathy: 10 Reflexology: 9	Found CAM very effective: 48.2	NM	Concerned with cost of therapy: 22	NM	NM	Indicated GP was aware they were using CAM: 38
Ernst (2000)[2]	'...to determine the use of CAM'	1,204 patients with various clinical conditions in UK	Telephone interview	Random sampling	NM	NM	12 months: 20	Herbal medicine Aromatherapy Homeopathy Acupuncture/acupressure Massage Reflexology	25% stated that CAM helps or relieves injury/condition	NM	Per month: 13.62±1.61	Middle-aged women in higher social classes	Doctor: 11	Use was highest in Wales (32%) and South East England (23%) and lowest in West Midlands (16%) and North England (11%)
Esmonde (2008)[72]	'To provide increased insight into benefits from CAM use and service user ideas over research priorities'	1,000 patients with MS in England	Questionnaire	NM	Questions on use of any of a set of CAMs in past 12 months	13.8	12 months: 84	Reflexology: 40 Massage: 33 Yoga: 31 Relaxation and meditation: 25 Acupuncture: 21	Qualitative data	NM	NM	NM	NM	One quarter to two-fifths of respondents rated each of six therapies as 'extremely helpful'
Featherstone (2002)[35]	To describe 'the prevalence and nature of CAM use in patients in six different practices'	1,987 primary care patients in Scotland	Postal questionnaire	Non-random sampling	NM	77	1 month: 39 Lifetime: 71	NM	NM	NM	NM	Association between CAM use, sex, age, education and income	NM	Had used one or more CAM therapies: 48 Had used CAM remedies: 64
Featherstone (2003)[74]	'To study the nature of CAM use in primary care attenders...'	2,032 patients with various clinical conditions in Scotland	Postal questionnaire	NM	Questionnaire developed from two previous prevalence studies in Grampian	59	Lifetime: 71	Aromatherapy: 23.7 Homeopathy: 15.6 Acupuncture: 14.4 Osteopathy: 13 Herbals: 11.4	Scored ≥7 (on 10-point Likert-like scale): 53	NM	NM	NM	Non-NHS therapist: 24 NHS professional: 13	Stated GP knew of CAM use: 35

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Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Main findings							Other relevant findings (%)
							Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	
Ferry (2002)[75]	To explore 'the use of different modalities of CTs in consecutive patients with a diagnosis of Parkinson's disease'	109 patients with Parkinson's disease in England	Interview	NM	Participants asked about current and previous use of CTs in general and for treatment of Parkinson's disease	90	Used at least one form of CAM: 54	Massage: 16 Aromatherapy: 14 Reflexology: 7 Acupuncture: 7 Spiritualism: 7	NM	NM	NM	NM	NM	Used solely for treatment of Parkinson's disease: 38.7
Freymann (2006)[36]	'To analyse the knowledge about and use of CAM in an ethnically diverse student population'	264 students in England	Questionnaire and interview	NM	NM	59.1	12 months: 32.6	Aromatherapy: 26.8 TCM: 25 Herbals: 25 Ayurvedic medicine: 19.6 Homeopathy: 14.3	NM	NM	NM	NM	NM	Considered plants and natural products as good to excellent healthcare products: 46
Furnham (2000)[37]	To examine 'whether people thought neurotics were more likely to 'get better' when using CAM rather than orthodox medicine'	165 neurotic participants	Questionnaire	Non-random sampling	'How effective do you think the treatment was?'	NM	Lifetime: 53.9	NM	Patients using CAM believed homeopathy was more effective than OM (p<0.001)	NM	NM	NM	NM	Believed homeopathy should be freely available on NHS: 73.9
Gage (2009)[39]	'To estimate the proportion of cancer outpatients who visit a CAM unit...'	464 cancer patients	Questionnaire	NM	'To state their reason for visiting the CAM unit on that day'	NM	6 months: 36	Reflexology and aromatherapy: 10	NM	NM	NM	Women with higher education diagnosed with cancer	NM	Used CAM unit facilities while waiting for NHS appointments: almost 60
Gami (2003)[80]	'...to identify the sources from which patients sought advice, either 'orthodox' or 'complementary' [practitioner]'	107 radio-therapy patients in England	Interview	NM	Who they had seen about these symptoms, including any CAM practitioners	NM	Patients with GI symptoms: 13	Homeopathy: 28. Faith healer: 21.4 Herbals: 21.4	Found CAM helpful: 88	NM	NM	NM	NM	CAM most frequently used by women aged 31–69 years

