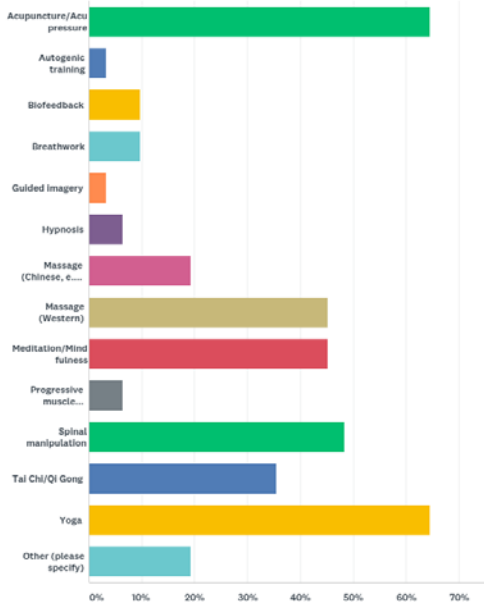


Cochrane Complementary Medicine Field Advisory Board prioritization survey 2018

The survey was circulated to 50 people in October-November 2018 and 42 people responded, for a response rate of 84%. Results for each chronic pain condition and for each of the general questions are presented below.

Chronic low back pain

Q2 Please select the mind and body therapies where it would be most important to have systematic review evidence on effectiveness for chronic low back pain.

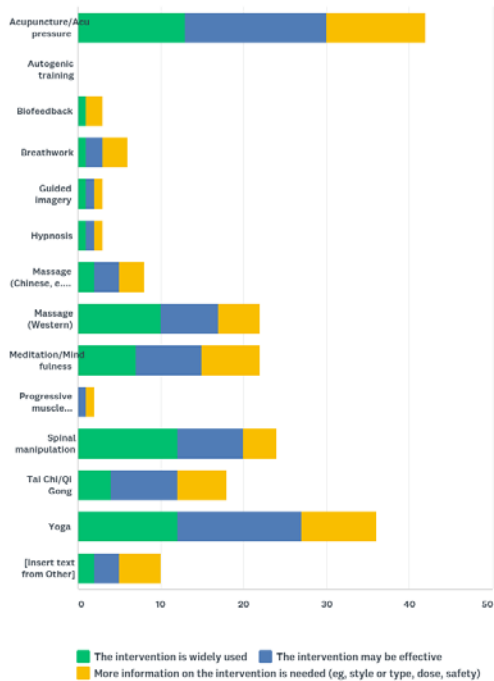


31/32 (97%) of respondents with interest/experience in chronic low back pain responded to this question.

Other mind and body therapies specified by respondents:

- Biofield Therapies (Reiki, Healing Touch etc.)
- Cognitive behavioral therapy (Western)
- Aquatic exercise
- Ayurveda / Traditional Indian Medicine
- Chiropractic and/or osteopathic manipulation

Q3 Please select the reason(s) each therapy is a high priority topic for chronic low back pain.

