CHRONIC PAIN IN AMERICA 2019
A variety of health conditions result in respondents experiencing chronic pain
  - Back or neck pain was reported nearly twice as much as the other health condition that would cause pain
Even on a normal day, chronic pain sufferers are experiencing a level of pain; however, on their worst days, they not only have an increase in their physical symptoms but are also dealing with the emotional ramifications
Patients feel moderate pain about half of any given month
  - Almost 6 in 10 have been experiencing chronic pain for over 10 years
  - It’s not uncommon for people to report that pain is affecting multiple parts of their body
Only 14%* feel their pain is well managed on their current treatment plan
  - 85% regularly see an HCP for managing pain; however, nearly ½ agree with their HCP on their pain levels
  - Pain management includes not only prescription medications but also procedures and alternative therapies
  - Common side effects of pain medication include constipation, drowsiness, and feeling loopy
More than 8 in 10 feel their life has changed significantly as a result of their pain
  - Careers have been impacted for over ½ and relationships for 59%

*Top 2 box on 7 pt. scale
Study Overview

*Chronic Pain In America Survey*

45 questions, addressing pain severity and physical impact, quality of life, HCP engagement, pain management, along with treatment usage and experience

**WHO**

4,725 respondents recruited from Health Union’s Community channels, as well as the US Pain Foundation’s member touchpoints

- Patients screened to experience chronic pain
- Age 18+, living in the U.S.

**WHEN**

Survey fielded **September 9 to October 15, 2019**

*All data points have been rounded to the nearest whole number*
RESPONDENTS
Over 8 in 10 are female with a mean age of 56.3

**Gender**
- Female: 83%
- Male: 17%
- Non-binary/gender non-conforming: 0.3%

**Age**
- Under 30: 3%
- 30-39: 7%
- 40-49: 16%
- 50-59: 31%
- 60-69: 32%
- 70-79: 10%
- 80 and over: 1%

*Base: All, n=4,725
Q2) What is your age?
Q40) What is your gender?*
Over ⅔ have been diagnosed with back or neck pain

Health Conditions

- Back or neck pain: 68%
- Allergies: 40%
- Osteoarthritis: 38%
- Migraine or headache disorder: 33%
- Neuropathy: 32%
- Fibromyalgia: 29%
- Sleep disorders/Sleep apnea: 26%
- Sciatica: 25%
- Spinal stenosis: 24%
- Irritable bowel syndrome (IBS): 22%
- Asthma: 21%
- Rheumatoid arthritis (RA): 20%
- Multiple sclerosis (MS): 17%
- Chronic fatigue syndrome: 16%
- Temporomandibular joint dysfunction (TMJ): 14%
- Type 2 diabetes: 13%
- COPD: 11%
- Ankylosing spondylitis: 9%
- Endometriosis: 9%
- Psoriasis: 9%
- Psoriatic arthritis (PsA): 9%
- Shingles: 9%
- Atopic dermatitis/Atopic eczema: 6%
- Cluster headache: 6%
- Non-melanoma skin cancer (e.g., basal cell...: 6%
- Sjogren’s syndrome: 6%
- Complex regional pain syndrome (CRPS)...: 5%
- Atrial fibrillation (A-Fib): 4%
- Gout: 4%
- Parkinson’s disease: 4%
- Trigeminal neuralgia: 4%
- Breast cancer: 3%
- Central pain syndrome/thalamic pain syndrome: 3%
- Crohn’s disease: 3%
- Heart failure/Congestive heart failure: 3%
- Interstitial cystitis: 3%
- Lupus/systemic lupus erythematosus (SLE): 3%
- Macular degeneration: 3%
- Ulcerative colitis: 3%
- Ehlers-Danlos syndrome (EDS): 2%
- Melanoma: 2%
- Prostate cancer: 2%
- Alzheimer’s disease: 1%
- Arachnoiditis: 1%
- Bladder cancer: 1%
- Hepatitis C (HCV): 1%
- Leukemia: 1%
- Lung cancer: 1%
- Lymphoma: 1%
- Multiple myeloma: 1%
- Phantom limb pain/post-amputation pain: 1%
- Sarcomiosis: 1%
- Vulvodynia: 1%
- Myelodysplastic syndrome (MDS): 0.2%
- Human immunodeficiency virus (HIV): 0.2%
- Marfan syndrome: 0.1%
- Sickle cell disease: 0.1%
- Cystic fibrosis: 0.1%
- Other type of blood cancer (e.g., MPNs): 0.3%
- Other cancer (please specify): 4%
- Other health condition (not listed): 30%

Other health conditions:
- Bronchiectasis
- CVID
- Carpal tunnel
- Cauda equina syndrome
- Celiac disease
- Chiari malformation
- Chronic kidney disease
- Chronic pancreatitis
- Chronic vomiting syndrome
- Degenerative bone disease
- Degenerative disc disease
- Depression/Anxiety
- Diverticulosis
- Dysphagia
- Epilepsy
- GERD
- Gastroparesis
- Glaucoma
- Hashimoto’s thyroiditis
- High blood pressure/hypertension
- Hypothyroidism
- Kidney stones
- Lyme disease
- Lymphedema
- MCTD
- Occipital neuralgia
- Osteoporosis
- PCOS
- PTSD
- Scoliosis
- Thyroid disease
- Type 1 diabetes