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Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Main findings					Other relevant findings (%)
									Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	
Gerasimidis (2007)[76]	'To assess prevalence, predictors and parental attitude to the use of CAM in a paediatric population with inflammatory bowel disease'	135 paediatric patients with IBD in Scotland	Questionnaire	NM	'To report sources of information on CAM, reasons they had chosen these, their effectiveness, cost and doctor's awareness of their CAM use'	83	Lifetime: 61 Current users: 37	Homeopathy: 14 Massage: 13 Aromatherapy: 9 Yoga: 6 Relaxation: 6	Judged CAM to be partially effective: 48	NM	NM	Aged <46 years with high parental educational level	NM	Would give CAM to their children: 89
Gohar (2008)[77]	'...to determine the prevalence of self-care behaviours in patients attending a secondary care hypertension clinic.'	196 patients with hypertension in England	Questionnaire	NM	Responders asked about any CAM use over the past year	78.8	12 months: 43.1	Prayer: 12.4 Relaxation: 8.5 Aromatherapy: 4.6 Meditation: 2.6 Spiritual healing: 2	NM	NM	NM	NM	NM	CAM users had lower adherence to medication than non-CAM users (44.8 vs 60.5)
Greenfield (2008)[40]	'...to explore the use of CAM, self-test kits and attitudes towards health of UK patients one year after referral to cardiac rehabilitation.'	463 cardiology patients in England	NM	NM	'Have you used any CAMs for your heart problems?'	91.1	12 months: 9.2	NM	NM	NM	NM	Attitude to CAM	NM	Used CAM to manage cardiac problems: 28.2 Used CAM to treat other illnesses: 82.1
Haetzman (2003)[41]	'... to determine the use of conventional and alternative practitioners and medicines amongst individuals with chronic pain in the community'	2,184 patients with pain in Scotland	Postal questionnaire	Non-random sampling	NM	83	Consulted CAM practitioner (12 months): 18.2	NM	NM	NM	NM	Younger females	NM	Individuals with chronic pain who had taken CAM: 15.7
Harding (2009)[78]	'To generate preliminary data on [CAM] modalities chosen to treat specific running injuries'	100 runners with sport injuries in England	Questionnaire	NM	Treatment modalities chosen, attitudes and perceived level of effectiveness of treatment	99	12 months: 21	Massage: 12 Chiropractic: 11 Acupuncture: 9 Osteopathy: 3	NM	NM	NM	NM	NM	Would like to see CAM available on NHS: 84

Continues

Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Main findings					Source of CAM recommendation	Other relevant findings (%)
								Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use		
Harris (2003)[42]	'To determine the prevalence and cost of CAM use...'	1,697 patients with cancer in Wales	Questionnaire	NM	Questionnaire included CAM types most commonly identified in previous studies	64	Used at least one type of CAM (12 months): 49.6	Herbals or homeopathy: 13 Relaxation: 11.2 Aromatherapy/massage: 8.8	Satisfied with dietary supplements: 64	NM	Per month: 28	Younger women with higher education and previous CAM use	NM	Satisfied with CAM: 72
Helpman (2010)[79]	'...to compare the patterns of CAM use and attitudes to-ward CAM use among patients with epithelial ovarian cancer...'	98 patients with cancer in the UK	Questionnaire	NM	NM	NM	37	Evening primrose: 19	Found CAM to be helpful: 79	NM	NM	NM	NM	Informed doctors of CAM use: 81
Heuschkel (2002)[89]	To examine 'the use of CAM in children and young adults with IBD'	51 paediatric and adult patients with IBD in England	Questionnaire	Non-random sampling	Questionnaire to determine the prevalence of CAM use during previous year	25	41	Herbals: 14 Homeopathy: 6	Mean 2.25 (maximum 3, minimum 1)	Three AEs listed by >30% of patients using CAM	NM	Parental use of CAM and number of AEs from conventional medicines	Doctors: Median: 3.5 Maximum: 5 Minimum: 1	Had initiated a discussion about CAM: Doctors: 8 Patients: 24
Hunt (2010)[44]	'...to provide lifetime and 12-month prevalence data for CAM use and CAM practitioner consultations in England'	7,200 households in England	Postal questionnaire	Random, multi-stage stratified probability sampling	NM	71	12 months: 26.3 Lifetime: 44.0	Massage: 13.1 Aromatherapy: 11.2 Acupuncture: 11.2 Relaxation: 10 Osteopathy: 9.9	NM	NM	NM	University-educated women with poorer mental health and lower levels of perceived social support	NM	Respondents taking prescription drugs had used CAM in past 12 months: 29
Jacobs (2001)[45]	'To explore women's use and interest in, OTC supplements and CAMs...'	1,143 women	Questionnaire	NM	NM	NM	Women (regularly): 46	NM	Believed CAM was effective alternative to OM: 82	NM	NM	NM	NM	Would use CAMs for relief of menopausal symptoms: 64
Johnston (2003)[47]	'To qualify and quantify the usage of CM in children with [AD] in secondary care' England	100 paediatric dermatology patients in England	Interview	Non-random sampling	'Do you think CM works better than Western medicine?'	100	Previously used some form of CM: 39	Chinese herbals: 43 Herbals: 41 Homeopathy: 35	Felt CAM was more efficacious: 14	NM	NM	Ethnicity (non-local)	Family or friends: With skin disease: 50 Without skin disease: 37 OM practitioner: 6 Media/internet: 6	Those using CM who felt AD improved: 35