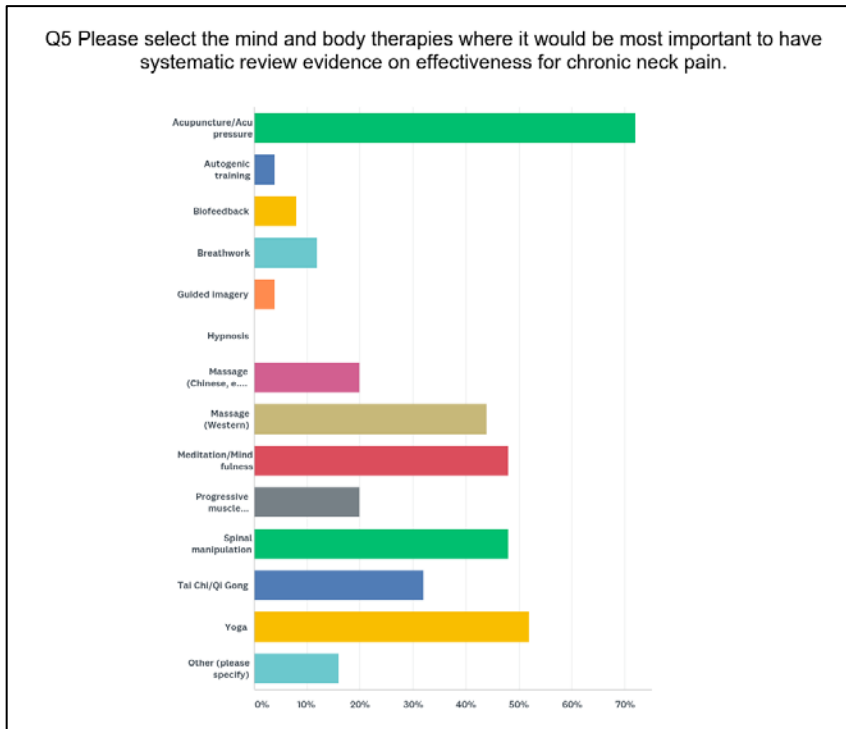


Additional comments on reasons to prioritize topics for low back pain:

- Acupuncture: need more information on effectiveness in older adults in order to impact CMS policy
- Spinal manipulation: newly published large study is not included in current reviews
- Massage: need more info on dosing and type
- Meditation/mindfulness: often combined with other therapies
- Biofield therapies: therapy widely used, may be effective, and more information is needed
- CBT: more information is needed
- Aquatic exercise: therapy may be effective and more information is needed
- Ayurveda/traditional Indian medicine: therapy widely used, may be effective, and more information is needed. Totally underrepresented scientifically looking at its global relevance
- Chiropractic and/or osteopathic manipulation: therapy widely used
- Specific populations with and without co-morbidities should be the subjects to adequately test these interventions in this huge population of patients

The horizontal scale in the chart above is the number of respondents selecting the therapy and endorsing each reason to prioritize that therapy.

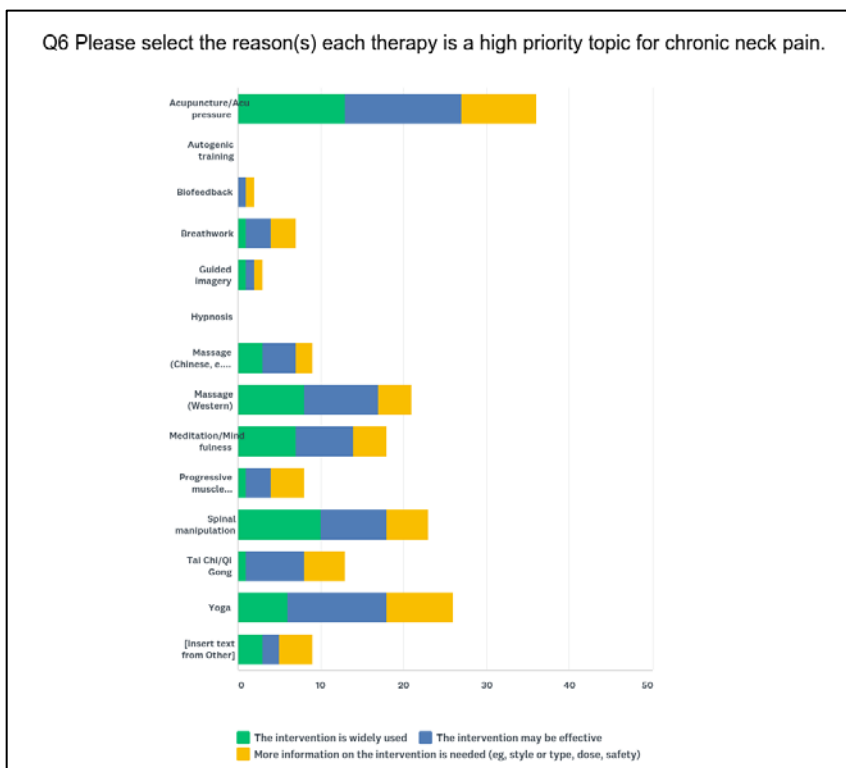
Chronic neck pain



25/25 (100%) of respondents with interest/experience in chronic neck pain responded to this question.