Base=All, n=4,725
Q4) Do you currently live with, or have you been diagnosed with, any of the following health conditions? (Select all that apply)
Over ½ have an annual HH income below $55,000, and 4 in 10 have Medicare as their primary insurance coverage

Annual Household Income

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $30,000</td>
<td>33%</td>
</tr>
<tr>
<td>$30,000 - $54,999</td>
<td>21%</td>
</tr>
<tr>
<td>$55,000 - $74,999</td>
<td>15%</td>
</tr>
<tr>
<td>$75,000 - $99,999</td>
<td>12%</td>
</tr>
<tr>
<td>$100,000 - $149,999</td>
<td>11%</td>
</tr>
<tr>
<td>$150,000 - $199,999</td>
<td>4%</td>
</tr>
<tr>
<td>$200,000 or more</td>
<td>3%</td>
</tr>
</tbody>
</table>

Primary Insurance

- Medicare: 41%
- Group coverage, through my employer or the employer of a spouse or family member: 36%
- Medicaid: 8%
- Health insurance exchange, enrolled through Affordable Care Act: 4%
- Private insurance, purchased directly from the insurance company: 3%
- Military coverage (DOD), VA, or TriCare: 3%
- Other insurance type/Not sure of what type: 1%
- Do not have insurance: 4%

Base=Chose to answer, n=4,032  | Q41) What is your annual household income?
Base=All, n=4,725  | Q42) What is your primary health insurance?
Respondents generally feel confident about their ability to use the Internet to learn more about their health.

**eHealth Literacy (eHEALS)**

- I know how to use the Internet to answer my questions about health: 2% Strongly Disagree, 5% Disagree, 15% Undecided, 46% Agree, 31% Strongly Agree
- I have the skills I need to evaluate the health resources I find on the Internet: 2% Strongly Disagree, 5% Disagree, 16% Undecided, 46% Agree, 30% Strongly Agree
- I can tell high quality from low quality health resources on the Internet: 4% Strongly Disagree, 7% Disagree, 25% Undecided, 46% Agree, 27% Strongly Agree
- I know how to find helpful health resources on the Internet: 4% Strongly Disagree, 8% Disagree, 15% Undecided, 49% Agree, 26% Strongly Agree
- I know how to use the health information I find on the Internet to help me: 4% Strongly Disagree, 8% Disagree, 17% Undecided, 49% Agree, 26% Strongly Agree
- I know where to find helpful health resources on the Internet: 5% Strongly Disagree, 8% Disagree, 22% Undecided, 46% Agree, 25% Strongly Agree
- I know what health resources are available on the Internet: 5% Strongly Disagree, 12% Disagree, 30% Undecided, 43% Agree, 23% Strongly Agree
- I feel confident in using information from the Internet to make health decisions: 5% Strongly Disagree, 12% Disagree, 30% Undecided, 43% Agree, 17% Strongly Agree

**Distribution of eHealth Literacy Scores**

Base=All, n=4,725

Q44) For each statement, tell me which response best reflects your opinion and experience right now.
PAIN SEVERITY AND PERCEPTIONS
On normal days, respondents cite they experience pain; however, on their worst days, they also describe the impact it has on their quality of life.

**Normal day**
- **Pain every day**
  - Constant pain
  - 24/7
  - Constant pain
  - Always have pain
  - Every day is a struggle
  - Don’t have normal days
- **Symptoms**
  - Exhausted
  - Achy
  - Fatigue/Extreme fatigue
  - Stiffness
  - Neuropathy
  - Shortness of breath
  - Sluggish
  - Stiff
  - A little tired
  - Burning sensation/pain
  - Weak
  - Itchy
  - Lethargic
  - Have the flu
- **Pain in specific area** – head, back, legs, neck, hips, joints
- **Level of pain**
  - High pain for first 1-2 hours
  - Rating on a scale of 1 to 10 – Varied answers of 2 or 3, 5, 5-6
  - Mild pain or mild to medium pain
  - Moderate pain
- **Emotions**
  - Anxious
  - Awful
  - Depressed
  - Struggle
  - “What is normal”
- **Positives**
  - Feel normal
  - Feel pretty well
  - Able to enjoy life
  - Able to function at a good level
  - Able to do normal household chores
  - Work ½ day
  - Energetic
  - Fair
  - Fairly well
  - Thankful
  - Like a normal person

**Experiencing worst pain symptoms**
- **All of the above of a normal day – only worse. Or some said the same as what they feel on a normal day**
- **Rating 10 out of 10 or 9 out of 10**
- **Effects of quality of life**
  - Have to stay in bed. Bed bound.
  - Don’t want to do anything
  - Can’t rest, can’t eat, can’t sleep
  - Can’t function
  - Can’t get out of bed
  - Can’t move
  - Can’t do anything
  - Crying
  - Non-functioning
  - Immobilized
  - Barely able to move/walk
- **Symptoms**
  - Achy
  - Burning
  - Exhausted
  - Nauseous
  - Like having the flu
  - Hit by a truck
- **Descriptive**
  - Debilitating
  - Absolutely terrible
  - Excruciating
  - Specific areas of pain
  - Frustrated
  - Hopeless
  - Depressed
  - Desperate
  - Anxious
  - Awful
  - Terrible
  - Agony
  - Useless
  - Worthless
  - Defeated
  - Frustrated
  - Helpless
  - Hopeless
  - Miserable
  - Horrible
- **At the end of their rope**
  - Feel like giving up
  - Like dying
  - Suicidal
  - Want to die
  - So bad they want to die

84% answered this optional question
82% answered this optional question
On average, moderate pain is felt ~½ of any given month

Average Days in a Month Where Each Level of Pain is Felt

- No Pain: 0.8 days
- Mild Pain: 5.4 days
- Moderate Pain: 13.1 days
- Severe Pain: 10.7 days

85% experience at least some level of pain every day.
7% experience severe pain for all 30 days of the month.

