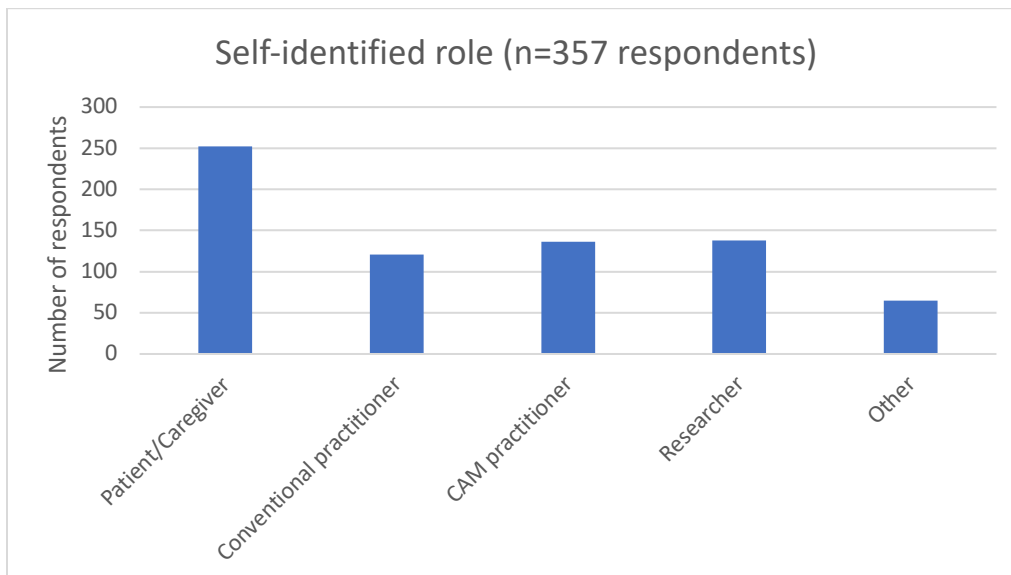
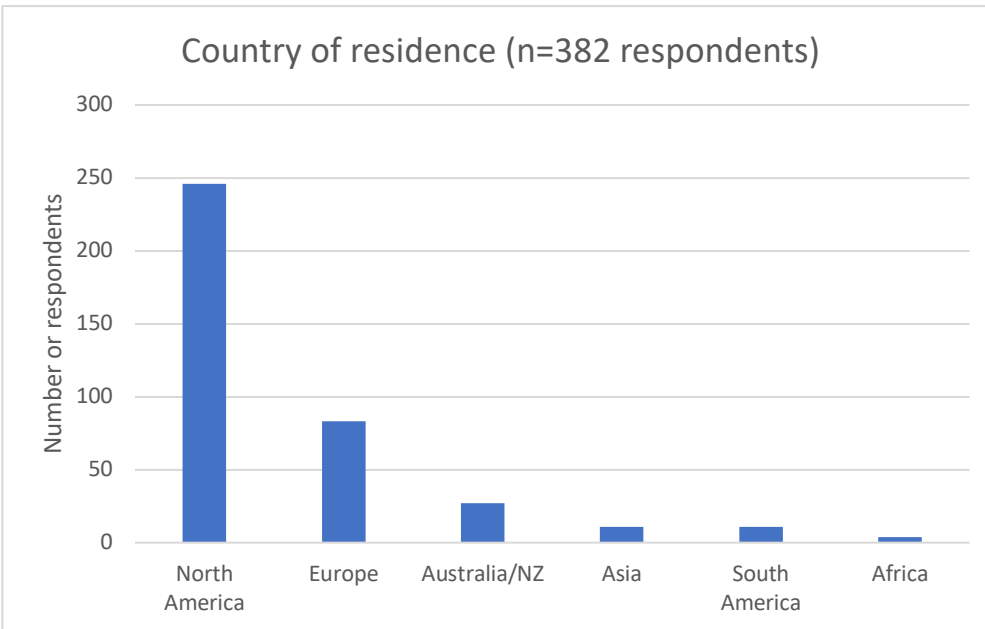