Other mind and body therapies specified by respondents:

- Biofield Therapies (Reiki, Healing Touch, etc)
- Ayurveda /Traditional Indian Medicine
- Electrotherapy

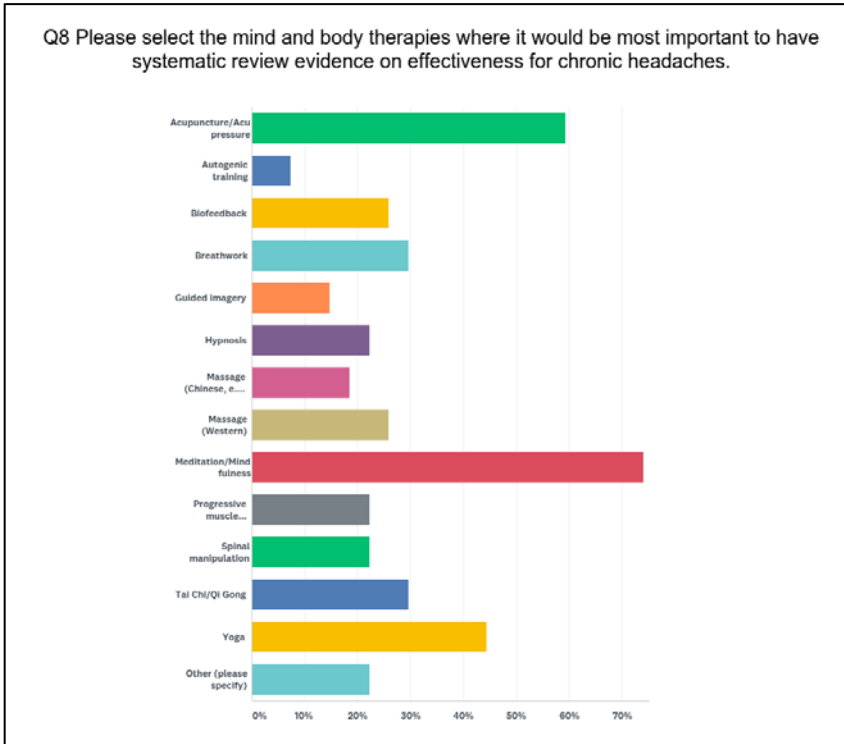


Additional comments on reasons to prioritize topics for neck pain:

- Biofield therapies: therapy widely used, therapy may be effective, and more information is needed
- Ayurveda/traditional Indian medicine: therapy widely used, therapy may be effective, and more information is needed
- Electrotherapy: therapy widely used and more information is needed

The horizontal scale in the chart above is the number of respondents selecting the therapy and endorsing each reason to prioritize that therapy.