Q7) Thinking about where you are in your pain journey today and taking into account your current pain symptoms and treatment plan, how many days a month do you have...
78% of respondents have experienced pain for at least 5 years, while nearly ¾ have experienced pain every day over the past six months.

**Period of Time Experiencing Pain**

<table>
<thead>
<tr>
<th>Period</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 6 months</td>
<td>0.4%</td>
</tr>
<tr>
<td>6 months up to 1 year</td>
<td>2%</td>
</tr>
<tr>
<td>1 year up to 3 years</td>
<td>8%</td>
</tr>
<tr>
<td>3 years up to 5 years</td>
<td>11%</td>
</tr>
<tr>
<td>5 years up to 10 years</td>
<td>20%</td>
</tr>
<tr>
<td>10 years up to 20 years</td>
<td>29%</td>
</tr>
<tr>
<td>More than 20 years</td>
<td>29%</td>
</tr>
</tbody>
</table>

**Frequency of Pain Over Past Six Months**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>0.1%</td>
</tr>
<tr>
<td>Some days</td>
<td>2%</td>
</tr>
<tr>
<td>Most days</td>
<td>25%</td>
</tr>
<tr>
<td>Every day</td>
<td>72%</td>
</tr>
</tbody>
</table>

Base=All, n=4,725  | Q8) How long have you been experiencing pain?
Base= Experiencing pain for 6 months or longer, n=4,707  | Q9) In the past six months, how often did you have pain?
Approximately 8 in 10 report the back and legs and/or knees as areas impacted by pain.

**Areas of Body Impacted by Pain**

- **Back**: 83%
- **Legs and/or knees**: 78%
- **Neck**: 71%
- **Shoulders**: 71%
- **Hips**: 66%
- **Feet, toes, and/or heels**: 66%
- **Hands and/or wrists**: 64%
- **Head and/or jaw**: 53%
- **Buttocks/sacroiliac joint (SI joint)**: 53%
- **Fingers**: 53%
- **Arms and/or elbows**: 50%
- **Ankles**: 48%
- **Eyes**: 30%
- **Chest**: 26%
- **Other organs and/or areas of my body (eg, heart, lungs)**: 25%

*Base=All, n=4,725*

Q10) Across the time you have had chronic pain, what areas of your body have been impacted by pain? (Select all that apply)
“Pain Management” means a variety of things to patients

- Controlling pain to a manageable level
- Having access to medications as needed
- Constantly utilizing pain relief methods
- Struggling with the side effects of medication
- Eating healthy and practicing habits for mental health
- Understanding what triggers specific pain spots and preventing it
- Finding a long-term solution to deal with pain

- Having a positive relationship with HCP
- An HCP that uses a creative treatment approach to manage pain
- HCP who uses a personal, individualized approach to living with pain
- An HCP that is willing to try alternative treatments
- However, some HCPs do not take it seriously

- Keeping the pain level low enough to go about daily life
- Having the ability to accomplish everyday tasks
- Spending time with family without having to constantly think about pain
- Gaining the ability to work without making too many mistakes because of pain
- Learning to enjoy life and function normally
- Having the ability to sleep even when in a lot of pain

A few respondents mentioned that there is a stigma associated with pain management, while others had a feeling of hopelessness – feeling that nothing will ever relieve their pain

(Q11) (Optional) What does pain management mean to you?

Base=Chose to answer, n=3,935
83% answered this optional question
HCP FOR PAIN MANAGEMENT
85% of respondents regularly see an HCP for managing pain, with PCP and pain specialists being the most common

### HCPs Ever Seen for Managing Pain

<table>
<thead>
<tr>
<th>HCP Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary care provider (PCP)</td>
<td>82%</td>
</tr>
<tr>
<td>Physical therapist</td>
<td>58%</td>
</tr>
<tr>
<td>Pain specialist/Pain management doctor</td>
<td>55%</td>
</tr>
<tr>
<td>Chiropractor</td>
<td>39%</td>
</tr>
<tr>
<td>Massage therapist</td>
<td>38%</td>
</tr>
<tr>
<td>Psychiatrist, psychologist, or other mental...</td>
<td>34%</td>
</tr>
<tr>
<td>Acupuncturist</td>
<td>26%</td>
</tr>
<tr>
<td>Physical medicine and rehabilitation doctor...</td>
<td>25%</td>
</tr>
<tr>
<td>My regular doctor or healthcare provider (if...</td>
<td>25%</td>
</tr>
<tr>
<td>Occupational therapist</td>
<td>17%</td>
</tr>
<tr>
<td>Naturopath</td>
<td>10%</td>
</tr>
<tr>
<td>Spiritual healer</td>
<td>7%</td>
</tr>
<tr>
<td>Other healthcare provider</td>
<td>35%</td>
</tr>
<tr>
<td>I have never seen a specialist or spoken to my...</td>
<td>3%</td>
</tr>
</tbody>
</table>