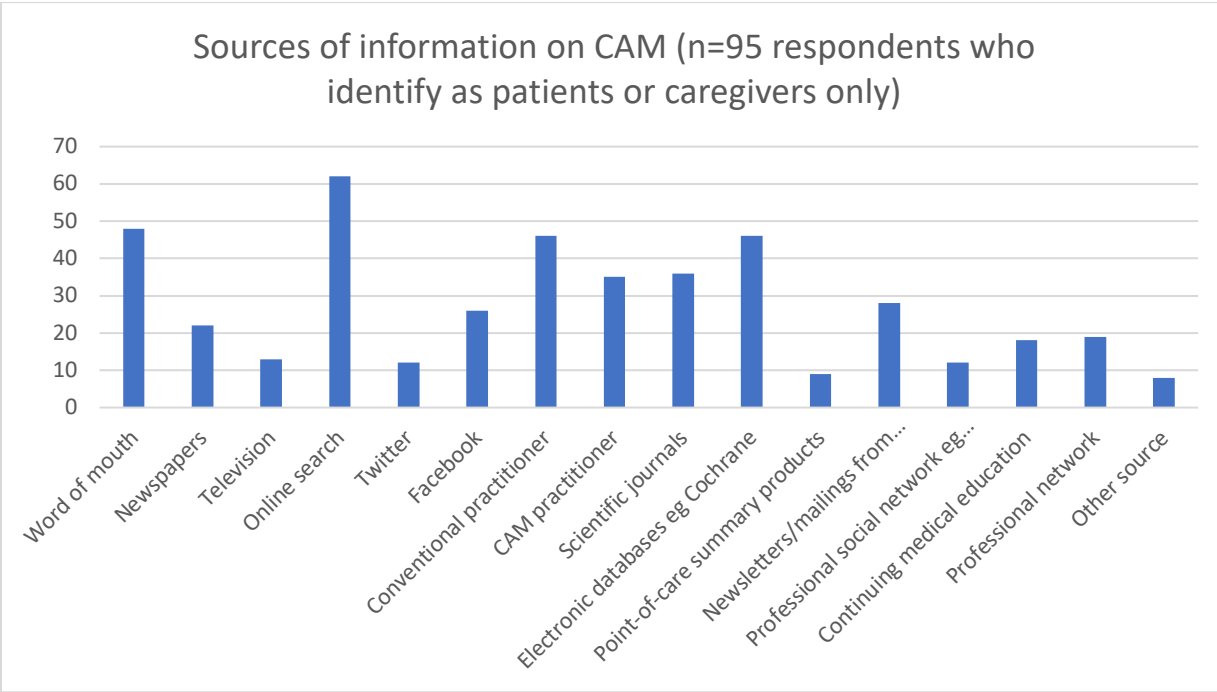
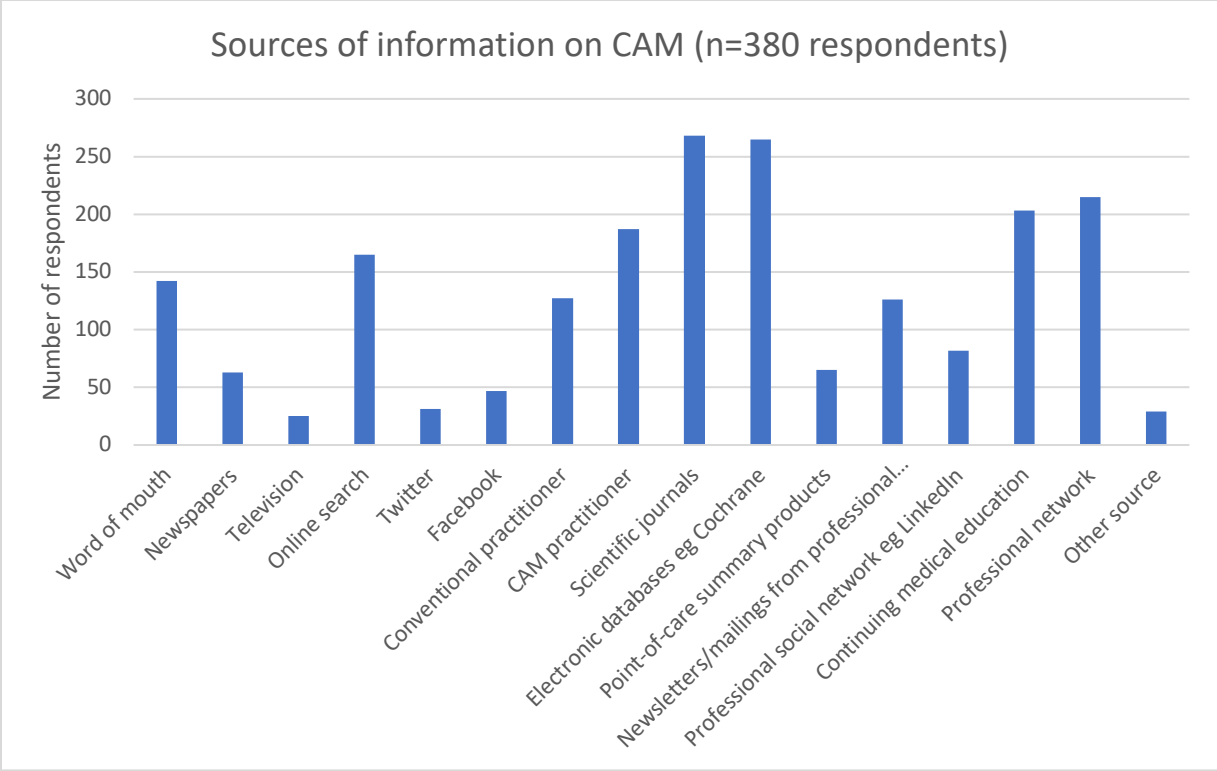
Summary of stakeholder survey on priority topics in mind-body therapies for chronic pain

Total responses: n=619

Complete responses: n=385 (defined as the respondent answered all required questions they saw and clicked Done on the last page of the survey.)

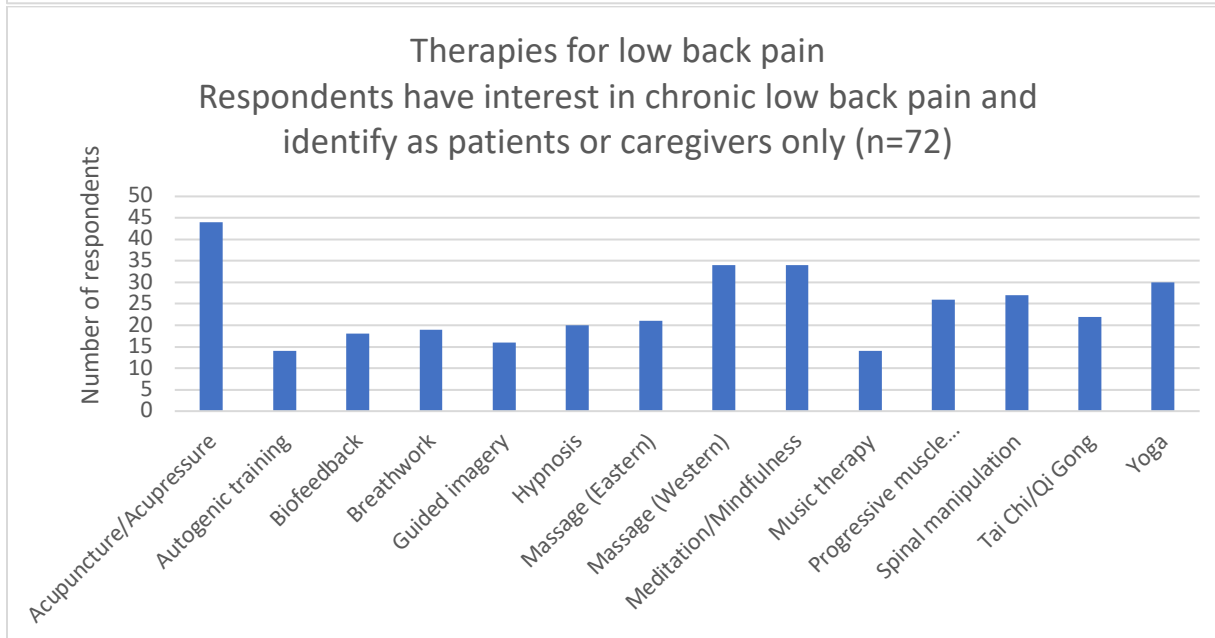
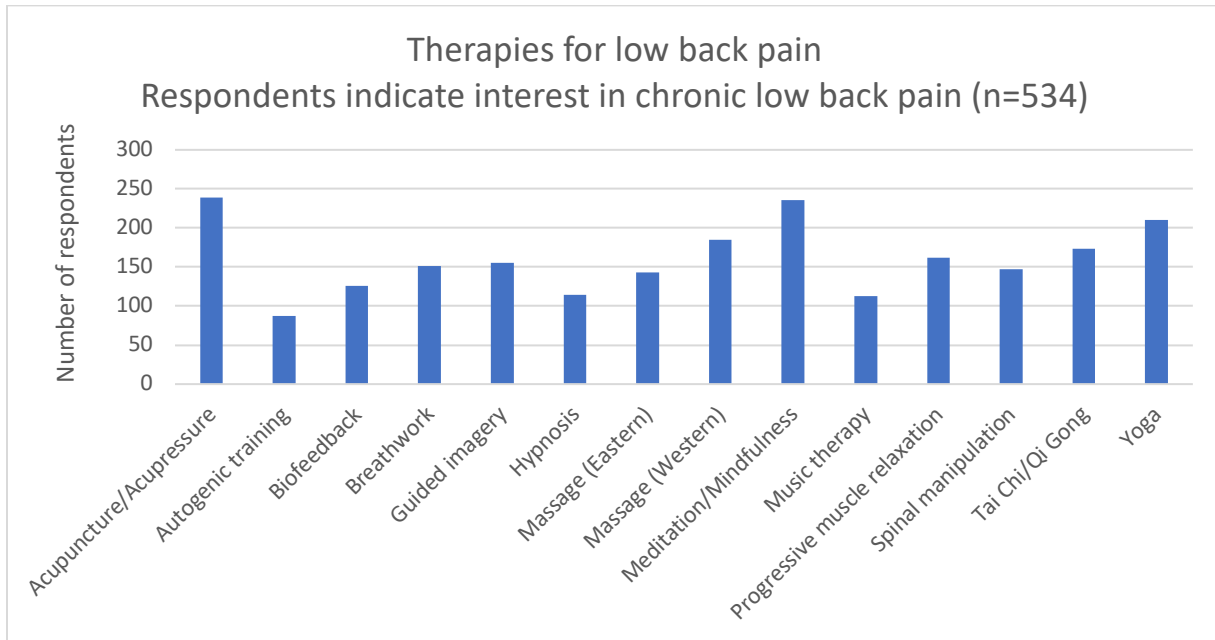