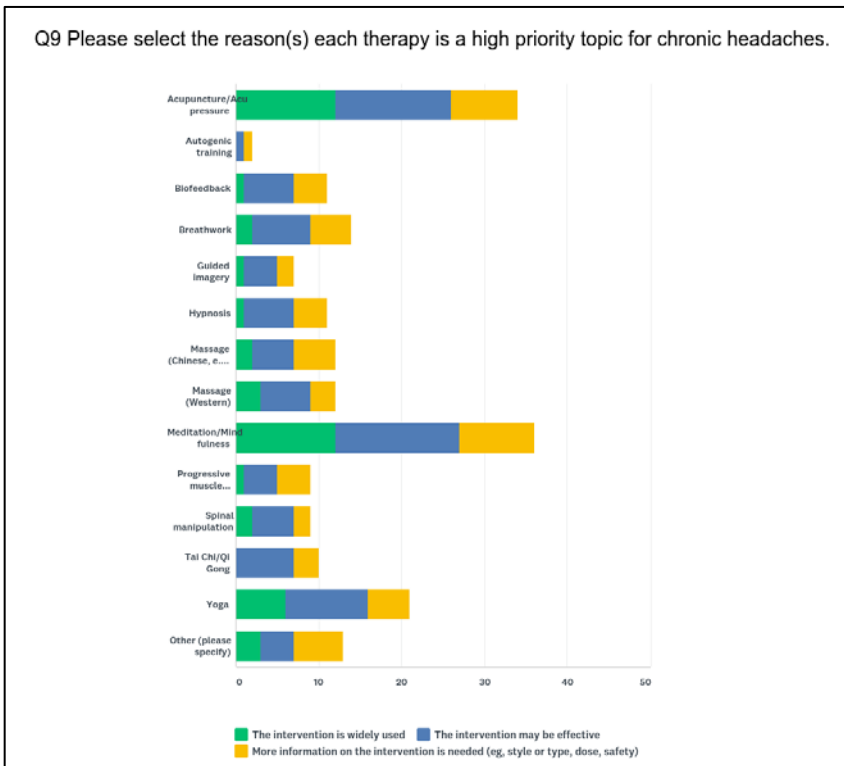
Chronic headaches



27/27 (100%) of respondents with interest/experience in headaches responded to this question.

Other mind and body therapies specified by respondents:

- Food sensitivity (for migraines)
- Music therapy (n = 2)
- Herbal medicine
- Cannabinoids
- Botulinum toxin injections

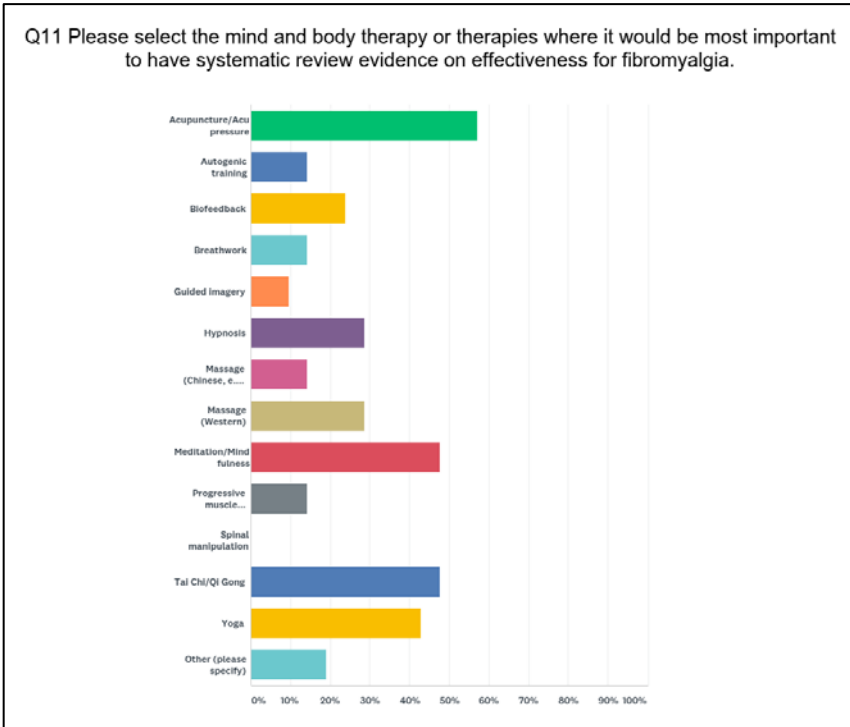


Additional comments on reasons to prioritize topics for headaches:

- Food sensitivity: therapy may be effective, and more information is needed
- Music therapy: therapy widely used, therapy may be effective, and more information is needed
- Herbal medicine: therapy widely used, therapy may be effective, and more information is needed
- Cannabinoids: therapy widely used, therapy may be effective, and more information is needed
- Botulinum toxin: more information is needed
- Reviews on cognitive approaches are outdated
- Reviews should consider combinations of mind-body approaches

The horizontal scale in the chart above is the number of respondents selecting the therapy and endorsing each reason to prioritize that therapy.