Continues

Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Main findings							
							Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Jordan (2004)[46]	'…to evaluate the prevalence of clinically diagnosed knee OA and the use of CAM in those patients'	828 patients with OA in England	NM	Non-random sampling	NM	56	CAM 'drug therapies': 54.3	Chiropractic: 7.7 Acupuncture: 6.2 Osteopathy: 4.5	NM	NM	Median per month: 13.50	NM	NM	Patients who had seen CAM therapist more likely to have also seen PT or hospital consultant
Kong (2005)[48]	'To assess the incidence of oral CAM usage by gastroenterology patients at a single university center and compare against controls'	1,409 gastroenterology patients in UK	Face-to-face questionnaire interview	Non-random sampling	NM	NM	For IBD: 49.5 For IBS: 50.9 For general GI diseases: 20	NM	Patients reporting benefits of CAM with: IBD: 41 IBS: 48 General GI disease: 45	NM	NM	Females	NM	Increasing numbers of IBD patients using CAM in addition to conventional therapy
Ladenheim (2008)[14]	'To determine the prevalence and purpose of CAMs use in people receiving treatment for HIV infection'	293 patients with HIV in England	Questionnaire	Non-random sampling	'Checklist questionnaire to estimate the prevalence and purpose of herbal medicines and supplement use'	79	Taking herbal remedies or supplements: 61	Herbal remedies: 28.6	NM	NM	NM	NM	NM	Issued with warnings due to CAM usage: 20
Lambert (2010)[49]	'…to determine the extent of the use of CAM in a UK headache clinic'	92 patients in England	Questionnaire	NM	NM	NM	Used median of three different CAM therapies: 32	NM	CAM users who perceived it as beneficial: 60	NM	Spent <100: 54	Employed with higher results from HIT	Friend/relative: 72 Doctor: 16 Nurse: 8 Self-recommendation: 4	CAM users who had not disclosed it to doctor or nurse: 42
Lewith (2002)[15]	'To evaluate the use of and attitudes to CAM among patients and all healthcare staff in the Southampton Cancer Care Directorate (UK)'	270 patients with cancer in England	Questionnaire	NM	'Are you currently taking or receiving any of these therapies?'	60	32	Aromatherapy: 19 Massage: 10 Acupuncture: 3.7	Stated that CM helped them feel better: 35	NM	NM	NM	NM	Would like to receive CM: 49

Continues

Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
									Main findings					
Lorenc (2006)[91]	'To determine the prevalence and determinants of CAM use in a multi-ethnic paediatric outpatient population'	201 paediatric outpatients in England	Questionnaire	NM	'The questionnaire investigated the use of CM...'	NM	37	Homeopathy and herbals	NM	NM	NM	CM use by parents (p<0.001) Child's health status (p<0.05)	Word of mouth: 65	CM use not reported to children's doctors: 54
Madichan (2011)[16]	'...to investigate the extent and nature of self-care practices in patients experiencing long term health problems...'	3,060 patients with chronic conditions in England	Postal questionnaire	Random sampling	NM	45	Consulted CAM practitioner (6 months): 20.6	Osteopathy or Chiropractic: 36.5 Prayer: 13.8 Meditation: 11.7	NM	NM	NM	NM	NM	Those reporting back pain more likely to have consulted CAM practitioner (p<0.001)
Molassiotis (2004)[51]	'...to determine the prevalence of CAM use among children with cancer...'	49 paediatric patients in UK	Postal questionnaire	NM	NM	51	Since diagnosis: 32.7	Aromatherapy: 50	Perceived aromatherapy to be effective: 50	NM	NM	NM	Media: 69.4 Healthcare professionals: 66.7 Own research: 33.3	Parents who used CAM who would recommend it to other parents in same situation: 93.8
Molassiotis (2005)[52]	'...to examine the use of CAM in a sample of colorectal cancer patients in Europe'	126 patients in several European countries	NM	NM	NM	NM	Used CAM after diagnosis of cancer: Overall: 32 In UK: 29.6	Herbal medicine: 48.7 Homeopathy: 20.5 Spiritual therapy: 15.4 Relaxation: 12.8	Found CAM directly fought the disease: 26.3	After CAM use: 2.1	Per month: €16.2	Younger age, non-manual occupation and previous OM treatment	Friends: 50 Media: 35 Family: 27.5 Physician: 12.5 Nurse: 10	High levels of satisfaction with CAM also reported
Molassiotis (2005)[53]	'...to explore the use of CAM in cancer patients across a number of European countries'	34 patients with cancer in UK	NM	NM	'Which CAM therapy patients used before the diagnosis of cancer, since the diagnosis of cancer or currently'	NM	Lifetime: 29.4	Herbs in 13/14 countries	Found CAM of benefit: 22.4 (p<0.001)	After CAM use: 4.4	Per month: €123	Younger females with higher Education	Friends: 56.5 Family: 29.1 Media: 28.4 Physician: 18.6 CAM practitioner: 12.9	CAM use among countries: range 14.8–73.1%