Persons who self-identified as patients or caregivers and did not also self-identify as conventional or CAM practitioners or researchers: n=97



Top source of information for patients/caregivers is online search, followed by word of mouth, electronic databases such as PubMed or Cochrane, and conventional medical practitioners.

Chronic low back pain



Top five therapies in sample as a whole:

Acupuncture/Acupressure
Meditation/Mindfulness
Yoga
Massage (Western)
Tai Chi/Qi Gong

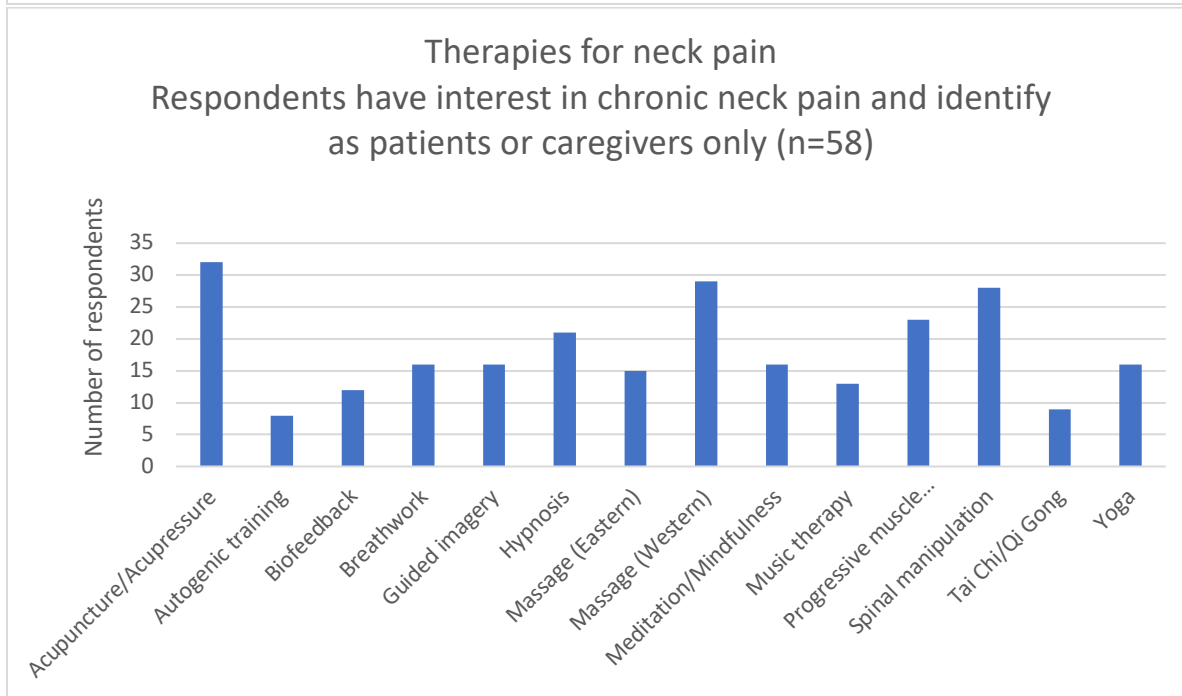
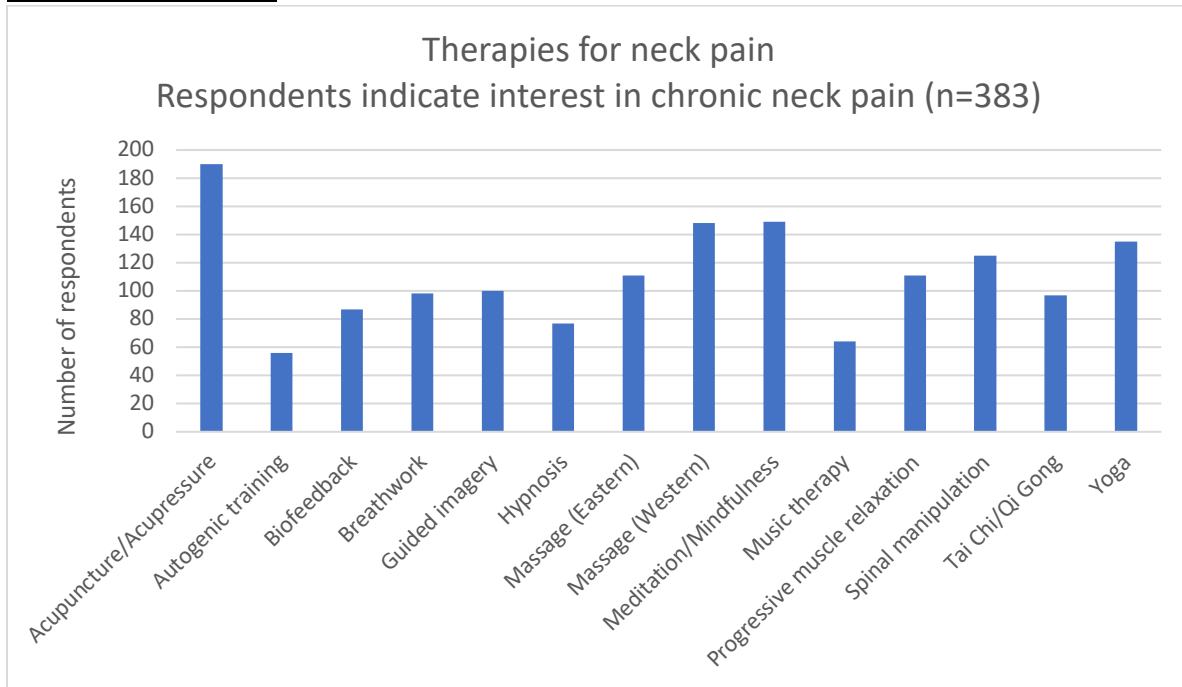
Top five therapies among patients/caregivers:

Acupuncture/Acupressure
Meditation/Mindfulness (tie)
Massage (Western) (tie)
Yoga
Spinal manipulation
Progressive relaxation

Top priorities (top 3 from each of the prior lists):

Acupuncture/Acupressure
Meditation/Mindfulness
Massage (Western)
Yoga

Chronic neck pain



Top five therapies in sample as a whole:

Acupuncture/Acupressure
Meditation/Mindfulness
Massage (Western)
Yoga
Spinal manipulation

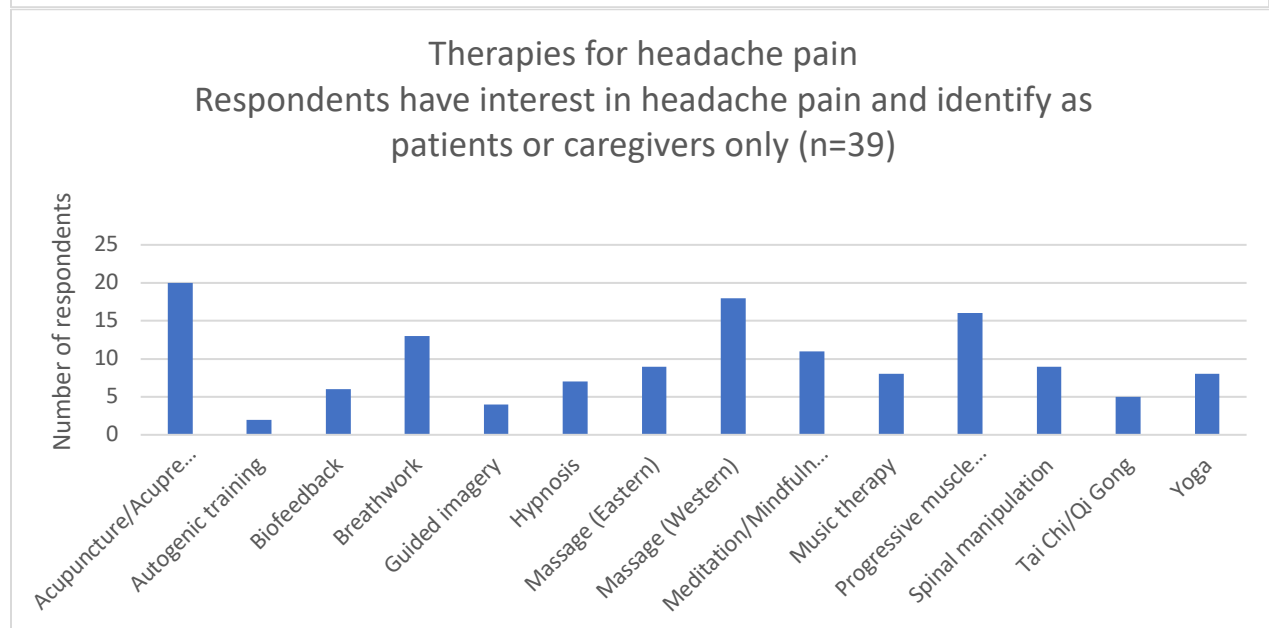
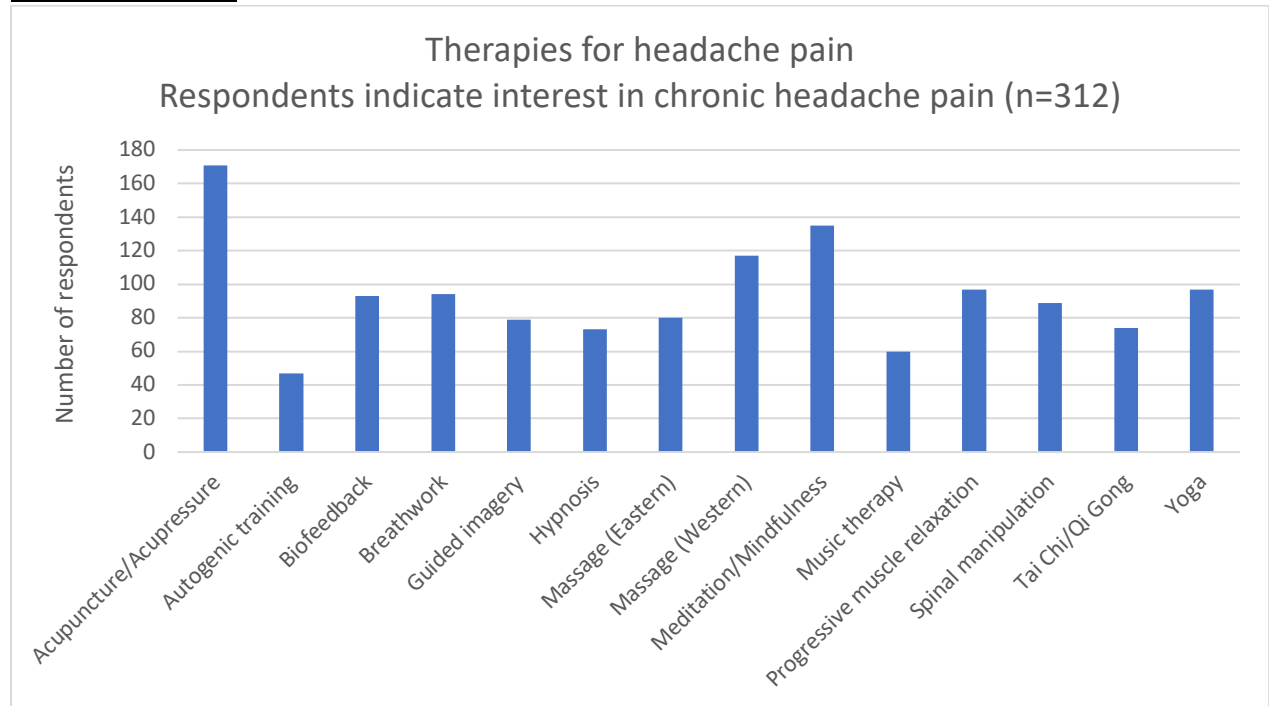
Top five therapies among patients/caregivers:

Acupuncture/Acupressure
Massage (Western)
Spinal manipulation
Progressive relaxation
Hypnosis

Top priorities (top 3 from each of the prior lists):

Acupuncture/Acupressure
Meditation/Mindfulness
Massage (Western)
Spinal manipulation

Headache pain



Top five therapies in sample as a whole:

Acupuncture/Acupressure
Meditation/Mindfulness
Massage (Western)
Progressive relaxation (tie)
Yoga (tie)
Breathwork

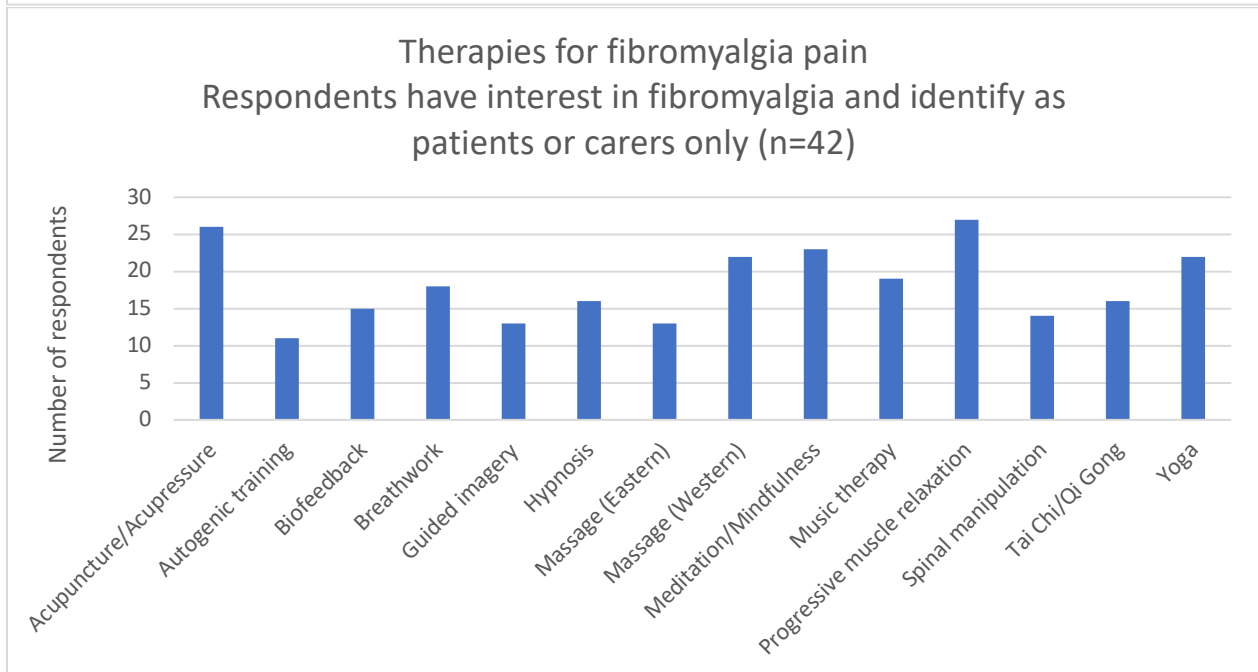
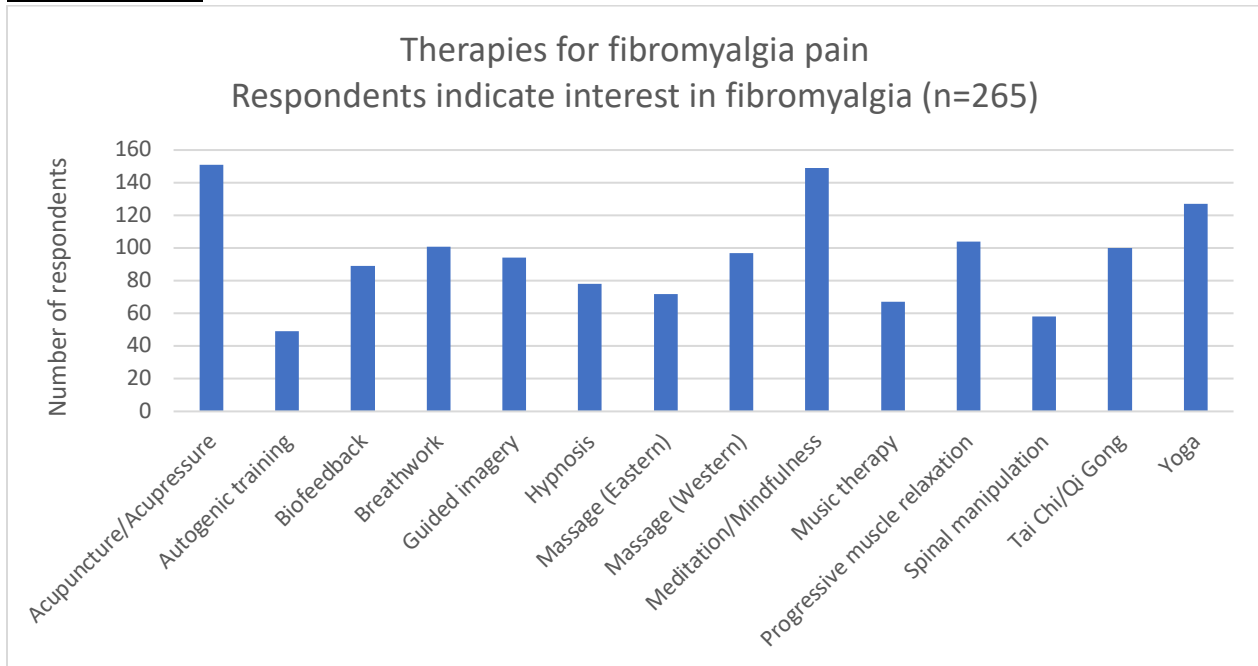
Top five therapies for patients/caregivers:

Acupuncture/Acupressure
Massage (Western)
Progressive relaxation
Breathwork
Meditation/mindfulness

Top priorities (top 3 from each of the prior lists):

Acupuncture/Acupressure
Meditation/Mindfulness
Massage (Western)
Progressive relaxation

Fibromyalgia



Top five therapies in sample as a whole:

Acupuncture/Acupressure
Meditation/Mindfulness
Yoga
Progressive relaxation
Breathwork (near tie)

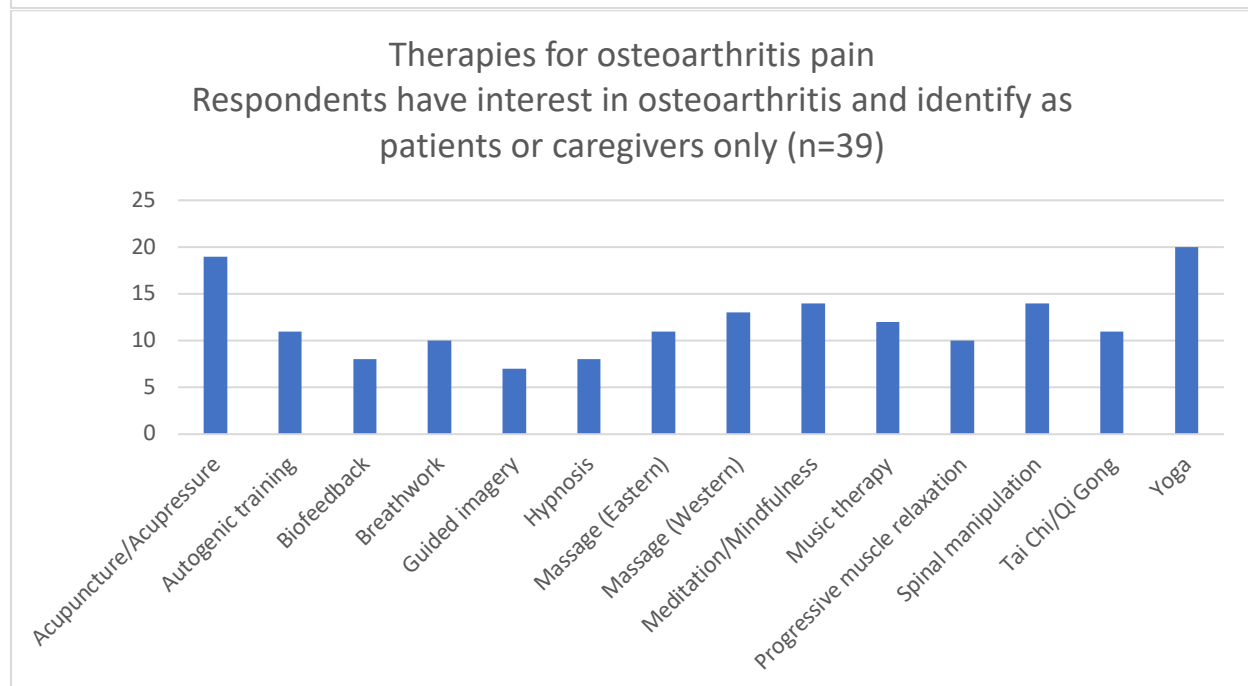
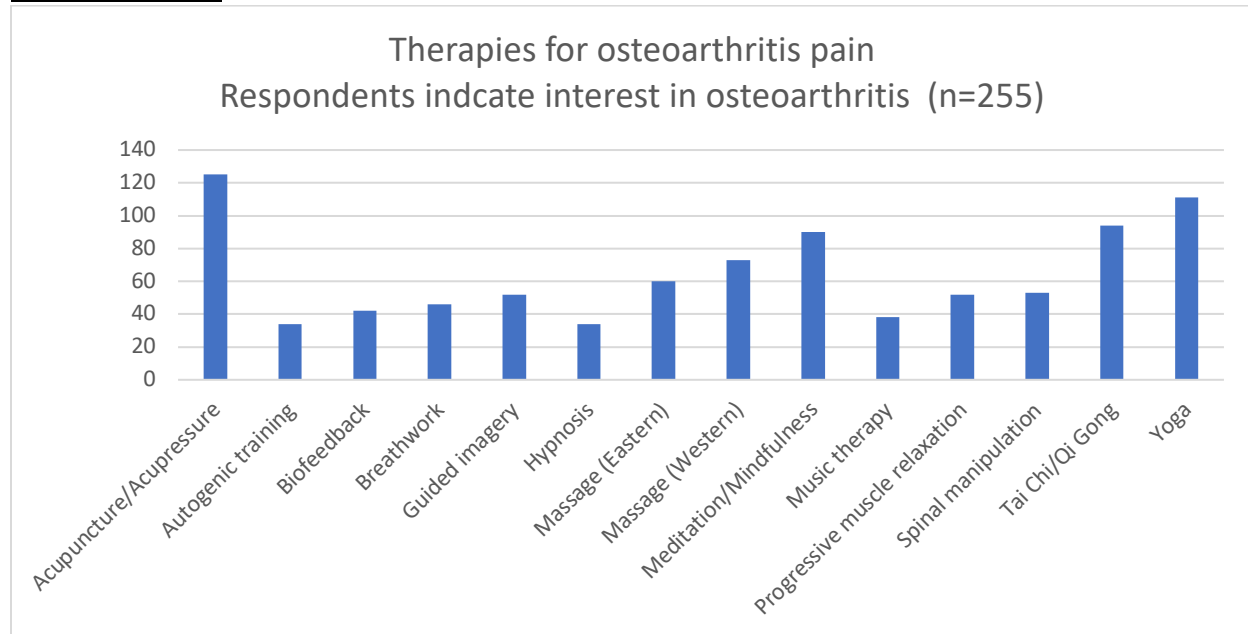
Top five therapies among patients/caregivers:

Progressive relaxation
Acupuncture/Acupressure
Meditation/Mindfulness
Yoga (tie)
Massage (Western) (tie)
Breathwork