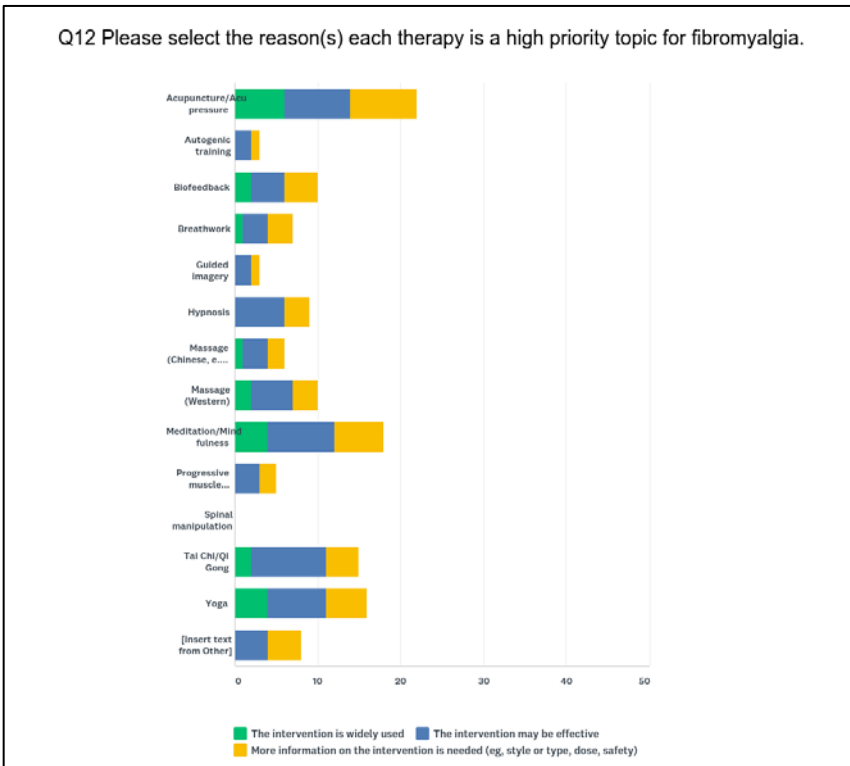
Fibromyalgia



21/21 (100%) of respondents with interest/experience in fibromyalgia responded to this question.

Other mind and body therapies specified by respondents:

- Far infrared heat
- Herbal medicine
- Music therapy
- Ayurveda / Traditional Indian Medicine



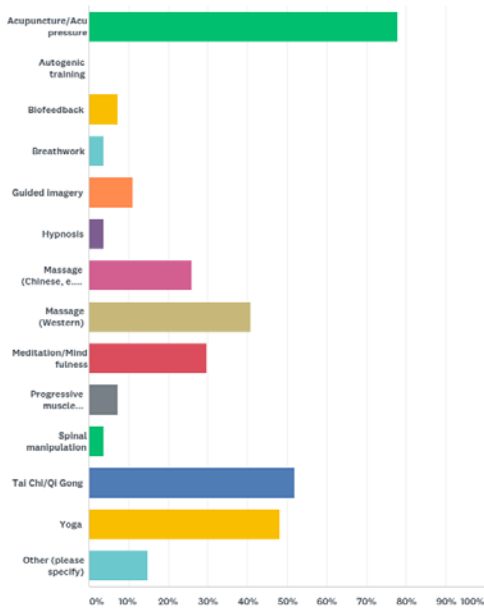
Additional comments on reasons to prioritize topics for fibromyalgia:

- Far infrared heat: therapy may be effective, and more information is needed
- Herbal medicine: therapy may be effective, and more information is needed
- Music therapy: therapy may be effective, and more information is needed
- Ayurveda / Traditional Indian Medicine: therapy may be effective, and more information is needed
- In this challenging condition, research on innovative approaches that are not necessarily widely practiced will be revealing.

The horizontal scale in the chart above is the number of respondents selecting the therapy and endorsing each reason to prioritize that therapy.

Osteoarthritis

Q14 Please select the mind and body therapies where it would be most important to have systematic review evidence on effectiveness for osteoarthritis.