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Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Main findings			Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
									Perceived effectiveness (%)	Adverse effects (%)	Costs (£)			
Molassiotis (2006)[54]	'...to assess the patterns of CAM use specifically in lung cancer patients in Europe'	111 patients from eight European countries	NM	NM	NM	NM	After diagnosis of cancer: 12.5	Herbal medicine: 48.1 Homeopathy: 11.5 Animal extracts: 11.5 Spiritual therapies: 11.5	Found CAM directly fought the disease: 22.2	NM	Per month: €5	Younger age with higher education level	Friends: 65.4 Family: 30.8 CAM practitioners: 26.9 Media: 23.1 Physician: 11.5	Herbal use increased by three times after diagnosis of cancer Patients seemed quite satisfied with CAM used
Molassiotis (2006)[55]	'To describe the use of CAM in breast cancer patients in Europe'	38 patients with cancer in UK	NM	Random sampling	NM	NM	In UK since diagnosis of cancer: 38.2	Herbal medicine: 46.4	Mean (SD) score: 5.19 (1.43)	Reported AEs (2.5)	Per month: €9.6	Younger, higher education and previously received conventional treatment for cancer	Friends: 64.2 Media: 30.4 Family: 24.4 Physicians: 17.9 CAM practitioners: 13	Women reporting no benefits from CAM used: 6.5
Molassiotis (2006)[56]	'...to examine the patterns of CAM use in a sample of head and neck cancer patients...'	75 patients with cancer in nine European countries (16% in UK)	NM	NM	NM	NM	Before or after diagnosis: 22.7	Herbal medicine: 47 Visualisation: 11.8%	Mean (SD) who perceived moderate effectiveness: 4.40 (1.68)	Reported AEs (11.8)	Per month: €260.57	Previous treatment for cancer	Friends: 47.1 Family: 29.4 Media: 23.5 CAM practitioners: 23.5 Physicians: 11.8	Eightfold increase in use of herbs after diagnosis of cancer
Moore (2000)[17]	'...to examine patterns and factors associated with the use of alternative medical therapy in patients with SLE...'	211 patients with SLE in UK	Questionnaire	NM	Which of 16 non-conventional therapies they had used in preceding 6 months	94	Used at least one AT: 48.3	Relaxation: 21.3 Massage: 19 Herbal medicine: 15.2	NM	NM	NM	NM	NM	Herbal medicine used more commonly in UK than in US and Canada
Needleman (2010)[18]	'...to assess the use of CAM in brain tumor patients...'	33 patients with cancer in England	Postal questionnaire	NM	'...to record the use of CAM by selecting treatments from a predefined list...'	NM	55	Reiki Reflexology Acupuncture	NM	NM	Spent >1,000 on CAM: 9%	NM	Family and friends	Patients who disclosed CAM use to treating oncologist: 22
Newsom-Davis (2009)[19]	'...to determine patients' pattern of use of CAM therapies...'	200 patients with cancer in England	Self-completion questionnaire	NM	'...the nature of CAM use amongst cancer patients'	NM	22	Homeopathy: 6.8 Evening primrose oil: 4.5	CAM users who 'noticed effects on their health': 41	NM	Spent <10: 20	NM	Friend: 11 Family: 10 CAM practitioner: 8	Said CAM should be available on NHS: 55

Continues

Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Main findings							
							Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Nicolaou (2004)[57]	'...to quantify and qualify the use of CAM by patients referred to our contact dermatitis clinic'	109 patients in England	Questionnaire	Non-random sampling	NM	100	Currently using CAM: 10 Had used CAM: 20	Herbals: 51 Chinese herbals: 18 Ayurvedic medicine: 12 Aromatherapy: 18	Felt they improved: 30	NM	NM	Ethnicity	Family or friends with skin disease: 27% Family or friends without skin disease: 24	Believed that CAM should be available from NHS: 83
Ong (2002)[58]	'...to establish the health status of users of CAM services in England'	14,868 people in England	NM	Random sampling	NM	64	Consulted CAM practitioner (3 months): 7.8	NM	NM	NM	NM	Females with longstanding illness, non-manual job, social class and high levels of GP service use	NM	CAM users also reported at least one chronic illness: 60
Quinn (2005)[84]	'To ascertain the views and use of CAM among people with LBP'	222 with patients LBP in Northern Ireland	Questionnaire	NM	NM	NM	46	Acupuncture: 21.6 Reflexology: 9.5	Found CAM effective: 51	NM	NM	NM	NM	Found CAM more effective than OM: 46.3 Would consider it to treat LBP: 90.1
Rees (2000)[59]	To measure 'the prevalence and costs of CAM use by women diagnosed with breast cancer in the South Thames NHS region'	1,023 patients with cancer in England	Postal questionnaire	'A regional cancer register as a survey sampling frame'	NM	74	Since diagnosis of cancer: 31.5 12 months: 22.4	Massage/ aromatherapy Chiropractic/ osteopathy Relaxation Yoga Meditation and spiritual or faith healing	NM	NM	Per year per 1,584 consultations: 16,883	Younger age, more educated and had used CAM before	NM	Those who visited practitioner in time since diagnosis who had used more than one type of therapy: 53
Robinson (2008)[23]	'To determine the prevalence and determinants of CAM use in a multi-ethnic paediatric outpatient population'	339 parents in England	Questionnaire	Non-random sampling	Questionnaire adapted from standardised questionnaire by Simpson et al	72	Lifetime: 37	Homeopathy: 29.9 Herbals: 28 Osteopathy: 14	Believed CM worked: 60	NM	Per use: 9.66	Child's poor health, parents' higher income and better education	Friends/family: 51 Own decision: 27 Referral: 17	Parents who did not report CM use to doctor: 54