### Regular HCP for Managing Pain

<table>
<thead>
<tr>
<th>HCP Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary care provider (PCP)</td>
<td>28%</td>
</tr>
<tr>
<td>Pain specialist/Pain management doctor</td>
<td>26%</td>
</tr>
<tr>
<td>Chiropractor</td>
<td>4%</td>
</tr>
<tr>
<td>Physical therapist</td>
<td>3%</td>
</tr>
<tr>
<td>Massage therapist</td>
<td>2%</td>
</tr>
<tr>
<td>Physical medicine and rehabilitation doctor...</td>
<td>1%</td>
</tr>
<tr>
<td>Psychiatrist, psychologist, or other mental...</td>
<td>1%</td>
</tr>
<tr>
<td>Acupuncturist</td>
<td>1%</td>
</tr>
<tr>
<td>Naturopath</td>
<td>0.3%</td>
</tr>
<tr>
<td>Occupational therapist</td>
<td>0.1%</td>
</tr>
<tr>
<td>Spiritual healer</td>
<td>0.1%</td>
</tr>
<tr>
<td>My regular doctor or healthcare provider (if...</td>
<td>10%</td>
</tr>
<tr>
<td>Other healthcare provider</td>
<td>11%</td>
</tr>
<tr>
<td>I currently do not see a healthcare provider for...</td>
<td>13%</td>
</tr>
</tbody>
</table>

*Base=All, n=4,725  | Q12) What types of doctors or healthcare providers have you ever seen specifically for managing your pain? (Select all that apply)*

*Base=Have seen an HCP for managing pain, n=4,576  | Q13) Who do you see most regularly for managing your pain?*
Reasons for not seeing an HCP include lack of satisfaction with previous HCPs, financial barriers, and ability for patient to manage on their own.

- Dissatisfied with HCPs:
  - Unable to provide pain relief
  - Do not take pain management seriously
  - Disrespect patient

- Cost of Visit

- Lack of Insurance

- Pain is controlled:
  - Use alternative therapies
  - Managing on their own

- Learned to cope with the pain

- Unable to travel to appointments

Base=Do not regularly see an HCP for managing pain, n=724
Q14) Why do you not currently see a healthcare provider for your pain?
### Engagement with HCP for Pain Management

<table>
<thead>
<tr>
<th>Statement</th>
<th>Bottom 2</th>
<th>Middle 3</th>
<th>Top 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>My doctor and I are in agreement about the level of pain I experience</td>
<td>13%</td>
<td>34%</td>
<td>54%</td>
</tr>
<tr>
<td>My doctor discusses potential side effects of pain medications</td>
<td>21%</td>
<td>30%</td>
<td>50%</td>
</tr>
<tr>
<td>My doctor has discussed the risk of addiction to specific pain medications with me</td>
<td>25%</td>
<td>26%</td>
<td>49%</td>
</tr>
<tr>
<td>My doctor discusses changes in my pain levels</td>
<td>20%</td>
<td>33%</td>
<td>47%</td>
</tr>
<tr>
<td>My doctor discusses pain treatment options with me</td>
<td>20%</td>
<td>34%</td>
<td>46%</td>
</tr>
<tr>
<td>My doctor asks about how pain interferes with my quality of life</td>
<td>25%</td>
<td>32%</td>
<td>44%</td>
</tr>
<tr>
<td>My doctor works with me to develop a pain management plan that considers my preferences</td>
<td>25%</td>
<td>34%</td>
<td>42%</td>
</tr>
<tr>
<td>My doctor recommends or encourages alternative treatments for pain management</td>
<td>21%</td>
<td>39%</td>
<td>40%</td>
</tr>
<tr>
<td>My doctor works with me to develop a treatment plan that effectively manages my pain</td>
<td>26%</td>
<td>37%</td>
<td>36%</td>
</tr>
<tr>
<td>I avoid asking my doctor for pain medication for fear of being treated as a drug seeker</td>
<td>47%</td>
<td>23%</td>
<td>31%</td>
</tr>
<tr>
<td>I feel like my doctor judges me for needing pain medication</td>
<td>55%</td>
<td>23%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Base=Regularly see an HCP for pain, n=4,001

Q15) Rate your agreement with the following statements as they pertain to the doctor/healthcare provider you see for managing your pain. (1 = Strongly Disagree to 7 = Strongly Agree)
Patients want their HCP to not only know what they can do better, but also how pain affects patients outside of their physical symptoms

<table>
<thead>
<tr>
<th>HCPs need to be more understanding</th>
</tr>
</thead>
<tbody>
<tr>
<td>• The severity patients experience</td>
</tr>
<tr>
<td>• Pain can be excruciating and debilitating</td>
</tr>
<tr>
<td>• Being in pain is exhausting</td>
</tr>
<tr>
<td>• Patients are not faking the pain symptoms</td>
</tr>
<tr>
<td>• HCPs need to take more time to listen to patients about chronic pain</td>
</tr>
<tr>
<td>• Patient is not a drug seeker, just in a lot of pain and needs something to cope</td>
</tr>
<tr>
<td>• Wish the HCP knew how to stop the pain</td>
</tr>
<tr>
<td>• Some HCPs have condescending and judgmental attitudes</td>
</tr>
</tbody>
</table>