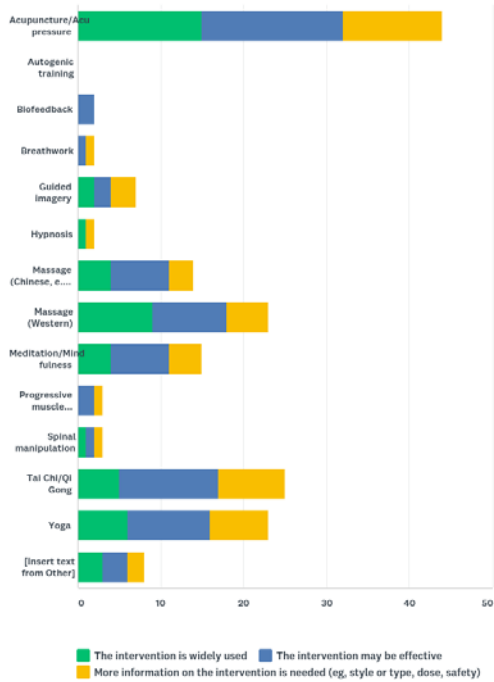


27/27 (100%) of respondents with interest/experience in osteoarthritis responded to this question.

Other mind and body therapies specified by respondents:

- Natural remedies
- Far infrared heat, Anti-inflammatory & comfort food therapy
- Herbal medicine
- Ayurveda / Traditional Indian Medicine

Q15 Please select the reason(s) each therapy is a high priority topic for osteoarthritis.

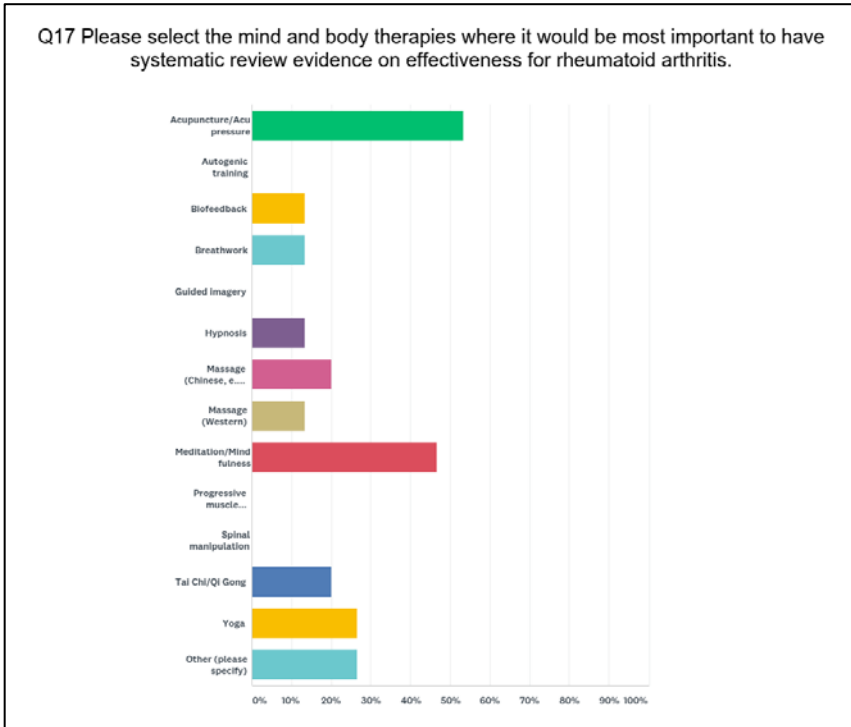


Additional comments on reasons to prioritize topics for osteoarthritis:

- Natural remedies: therapy widely used
- Far infrared heat, Anti-inflammatory & comfort food therapy: therapy may be effective, and more information is needed
- Herbal medicine: therapy widely used, therapy may be effective, and more information is needed
- Ayurveda / Traditional Indian Medicine: therapy widely used and therapy may be effective. Ayurveda is very promising for OA.

The horizontal scale in the chart above is the number of respondents selecting the therapy and endorsing each reason to prioritize that therapy.