Continues

Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Main findings						Other relevant findings (%)
								Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	
Rüdell (2008)[24]	'This study investigates alternative help-seeking strategies in a multi-ethnic community and examines the relationship with primary care use'	268 mentally distressed people in England	Questionnaire	Mixed-method sampling	'Have you tried the strategy to resolve your distress?'	54.3	Used one or more CT: 56.6	Prayer: 41.6 Herbal remedies: 34.5 Relaxation/massage: 29.2	NM	NM	NM	NM	NM	Black Caribbeans who used complementary service: 60
Scott (2005)[60]	'...to assess the use of CAM therapies in patients with cancer'	127 patients with cancer in Scotland and England	Questionnaire	NM	Questionnaire originally developed by Swisher et al[96]	NM	29	Relaxation: 25.7 Reflexology: 14.3 Spiritual healing: 14.3 Aromatherapy: 11.4	Improved their physical well-being: 44	NM	Average: 232	NM	Media: 57 Friends: 57 Family: 31 CAM practitioner: 14 Medical doctor: 14 Nurse: 9 Internet: 9	Mean (SD) satisfaction score on 10-item Likert-like scale: 5.39 (1.64)
Shakeel (2007)[61]	To investigate 'the prevalence and pattern of CAM use among children attending the paediatric otolaryngology department...'	554 paediatric patients in Scotland	NM	Non-random sampling	NM	59	12 months: 20 Lifetime: 29	NM	Thought CAM was effective: 61	NM	NM	NM	Friends/family: 68 Healthcare professionals: 36 Media: 26 Books: 22 Internet: 12	Patients who would recommend CAM to others: 65
Shakeel (2008)[62]	'... to identify the prevalence and pattern of CAM use in a consecutive sample of patients admitted to three surgical units...'	430 surgical patients in Scotland	NM	Non-random sampling	NM	95	12 months: 46 Lifetime: 68	Herbals: 50 Non-herbals: 13	Thought CAM was effective: 174 patients	NM	NM	NM	Family/friends: 62 Healthcare professionals: 26 Media: 27 Books/internet: 5	Two-thirds failed to inform family physician about their use of CAM
Shakeel (2008)[63]	'...to explore the use of [CAM] by patients attending a head and neck oncology clinic'	200 patients with cancer in Scotland	NM	Non-random sampling	NM	69	12 months: 26 Lifetime: 50	Massage Acupuncture Chiropractic Homeopathy	Thought CAM was effective: 41	NM	NM	NM	Friends: 55 Media: 29 Healthcare professional: 18	Stated that family physician was unaware of use of CAM: 50

Continues

Table S1. Continued

| Author (year) | Aim (quote) | Population (n) and location | Method | Sampling technique | Question(s) asked (quote) | Response rate (%) | Main findings | | | | | | | |
							Prevalence of use	Most popular modalities (%)	Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Shakeel (2010)[25]	'...to study the prevalence and pattern of CAM use among adult patients attending the ENT clinic'	1,900 otolaryngology patients in Scotland	Interview questionnaire	NM	Questionnaire composed of list of common herbal preparations and CAMs	72	12 months: 36 Lifetime: 61	Herbal medicine: 30 Massage: 27.6 Acupuncture: 22.3 Aromatherapy: 16.2	Thought CAM was effective: 54	NM	NM	Middle-aged, highly educated, married or cohabiting women	Friends/family: 57 Media: 30.1 Health professionals: 24.9	Would recommend CAM to others: 57
Sharples (2003)[82]	'To examine patients' reasons for seeking CAM in the National Health Service...'	786 patients with various clinical conditions in England	Questionnaire	NM	What were the reasons for seeking CAM?	93	>5 years: 100	Homeopathy: 80 Acupuncture: 19	Much improved: 67	Slightly worse: 2 Much worse: 3	NM	NM	GP: 15 Doctor: 3	Satisfied or very satisfied with care they received: 90
Shaw (2008)[26]	To provide 'quantitative data on prevalence of use and factors predicting use in a larger sample of primary care asthma patients'	3,693 patients with asthma in England	Postal questionnaire	Random sampling	What was the reason for first using CTs for asthma?	36	14.5	Homeopathy: 68.4 Herbal medicine: 63.2 Relaxation: 55.8 Acupuncture: 45.8 Aromatherapy: 43.1	Reported CM always helped their asthma: 23	NM	1–100: 33% 101–500: 16 >500: 4	Middle-aged and highly educated females	Family member or friend: 11.8 Doctor: 4.2	Those who used CAM who had not disclosed it to health professional: 54
Simpson (2001)[64]	'...to determine the prevalence of CM use in children'	1,134 children aged <16 years in southwest England	NM	Random sampling	NM	79.7	Used CAM: 17.9	Homeopathy: 61 Aromatherapy: 36.4 Herbals: 24 Osteopathy: 12.3	NM	NM	<20/visit: 47 patients	NM	Word of mouth recommendation: 59.7	Dissatisfied with OM: 37
Smith (2004)[29]	'To describe the physical and psychological symptoms of IBS, and the health-related quality of life of patients...'	503 patients with IBS in the UK	Telephone interview	NM	NM	84	Tried ATs: 15	Acupuncture Massage Hypnotherapy Reflexology	NM	NM	NM	NM	NM	Seen in secondary care and used relaxation techniques: 30

