

Holistic Complementary and Alternative Health Questionnaire

Listed below are a number of statements concerning your health and complementary medicine. Please decide to what extent you agree or disagree with each statement. For each statement you should circle the number that corresponds most closely to your own view. There are no right or wrong answers. **Please do not leave out any statements.**

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Mildly agree</i>	<i>Mildly disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1 Positive thinking can help you fight off a minor illness	1	2	3	4	5	6
2 Complementary medicine should be subject to more scientific testing before it can be accepted by conventional doctors	1	2	3	4	5	6
3 When people are stressed it is important that they are careful about other aspects of their lifestyle (e.g. healthy eating) as their body already has enough to cope with	1	2	3	4	5	6
4 Complementary medicine can be dangerous in that it may prevent people getting proper treatment	1	2	3	4	5	6
5 The symptoms of an illness can be made worse by depression	1	2	3	4	5	6
6 Complementary medicine should only be used as a last resort when conventional medicine has nothing to offer	1	2	3	4	5	6
7 If a person experiences a series of stressful life events they are likely to become ill	1	2	3	4	5	6
8 It is worthwhile trying complementary medicine before going to the doctor	1	2	3	4	5	6
9 Complementary medicine should only be used for minor ailments and not for the treatment of more serious illness	1	2	3	4	5	6
10 It is important to find a balance between work and relaxation in order to stay healthy	1	2	3	4	5	6
11 Complementary medicine builds up the body's own defences, so leading to a permanent cure	1	2	3	4	5	6

Scoring of the Holistic Complementary and Alternative Health Questionnaire (HCAMQ)

The total score is obtained by adding up over all 11 questions the numbers shown in the following table. The CAM subscale is obtained by adding up over the six CAM items (labelled in the table) and the HH subscale by adding up over the five HH items (labelled in the table). A lower score indicates a more positive attitude towards CAM and HH.

<i>Item number 4 type</i>	<i>Strongly agree</i>	<i>Agree</i>	<i>Mildly agree</i>	<i>Mildly disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1 HH	1	2	3	4	5	6
2 CAM	6	5	4	3	2	1
3 HH	1	2	3	4	5	6
4 CAM	6	5	4	3	2	1
5 HH	1	2	3	4	5	6
6 CAM	6	5	4	3	2	1
7 HH	1	2	3	4	5	6
8 CAM	1	2	3	4	5	6
9 CAM	6	5	4	3	2	1
10 HH	1	2	3	4	5	6
11 CAM	1	2	3	4	5	6