| Some indicated “nothing”; they have an open relationship with their HCP |

<table>
<thead>
<tr>
<th>Pain is more than physical</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ruins one’s quality of life</td>
</tr>
<tr>
<td>• The constant fear that it will never go away</td>
</tr>
<tr>
<td>• Causes people to miss out on important events in their lives</td>
</tr>
<tr>
<td>• Destroys marriages in some cases</td>
</tr>
<tr>
<td>• Affects mental health</td>
</tr>
<tr>
<td>• Interferes with being independent</td>
</tr>
<tr>
<td>• Makes it difficult to take care of children</td>
</tr>
<tr>
<td>• Has taken away all joy in life</td>
</tr>
<tr>
<td>• Patients need to make lifestyle adjustments in order to deal with chronic pain</td>
</tr>
<tr>
<td>• It is hard to wake up every day in pain</td>
</tr>
</tbody>
</table>

| A few feel they would be better off not being alive |

Base=Regularly see an HCP for pain, n=4,001
Q16) What is the one thing you wish your healthcare team knew about you and the pain you experience?
TREATMENTS FOR PAIN MANAGEMENT
**Antidepressants and neuromodulators are regularly used for pain management**

<table>
<thead>
<tr>
<th>Medication Description</th>
<th>Never Used</th>
<th>Used in the Past</th>
<th>Use Only When Needed</th>
<th>Regularly Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antidepressants (such as Cymbalta®, Elavil®, Effexor®)</td>
<td>30%</td>
<td>30%</td>
<td>2%</td>
<td>38%</td>
</tr>
<tr>
<td>Neuromodulators, antiepileptics, or anticonvulsants (such as gabapentin, pregabalin,...)</td>
<td>33%</td>
<td>32%</td>
<td>3%</td>
<td>28%</td>
</tr>
<tr>
<td>Topical (e.g., cream applied to skin) pain relief agents</td>
<td>18%</td>
<td>24%</td>
<td>25%</td>
<td>25%</td>
</tr>
<tr>
<td>Muscle relaxants (such as Flexeril®)</td>
<td>24%</td>
<td>40%</td>
<td>15%</td>
<td>20%</td>
</tr>
<tr>
<td>Oxycodone or Oxycodone/acetaminophen (OxyContin®, Percocet®, Percodan®)</td>
<td>37%</td>
<td>42%</td>
<td>8%</td>
<td>13%</td>
</tr>
<tr>
<td>Hydrocodone or Hydrocodone/acetaminophen (Vicodin®, Norco®, Lortab®)</td>
<td>24%</td>
<td>52%</td>
<td>13%</td>
<td>12%</td>
</tr>
<tr>
<td>Benzodiazepines or &quot;benzos&quot; (such as Valium®, Xanax®)</td>
<td>48%</td>
<td>31%</td>
<td>11%</td>
<td>10%</td>
</tr>
<tr>
<td>Medical marijuana</td>
<td>70%</td>
<td>13%</td>
<td>7%</td>
<td>10%</td>
</tr>
<tr>
<td>Oral corticosteroids/steroids (such as prednisone, Solu-Medrol®)</td>
<td>26%</td>
<td>46%</td>
<td>21%</td>
<td>8%</td>
</tr>
<tr>
<td>Tramadol (Ultram®)</td>
<td>38%</td>
<td>48%</td>
<td>6%</td>
<td>8%</td>
</tr>
<tr>
<td>Voltaren® (diclofenac) tablets or gel (diclofenac sodium topical)</td>
<td>62%</td>
<td>48%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>Abortive/acute or rescue prescription migraine medication</td>
<td>67%</td>
<td>34%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Morphine</td>
<td>57%</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Celebrex® (celecoxib)</td>
<td>60%</td>
<td>34%</td>
<td>1%</td>
<td>5%</td>
</tr>
<tr>
<td>Mobic® (meloxicam)</td>
<td>66%</td>
<td>27%</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td>Codeine</td>
<td>43%</td>
<td>47%</td>
<td>7%</td>
<td>3%</td>
</tr>
<tr>
<td>Fentanyl (Actiq®)</td>
<td>79%</td>
<td>17%</td>
<td>1%</td>
<td>18%</td>
</tr>
<tr>
<td>Hydromorphone (Dilaudid®)</td>
<td>71%</td>
<td>25%</td>
<td>3%</td>
<td>32%</td>
</tr>
<tr>
<td>Methadone (Methadose)</td>
<td>89%</td>
<td>24%</td>
<td>9%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Meperidine (Demerol®)</td>
<td>74%</td>
<td>24%</td>
<td>0.3%</td>
<td>11%</td>
</tr>
</tbody>
</table>

*Base=All, n=4,725*  
Q17) Are you currently using, or have you ever used, any of the following medications or treatments for managing your pain? This question includes commonly used pain treatments. We appreciate you taking the time to answer completely.
Patients also employ OTC medications and devices for managing pain

### OTC and Non-Prescription Medication Experience

<table>
<thead>
<tr>
<th>Drug/Device</th>
<th>Never Used</th>
<th>Used in the Past</th>
<th>Use Only When Needed</th>
<th>Regularly Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tylenol® (acetaminophen)</td>
<td>8%</td>
<td>38%</td>
<td>32%</td>
<td>22%</td>
</tr>
<tr>
<td>Ibuprofen (Motrin®, Advil®)</td>
<td>10%</td>
<td>42%</td>
<td>27%</td>
<td>21%</td>
</tr>
<tr>
<td>Aleve® (naproxen sodium)</td>
<td>21%</td>
<td>51%</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>Excedrin® Migraine</td>
<td>50%</td>
<td>31%</td>
<td>13%</td>
<td>5%</td>
</tr>
</tbody>
</table>