Continues

Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Main findings			Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
									Perceived effectiveness (%)	Adverse effects (%)	Costs (£)			
Thomas (2001)[20]	'To answer the question 'How many people go to complementary medicine practitioners?''	5,010 adults in England	Postal questionnaire	Stratified random sampling	'The questionnaire was developed in a previous study by Eisenberg et al[97]	59	Used at least one of eight CAMs or purchased OTC remedy: 12 months: 46.6 Lifetime: 28.3	OTC herbals: 19.8 OTC homeopathy: 8.6 Osteopathy: 4.3 Chiropractic: 3.6	NM	NM	Per user per year: 108	Middle-aged or elderly women	NM	Estimated 22 million visits made to practitioners of one of six established therapies in 1998
Thomas (2004)[65]	'... to estimate levels of use of CAMs and their socio-economic correlates'	2,761 individuals in England, Scotland and Wales	NM	Stratified, random, probability sampling	NM	65	12 months: 10	Used one of five main therapies (acupuncture, homeopathy, chiropractic, osteopathy or herbal medicine): 6.5	NM	NM	NM	Higher income, non-manual social class and full-time education after age 18 years	Friends or relatives: 59 GP or other NHS professional: 18	Respondents who had used CAM in past year and had not told their GP: 52
Tremlett (2000)[30]	'To determine the use of nonprescription medicines in a cohort of MS patients...'	148 patients with MS in Wales	Postal questionnaire	NM	'...details about medicine usage in the previous 4 weeks from the GP, the pharmacy and from 'other' sources...'	79	Purchased non-prescription medicine within 1 month:† 63.2	Herbals: 7.7	NM	NM	Per month: 8.85	NS	NM	Women spent significantly greater amount of money than men
Vashisht (2001)[92]	'To assess the usage of both conventional and CTs by peri- and postmenopausal women...'	200 post menopausal women in England	Questionnaire	NM	'... to mention any other complementary treatments they had tried'	100	68.5	St John's wort: 28.5 Homeopathy: 19.5 Acupuncture: 16.5 Spiritual healing: 11	Satisfied: 62	NM	NM	Median younger age as a measure of central tendency (p=0.036)	GPs: 17 Doctors: 9	Regular users of 137 women who had ever tried CAM: 66

Continues

14

Table S1. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Main findings: Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Wheeler (2008)[67]	'...to determine whether absorption or cognitive style were predictors of CAM use...'	131 students	Questionnaire	Non-random sampling	NM	NM	>50	Massage: 27 Aromatherapy: 23 Reiki: 17 Bach flowers: 12 Relaxation: 12	NM	NM	NM	Rationality and absorption	NM	Most commonly used self-delivered CAMs: Aromatherapy: 25 Yoga: 19 Meditation: 17 Herbals: 15 Crystal healing: 14
Wilkinson (2008)[73]	'To determine the use of CTs by men with prostate cancer...'	405 patients with cancer in England	Postal questionnaire	NM	To read through list of 30 CTs they were currently using	73	25	Lycopene: 30 Yoga: 5 Reflexology: 5 Massage: 4 Acupuncture: 4	Improved quality of life: 55	NM	<10 per month: 55	Younger age and bowel 'bother'	Family: 18 Friends: 10 Newspaper: 10	Users who had not informed any doctor about CT use: 42
Zavery (2010)[32]	'This study outlines CAM use, and disclosure of CAM use, within a large sample of cancer patients...'	431 patients with cancer in England	Interview	Non-random sampling	Patients 'would be asked questions about their use of CAM'	NM	Used one or more CAMs since diagnosis of cancer: 47.6	Herbals: 22.3 Massage: 11.1	NM	NM	NM	Women with primary cancer diagnosis	Family/friends: 26.9 Nurse: 20.9 Literature: 10.4	Did not disclose CAM use to treating healthcare professional: 62.7