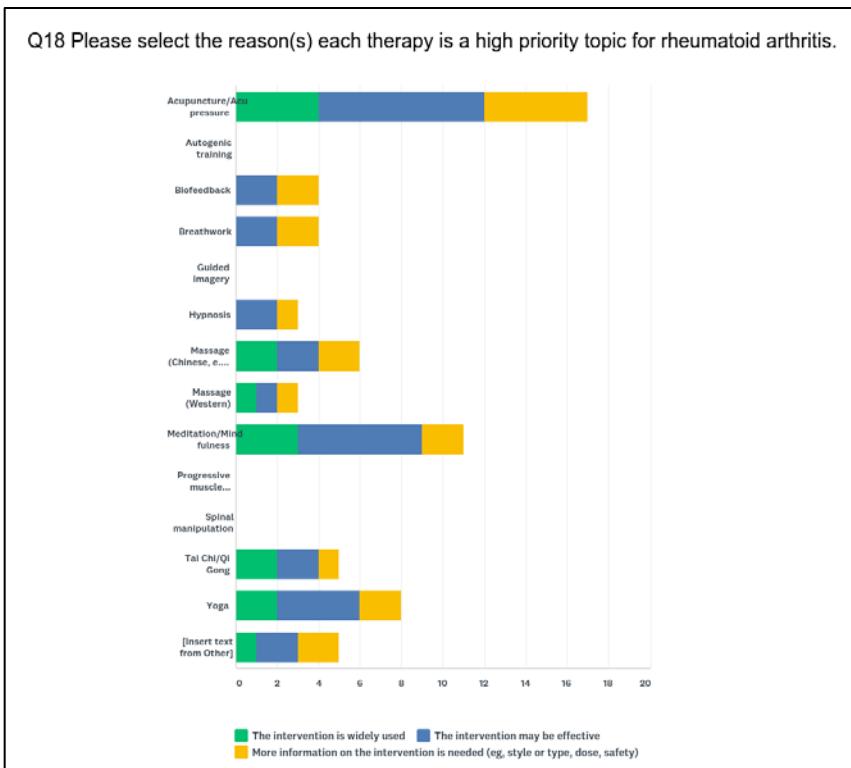
Rheumatoid arthritis



15/15 (100%) of respondents with interest/experience in rheumatoid arthritis responded to this question.

Other mind and body therapies specified by respondents:

- Medicinal food and diet counseling
- Herbal medicine, cupping,
- Ayurveda / Traditional Indian Medicine
- I do not think that mind/body therapies other than mindfulness meditation have a role in the management of patients with rheumatoid arthritis

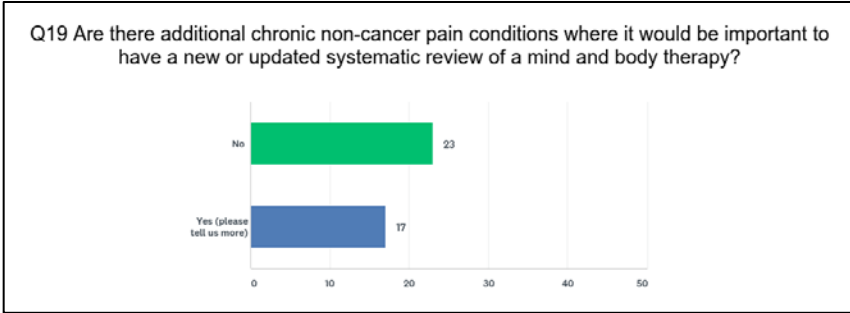


Additional comments on reasons to prioritize topics for rheumatoid arthritis:

- Medicinal food and diet counseling: therapy may be effective, and more information is needed
- Herbal medicine, cupping: therapy widely used, therapy may be effective, and more information is needed
- Ayurveda / Traditional Indian Medicine: very promising preliminary results from clinical research for RA for Ayurveda - requires more attention

The horizontal scale in the chart above is the number of respondents selecting the therapy and endorsing each reason to prioritize that therapy.