### Device and Procedure Experience

<table>
<thead>
<tr>
<th>Device/Procedure</th>
<th>Never Used</th>
<th>Used in the Past</th>
<th>Use Only When Needed</th>
<th>Regularly Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transcutaneous electrical stimulator (TENS)</td>
<td>41%</td>
<td>39%</td>
<td>12%</td>
<td>8%</td>
</tr>
<tr>
<td>Noninvasive interventions and devices other than transcutaneous electrical stimulator (TENS)</td>
<td>50%</td>
<td>33%</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Invasive interventions and procedures</td>
<td>55%</td>
<td>27%</td>
<td>13%</td>
<td>5%</td>
</tr>
<tr>
<td>Nerve blockers or pain-blocking treatments</td>
<td>54%</td>
<td>33%</td>
<td>8%</td>
<td>5%</td>
</tr>
<tr>
<td>BOTOX® for chronic migraine</td>
<td>89%</td>
<td>4%</td>
<td>0%</td>
<td>4%</td>
</tr>
<tr>
<td>Spinal cord stimulator (SCS)</td>
<td>92%</td>
<td>8%</td>
<td>0%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Base=All, n=4,725
Q17) Are you currently using, or have you ever used, any of the following medications or treatments for managing your pain? This question includes commonly used pain treatments. We appreciate you taking the time to answer completely.
A wide variety of prescription medication—as well as invasive and noninvasive intervention—is being used to manage pain

<table>
<thead>
<tr>
<th>Other Prescription Pain Medications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amitriptyline</td>
</tr>
<tr>
<td>Baclofen</td>
</tr>
<tr>
<td>Belbuca®</td>
</tr>
<tr>
<td>Buprenorphine</td>
</tr>
<tr>
<td>Butran</td>
</tr>
<tr>
<td>Fioricet®</td>
</tr>
<tr>
<td>Lidocaine</td>
</tr>
<tr>
<td>Lyrica®</td>
</tr>
<tr>
<td>Methotrexate</td>
</tr>
<tr>
<td>Pain patches</td>
</tr>
<tr>
<td>Plaquenil®</td>
</tr>
<tr>
<td>Suboxone®</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Invasive Interventions or Procedures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surgery (eg, back, knee, spine)</td>
</tr>
<tr>
<td>Injections (eg, steroid, cortisone, facet joint, trigger point)</td>
</tr>
<tr>
<td>Epidural</td>
</tr>
<tr>
<td>Ablation</td>
</tr>
<tr>
<td>Fusion</td>
</tr>
<tr>
<td>DRG stimulator</td>
</tr>
<tr>
<td>Hip replacement</td>
</tr>
<tr>
<td>IV/infusions (eg, ketamine)</td>
</tr>
<tr>
<td>Nerve blocks</td>
</tr>
<tr>
<td>Spinal injection</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Noninvasive Interventions or Devices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brace</td>
</tr>
<tr>
<td>Pillow</td>
</tr>
<tr>
<td>Acupuncture</td>
</tr>
<tr>
<td>Massage</td>
</tr>
<tr>
<td>Cupping</td>
</tr>
<tr>
<td>Adaptive equipment (shower, walker, work, picking up things)</td>
</tr>
<tr>
<td>Percussion massage unit</td>
</tr>
<tr>
<td>Biofeedback</td>
</tr>
<tr>
<td>Cefaly</td>
</tr>
<tr>
<td>Dry needling</td>
</tr>
<tr>
<td>Heat therapy (eg, heating pad, hot baths)</td>
</tr>
<tr>
<td>Physical therapy</td>
</tr>
<tr>
<td>Quell</td>
</tr>
</tbody>
</table>

Base=Regularly use or use only when needed other pain medications, n=882 | Q18) What other prescription pain medication(s) are you using for managing your pain?
Base=Regularly use or only when need invasive interventions and procedures, n=845 | Q19) What other invasive interventions and procedures are you using for managing your pain?
Base=Regularly use or only when need noninvasive interventions and devices, n=801 | Q20) What other noninvasive interventions and devices are you using for managing your pain?
Prescription pain medications are reported as having greater efficacy than OTC pain medications.

Effectiveness of Medication for Managing Pain
(Top 2 Box on 7-pt. Scale)

- Hydromorphone (Dilaudid®) 56%
- Oxycodone or Oxycodone/acetaminophen 55%
- Fentanyl (Actiq®) 54%
- Morphine 51%
- Hydrocodone or Hydrocodone/acetaminophen 45%
- Medical marijuana 45%
- Meperidine (Demerol®) 39%
- Abortive/acute or rescue prescription migraine... 37%
- Methadone (Methadose) 34%
- Oral corticosteroids/steroids (such as... 32%
- BOTOX® for chronic migraine 31%
- Invasive interventions and procedures 28%
- Benzodiazepines or "benzos" (such as Valium®,... 27%
- Muscle relaxants (such as Flexeril®) 27%
- Codeine 26%
- Nerve blockers or pain-blocking treatments 25%
- Other prescription pain medication (not listed) 25%
- Neurmodulators, antiepileptics, or... 22%
- Spinal cord stimulator (SCS) 21%
- Tramadol (Ultram®) 21%
- Excedrin® Migraine 19%
- Ibuprofen (Motrin®, Advil®) 19%
- Voltaren® (diclofenac) tablets or gel... 18%
- Topical (eg, cream applied to skin) pain relief... 17%
- Celebrex® (celecoxib) 16%
- Antidepressants (such as Cymbalta®, Elavil®,... 14%
- Transcutaneous electrical stimulator (TENS) 14%
- Aleve® (naproxen sodium) 13%
- Mobic® (meloxicam) 13%
- Noninvasive interventions and devices other... 12%
- Tylenol® (acetaminophen) 12%
- Other prescription pain medication (not listed) 25%