AD = atopic dermatitis; AE = adverse event; AT = alternative treatment; CAM = complementary and alternative medicine; CM = complementary medicine; CT = complementary therapy; ENT = ear, nose and throat; GI = gastrointestinal; HIT = Headache Impact Test; IBD = inflammatory bowel disease; IBS = irritable bowel syndrome; LBP = low back pain; NPI = non-pharmacological interventions; MS = multiple sclerosis; NHS, National Health Service; NM = not mentioned; NS = not significant; OA, osteoarthritis; OM = orthodox medicine; OTC = over-the-counter; PMS = premenstrual syndrome; PT = physiotherapist; SD, standard deviation; SLE = systemic lupus erythematosus; TCM = traditional Chinese medicine.

*Estimate also include physical exercise, physiotherapy and psychotherapy.

†Estimate also includes non-steroidal anti-inflammatory drugs (NSAIDs), dietary supplements and vitamins.

Continues

Table S2. Key data from surveys regarding specific CAM methods.

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Main findings				Source of CAM recommendation	Other relevant findings (%)
									Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use		
Cappuccio (2001)[7]	To assess 'the prevalence and the predictors of regular use of non-prescribed vitamin supplements, cod liver oil, primrose oil, and garlic'	1,557 volunteers in England	Interview	Stratified random sampling	NM	64	2 years: 10.4	Cod liver oil, primrose oil or garlic: 5.3	NM	NM	NM	Women of African origin and higher socioeconomic class	NM	White and South Asian people were least common users of CAM
Carson (2009)[85]	'...to scope the level of awareness and utilisation of chiropractic amongst people with MS in the UK'	231 patients with MS in UK	Postal questionnaire	Non-random sampling	'The main themes explored were the number of people who use chiropractic...'	NM	91*	Massage: 44; Chiropractic: 42; Oxygen therapy: 27; Reflexology: 24	NM	NM	NM	NM	Friend/relative: 47; Internet/support group: 35	Had consulted GP prior to chiropractic use: 42
Catt (2006)[70]	To explore 'the preferences for injection or tablets in the administration of breast cancer treatment'	208 patients with cancer in UK	Semi-structured interview	NM	Patients asked about treatment they were receiving	NM	Current use of non-prescription therapies: 53	Garlic: 3.4; Echinacea: 1.9; Black cohosh: 1.9; Chinese herbals: 1.4	NM	NM	NM	Higher education, higher socio-economic status and higher internal locus of control	NM	Self-treating, mainly with vitamin and mineral supplements: 53
Gee (2002)[38]	'...to assess patients' perception of Chinese herbal medicine in those with eczema and psoriasis so that we could provide an appropriate level of education'	80 dermatological patients in England	NM	NM	NM	NM	1 month: 10	NM	NM	Unaware of any AEs: 83–95%	NM	NM	NM	Considered herbals as completely safe: 33
Headley (2004)[43]	'To present data on the self-reported use of all types of medicinal products collected during pregnancy in a large cohort'	11,545 pregnant women in England	Postal questionnaire	NM	NM	81.8	Used at least one CAM product (12 months): 92.4	Herbal medicine and homeopathy: 0.1†	NM	NM	NM	NM	NM	Used herbals and homeopathy at 18 weeks†: 3.9
Hinks (2010)[13]	'To examine the reasons why patients choose acupuncture'	200 infertility patients in England	Questionnaire	NM	'The questionnaires asked if patients had or wished to have acupuncture or other CAM'	97	29	Acupuncture: 22	NM	NM	NM	NM	NM	Gave more importance to acupuncture than seeing same doctor or nurse: 17.5