Top priorities (top 3 from each of the prior lists):

Acupuncture/Acupressure
Meditation/Mindfulness
Yoga
Progressive relaxation

Osteoarthritis



Top five therapies in sample as a whole:

- Acupuncture/Acupressure
- Yoga
- Tai Chi/Qi Gong
- Meditation/Mindfulness
- Massage (Western)

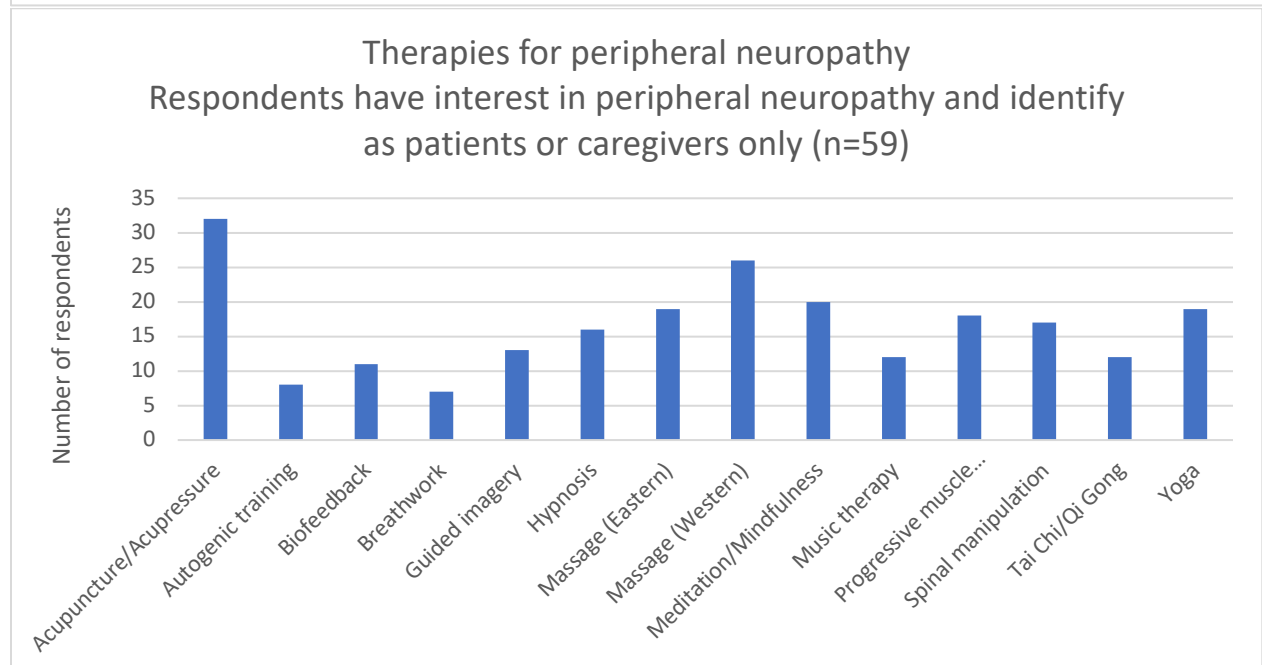
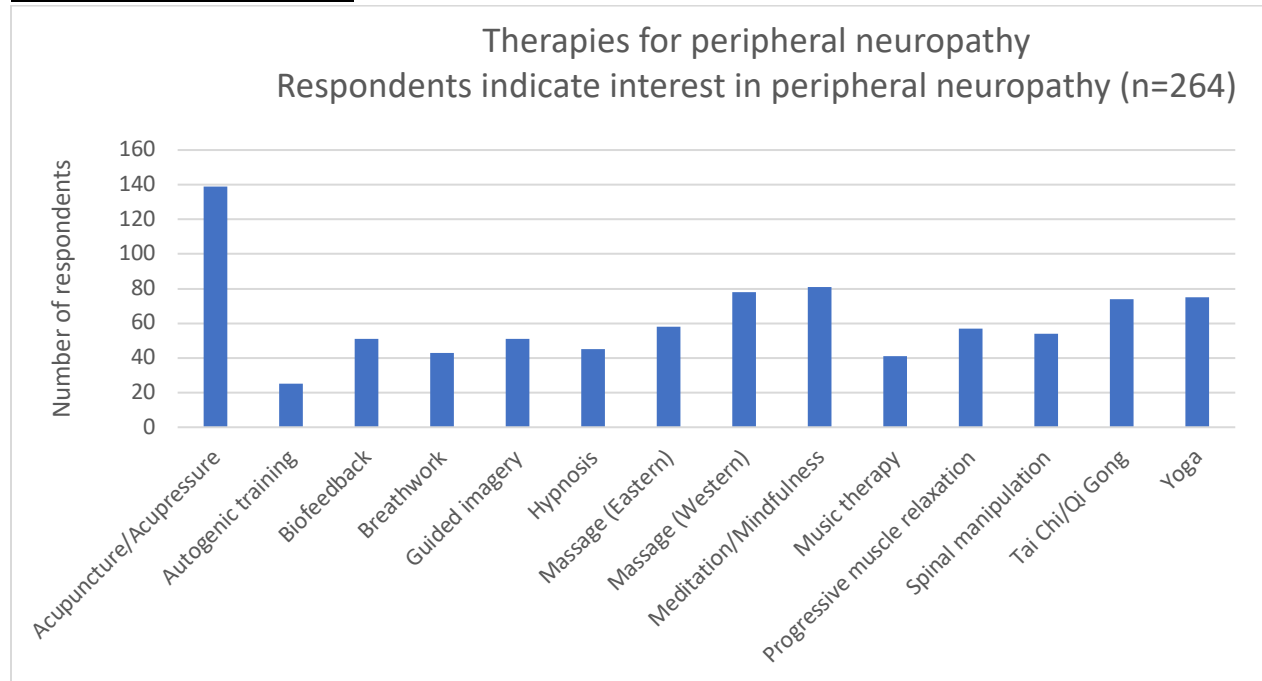
Top five therapies among patients/caregivers:

- Yoga
- Acupuncture/Acupressure
- Meditation/Mindfulness (tie)
- Spinal manipulation (tie)
- Massage (Western)
- Music therapy

Top priorities: (top 3 from each of the prior lists):

- Acupuncture/Acupressure
- Yoga
- Meditation/Mindfulness
- Tai Chi/Qi Gong

Peripheral neuropathy



Top five therapies in sample as a whole:

Acupuncture/Acupressure
Meditation/Mindfulness
Massage (Western)
Yoga
Tai Chi/Qi Gong

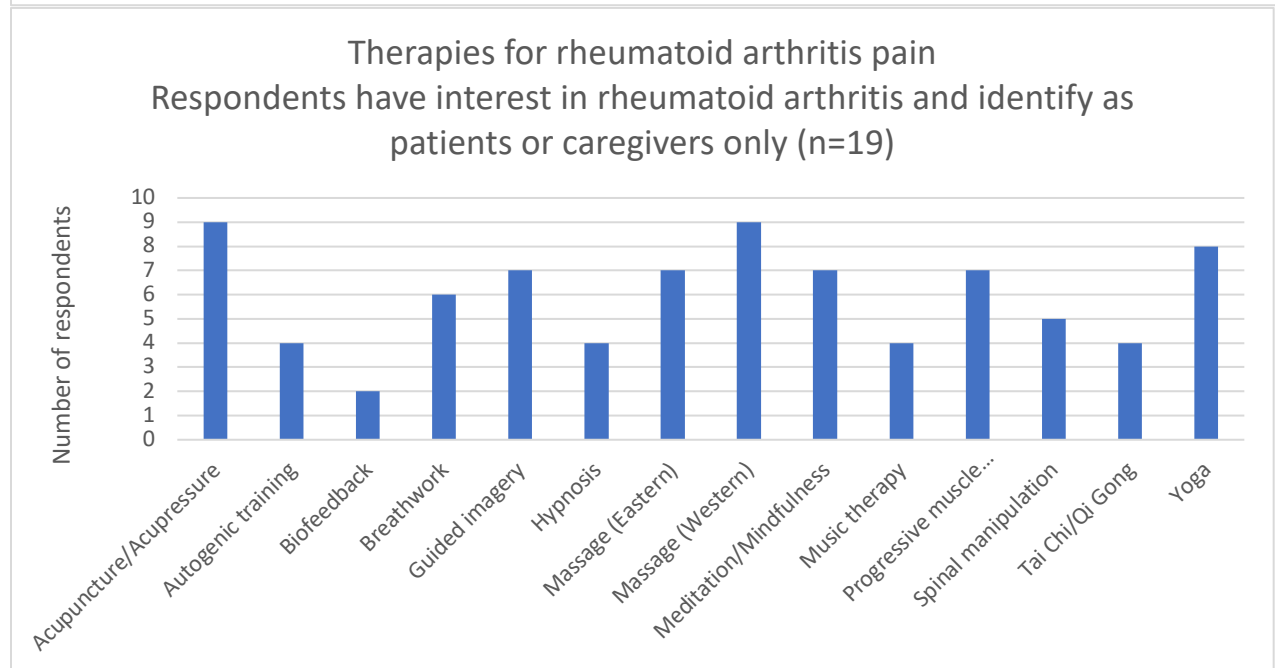
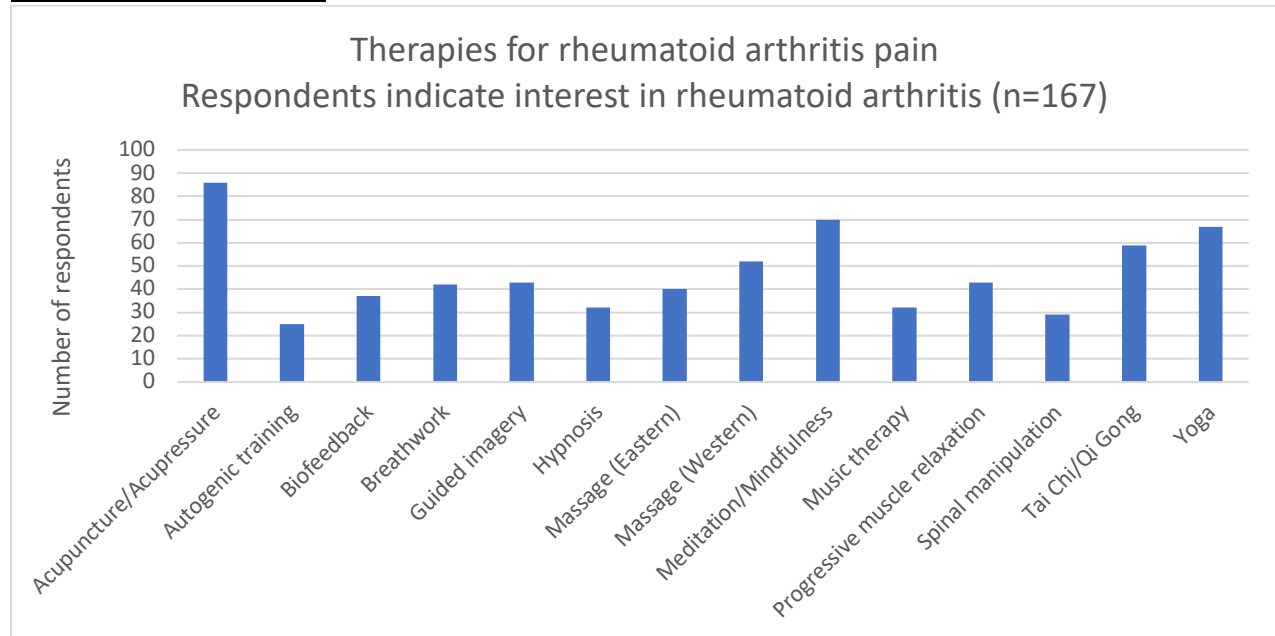
Top five therapies for patients/caregivers:

Acupuncture/Acupressure
Massage (Western)
Meditation/Mindfulness
Massage (Eastern) (tie)
Yoga (tie)
Progressive muscle relaxation

Top priorities (top 3 from each of the prior lists):

Acupuncture/Acupressure
Massage (Western)
Meditation/Mindfulness

Rheumatoid arthritis



Top five therapies in sample as a whole:

Acupuncture/Acupressure
Meditation/Mindfulness
Yoga
Tai Chi/Qi Gong
Massage (Western)

Top five therapies among patients/caregivers:

Acupuncture/Acupressure (tie)
Massage (Western) (tie)
Yoga
Guided imagery (tie)
Massage (Eastern) (tie)
Meditation/Mindfulness (tie)
Progressive relaxation (tie)

Top priorities (top 3 from each of the prior lists):

Acupuncture/Acupressure
Massage (Western)
Yoga
Meditation/Mindfulness
Guided imagery
Massage (Eastern)