Base=Ever used treatments or medication
Q21) How well does/did the following work for managing your pain? (1=Pain Increased [I felt worse], 7=Pain Decreased [I felt better]) *Top 2 box on a 7-pt. scale
The most common side effects of pain medication are constipation, drowsiness, and feeling “loopy”

**Side Effects of Pain Medication**

*Ever Taken Pain Medication*

- Constipation: 64%
- Drowsiness/sleepiness: 60%
- Clouded thinking/feeling “loopy”: 54%
- Dizziness: 37%
- Nausea or vomiting: 32%
- Insomnia: 31%
- Bloating: 26%
- GERD or heartburn: 26%
- Mood swings: 23%
- Depression: 21%
- Diarrhea: 20%
- Increased pain: 19%
- Peripheral neuropathy (tingling/numbness in hands/feet): 15%
- Dependence/addiction: 10%
- Low blood pressure: 9%
- Slowed or shallow breathing: 9%
- Stomach ulcers: 8%
- Excessive bleeding/trouble clotting: 4%
- Kidney damage: 4%
- Liver damage: 3%
- I have never experienced side effects from my pain medication: 10%
- Other (please specify): 11%

**Other side effects included:**
- Dry mouth
- Gastritis
- Hallucinations
- Headaches
- Heart palpitations
- Itching
- Stomach pain
- Suicidal thoughts
- Swelling
- Weight gain

*Base=Ever taken pain medication, n=4,721*

Q22) Have you ever experienced any of the following side effects of pain medication? (Select all that apply)
Less than ½ felt their HCP prescribed unnecessary medication

HCP Prescribed Unnecessary Medications

- No, I feel like I've needed them when they are prescribed: 57%
- No, my doctor does not prescribe pain medication (such as opioids or narcotics): 23%
- No, my doctor does not prescribe what I see as enough medication: 22%
- Yes, when my pain could have been managed in another way: 6%
- Yes, they gave me too much or too many refills: 5%
- Yes, when my pain wasn't severe enough: 3%

Base: If applicable to, n=4,331
Q27) Have you ever felt like a doctor prescribed you pain medication (such as opioids or narcotics) when you did not need it? (Select all that apply)
4 in 10 save leftover pain medication for a later time; however, $\frac{1}{3}$ never have any left over.

**Actions Taken With Leftover Pain Medications**

- **Save it for later**: 41%
- **Bring it to a drug disposal location**: 18%
- **Throw it away**: 6%
- **Bring it back to the pharmacy or send it to the pharmacy via mail**: 5%
- **Flush it down the toilet**: 4%
- **Give to someone who needs it**: 1%
- **I don't remember where I put it**: 1%
- **Sell it**: 0.1%
- **Other (please specify)**: 3%

*Other included burn it or no longer on medication*

**I never have any leftover medication**: 33%

**I have never taken pain medication**: 3%

*Base=All, n=4,725
Q28) What do you do with leftover pain medication? (Select all that apply)*
More than ½ have faced barriers in accessing medication for managing their pain

Barriers Faced in Accessing Pain Medication

- Doctor/Healthcare professional would not prescribe it: 34%
- Insurance refused to cover it: 21%
- Ran out of pain medication too soon: 18%
- Doctor/Healthcare professional cut me off cold turkey: 16%
- Ran out of pain medication refills: 16%
- Doctor/Healthcare provider tapered me off without prescribing new medication: 15%
- Pharmacist would not fill prescription: 14%
- Other (please specify): 8%
- I have not experienced any of the above when trying to obtain pain medication: 41%

Other included:
- Medication is too expensive
- HCP had to decrease dosage
- Do not take pain medication
- Pharmacy ran out of supply
- Medication was stolen

Base=All, n=4,725
Q29) Have you ever experienced any of the following in regards to your pain medication? (Select all that apply)
2 in 10 have received pain medications from sources other than an HCP

Sources of Pain Medication (Not HCP)

- A friend or family member: 17%
- Purchased from someone who was selling (unlicensed dealer/distributor): 3%
- Purchased from another country: 2%
- Ordered online: 2%
- Other (please specify): 2%

Other included:
- Medical marijuana dispensary
- Over-the-counter (OTC)

I have never gotten medication from anyone but my doctor: 80%

Base=All, n=4,725
Q30) Other than a prescription from your doctor/healthcare professional, have you ever gotten pain medication from any of the following? (Select all that apply)
Over 6 in 10 prefer the use of oral tablets to any other method

Preference of Pain Medication Delivery

- Oral tablet/pill: 63%
- Patch on my skin: 8%
- Liquid or gel film placed under the tongue (sublingual): 5%
- Injection (subcutaneous in a muscle or fatty part of the body): 4%
- Infusion (IV using a vein): 2%
- Nasal spray: 1%
- Lozenges or troches: 1%
- Nebulizer/vaping device: 1%
- Suppository (inserted in the rectum): 0.1%
- Other (please specify): 2%
- No preference: 14%

Base=All, n=4,725
Q31) If you could receive your pain medication in any of the following ways, which would you most prefer?
About \( \frac{2}{3} \) have had a procedure or surgery for their chronic pain.