Continues

Table S2. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Main findings — Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use	Source of CAM recommendation	Other relevant findings (%)
Holst (2009)[90]	'...to describe the use and the user of herbal remedies during pregnancy...'	578 pregnant women in England	Questionnaire	NM	The survey was based on questionnaire developed by Nordeng (2004)[98]	55.7	During pregnancy: 57.8	Ginger, cranberry, and raspberry leaf	NM	NM	NM	University degree and had been pregnant before	Family/friends: 61.8 Healthcare personnel: 21.3 CAM practitioner: 5.8	Users who did not tell doctor or midwife about use: >75%
Howard (2005)[83]	'...to determine the extent of use of cannabis in a cross-sectional sample of adult patients...'	86 patients with SCD in England	Questionnaire	NM	Questions on use of cannabis	34	12 months: 36	Cannabis: 36	NM	Sleepiness and mood change: 37 patients	NM	NM	NM	Would be willing to participate in future studies using cannabis for treatment of pain in SCD: 58
MacPherson (2006)[50]	'...to describe the characteristics of acupuncture patients...'	9,408 patients with various clinical conditions in UK	Postal questionnaire	NM	NM	NM	100	Acupuncture	NM	NM	NM	Women	Self-referral: 39 Family/friends/colleagues: 34 NHS staff: 10	Most common symptom: Musculoskeletal: 38 Psychological: 11 General: 9 Neurological: 8 Gynaecological/obstetric: 8
Skinner (2002)[27]	'...to quantify the use of herbal remedies in patients attending for anaesthesia in a British district general hospital'	3,349 presurgical patients in England	Interview	NM	Whether patient was presently taking herbal medication	81.3	Reported use of herbals: 4.8	Garlic: 22.9 Ginseng: 18.1 Ginkgo: 16 Echinacea: 10.1	NM	NM	NM	Middle-aged females	NM	Written documentation of patient's use of herbal remedies in medical notes: 1.5
Smith (2004)[28]	'...to estimate the prevalence of the use of herbal medicines by patients taking warfarin'	2,600 patients taking warfarin in England	Postal questionnaire	NM	Custom-made questionnaire	54.2	Reported taking one or more CMs: 19.2	Herbals: 8.8 Garlic: 7.3 Ginkgo: 1.5 Ginseng: 1.0	NM	Reported AEs: 2.5	NM	NM	NM	Patients had not discussed use of herbals with conventional healthcare professional: 92.2 Patients taking CAMs other than herbals: 14.3

Continues

Table S2. Continued

Author (year)	Aim (quote)	Population (n) and location	Method	Sampling technique	Question(s) asked (quote)	Response rate (%)	Prevalence of use	Most popular modalities (%)	Main findings				Source of CAM recommendation	Other relevant findings (%)
									Perceived effectiveness (%)	Adverse effects (%)	Costs (£)	Predictors of CAM use		
Thompson (2007)[21]	'To set a standard of routine goal setting with their patients within their package of care at the Bristol Homeopathic Hospital'	110 patients with various clinical conditions	Questionnaire	NM	'The questionnaire asked about past use of CAM...'	100	Lifetime: 70	Homeopathy: 35	Believed homeopathy to be more effective than OM: 41	NM	NM	NM	GP: 58	Valued emphasis on treating whole person: 73
Thompson (2010)[22]	'...to describe the use of these products [homeopathy] in a large cohort of children from birth to 8.5 years of age'	13,988 children in England	Longitudinal study	NM	'Has your toddler ever taken homeopathic medicines?'	NM	11.8% of children up to the age of 8.5 years used homeopathy at least once	Chamomilla (at 18 months): 31.8 Arnica (at 103 months): 32.2	NM	NM	NM	NM	Parents: 46.3 Homeopath: 14.7 GP: 10.1	Confused about what constituted homeopathic product: 10
Van Tonder (2009)[31]	To compare '... the usage, benefits and side-effects of dietary-related CAM use among adult cancer patients and non-cancer adults...'	98 patients with cancer in England	Self-administered questionnaire	Random sampling method	Whether health professionals were informed of CAM usage; CAM information sources; CAM usage	77.3	Used herbals: 36	Green tea: 15 Echinacea: 9 Garlic: 5	Stated they benefited from CAM: 41	Reported AEs (diarrhoea): 2	NM	NM	Family/neighbours: 30 Media: 29 NHS staff: 25	Patients with cancer who informed health professional of CAM use: 54
Werneke (2004)[66]	'...to establish the type, frequency and pattern of herbal medicine and supplement use...'	500 patients with cancer in England	NM	NM	NM	63.6	51.6	Herbals: 10.4	NM	Issued warnings from pharmacy: 12.2	NM	NM	NM	Reported using supplements in higher than recommended doses: 11.0

*Estimate also includes physiotherapy and diet management.

†Estimate includes all other therapeutic products, including herbal and homeopathic products on a regular basis.

AE = adverse event; CAM = complementary and alternative medicine; MS = multiple sclerosis; NM = not mentioned; OM = orthodox medicine; SCD = sickle cell disease.

Appendix S1. Detailed search strategy for MEDLINE.

1 (Alternative adj3 (heal$ or medic$ or remed$ or therap$ or treatment$)).ti,ab.

2 (Complementary adj3 (heal$ or medic$ or remed$ or therap$ or treatment$)).ti,ab.

3 (integrat$ adj3 (heal$ or medic$ or remed$ or therap$ or treatment$)).ti,ab.

4 CAM.ti,ab.

5 exp Complementary Therapies/

6 1 or 2 or 3 or 4 or 5

7 (caregiver$ or care giver$ or Carer$ or Client$ or Consumer$ or Customer$ or Patient$ or User$).ti,ab.

8 exp patients/

9 7 or 8

10 (Focus group$ or Interview$ or Question$ or Survey$).ti,ab.

11 exp health surveys/ or exp health care surveys/ or exp interviews as topic/ or exp questionnaires/

12 10 or 11

13 6 and 9 and 12

14 limit 13 to yr='2000 -Current'