Additional pain conditions to consider for mind-body research

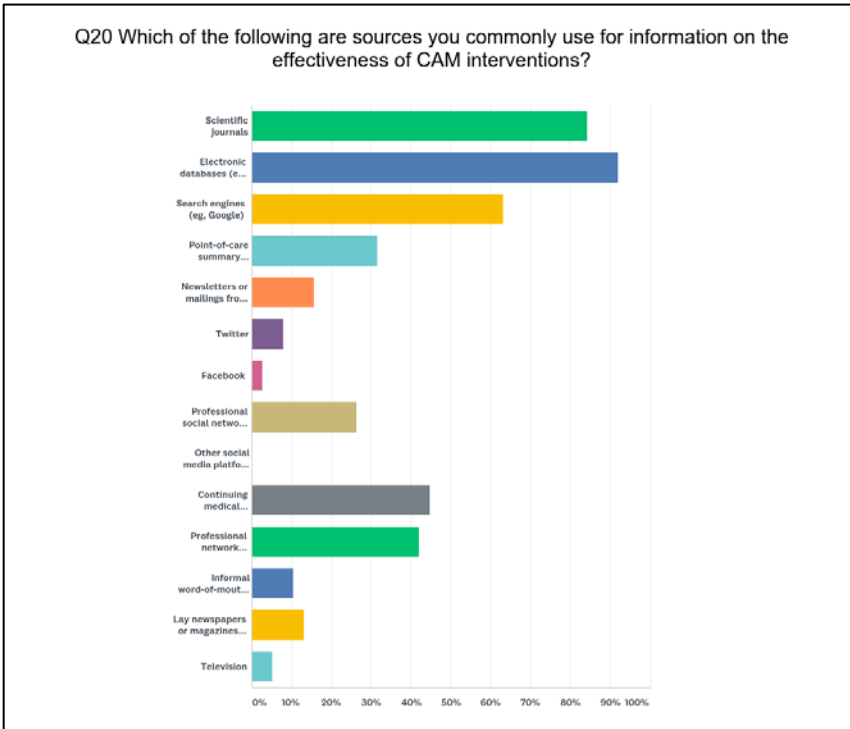


Question was answered by 40/42 respondents and 17/40 (43%) responded 'Yes'.

Specific conditions suggested for attention:

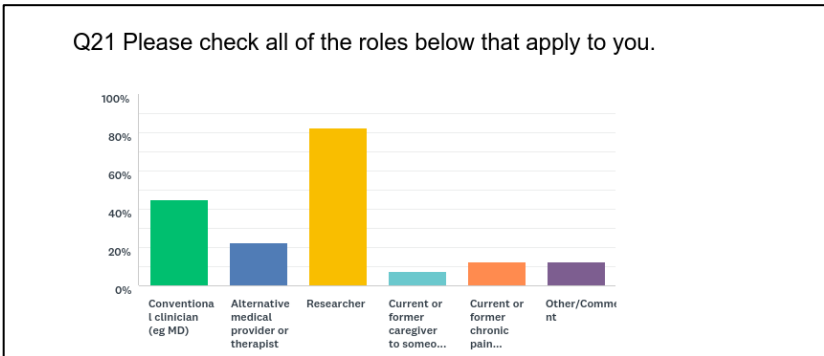
- Mid back pain (n = 1)
- Sciatica (n = 1)
- Neuropathic pain (eg peripheral neuropathy) (n =6)
- Migraine (separate from chronic headache) (n = 2)
- Complex regional pain syndrome (n = 2)
- Sickle cell disease chronic pain (n = 2)
- Dysmenorrhea (n = 2)
- IBS (n = 1), IBD (n = 1) or functional GI pain (n = 1)
- Other abdominal or pelvic pain (n = 1)
- Chronic pain after athletic injury or surgery (n = 1)

Sources of CAM research information



Question was answered by 38/42 (90%) respondents.

Respondent roles



Question was answered by 40/42 (95%) of survey respondents. Researcher was the most common role (33/40; 83%) and caregiver was the least common (3/40; 1%)

Other roles specified:

- Research support
- Information Specialist
- KT specialist
- Educator
- MD, psychiatrist and acupuncturist

Final comments

- Would be good to have a separate focus on these modalities for pain in pediatric populations also
- There are numerous Cochrane reviews on music therapy and music-based interventions. Music therapy is widely included in CAM and integrative approaches to pain, and should be added to the list of mind-body interventions.