**Procedures or Surgeries for Treating Chronic Pain**

- Steroid injection: 60%
- Ablation: 12%
- Spinal cord stimulation: 8%
- Radiofrequency rhizotomy: 6%
- Deep brain stimulation (DBS): 1%
- Microvascular decompression: 1%
- Stereotactic radiation: 1%
- Motor cortex stimulation: 0.5%
- Glycerol rhizotomy: 0.4%
- Other (please specify): 14%
- No, I did not have a surgical procedure for managing my pain: 34%

Other procedures included:
- Acupuncture
- Back surgery
- Botox® injections
- Celiac plexus block
- Discectomy
- Epidural
- Facet injection
- Fusion (eg, joint, lumbar, spine)
- Gamma Knife®
- Hysterectomy
- Intrathecal pain pump
- Joint replacement
- Ketamine infusion
- Laminectomy
- Laparoscopy
- Microdiscectomy
- Nerve block
- Surgery (unspecified)
- Trigger point injections

Base=All, n=4,725
Q32) Did you have any of the following procedures or surgeries as part of your treatment for chronic pain? (Select all that apply)
Lack of efficacy and side effects are common reasons for stopping or switching pain medications.

Reasons for Stopping Use of a Prescription Pain Medication

Have Used a Pain Medication in the Past

- It wasn’t working: 37%
- I experienced side effects: 31%
- I am managing with my current treatment plan: 20%
- My doctor will no longer prescribe it to me: 18%
- I am allergic: 14%
- I use self-management techniques and complementary therapies to manage my pain: 11%
- I am worried I will become dependent or addicted: 9%
- I no longer have a doctor I see for pain management: 8%
- My insurance won’t cover: 7%
- My medical history or current treatment plan prohibits me from taking them: 7%
- I no longer need pain medication: 6%
- I could no longer afford/financial issues: 6%
- I was told there was a medication shortage: 2%
- I have developed a dependence or addiction and can no longer take: 1%
- Other reason (please specify): 18%

Other included:
- HCP switched them to new medication
- Medication no longer on market
- Don’t like taking pain medication
- Used pain medication temporarily-only after surgery
- Only take medication as needed
- Use other pain medication
- Forcibly tapered off medication
- Now only use OTC medication

Base=Used a medication in the past (may still be using), n=4,640
Q34) You indicated that you were on prescription pain medication(s) in the past that you are no longer using. Why did you stop using this prescription pain medication(s)? (Select all that apply)
### Complementary and Alternative Treatment Experience

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Never used and do not intend to try</th>
<th>Never used but would like to try</th>
<th>Used in the past, but no longer using</th>
<th>Currently Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spirituality or prayer</td>
<td>28%</td>
<td>4%</td>
<td>9%</td>
<td>59%</td>
</tr>
<tr>
<td>Heat therapy</td>
<td>12%</td>
<td>9%</td>
<td>25%</td>
<td>53%</td>
</tr>
<tr>
<td>Diet and/or changes in diet</td>
<td>15%</td>
<td>12%</td>
<td>21%</td>
<td>52%</td>
</tr>
<tr>
<td>Exercise (eg, yoga, Tai Chi, walking, etc)</td>
<td>10%</td>
<td>9%</td>
<td>32%</td>
<td>50%</td>
</tr>
<tr>
<td>Meditation or mindfulness</td>
<td>25%</td>
<td>15%</td>
<td>18%</td>
<td>42%</td>
</tr>
<tr>
<td>Herbal or dietary supplements</td>
<td>28%</td>
<td>12%</td>
<td>25%</td>
<td>35%</td>
</tr>
<tr>
<td>Cold therapy</td>
<td>32%</td>
<td>12%</td>
<td>23%</td>
<td>33%</td>
</tr>
<tr>
<td>Massage</td>
<td>14%</td>
<td>20%</td>
<td>42%</td>
<td>23%</td>
</tr>
<tr>
<td>CBD oil</td>
<td>27%</td>
<td>26%</td>
<td>26%</td>
<td>21%</td>
</tr>
<tr>
<td>Essential oils</td>
<td>40%</td>
<td>18%</td>
<td>22%</td>
<td>20%</td>
</tr>
<tr>
<td>Marijuana or cannabis</td>
<td>40%</td>
<td>25%</td>
<td>17%</td>
<td>18%</td>
</tr>
<tr>
<td>Physical or occupational therapy</td>
<td>10%</td>
<td>9%</td>
<td>65%</td>
<td>17%</td>
</tr>
<tr>
<td>Pool or aquatic therapy</td>
<td>22%</td>
<td>28%</td>
<td>36%</td>
<td>14%</td>
</tr>
<tr>
<td>Drinking alcohol</td>
<td>63%</td>
<td>2%</td>
<td>23%</td>
<td>12%</td>
</tr>
<tr>
<td>Chiropractic care</td>
<td>31%</td>
<td>10%</td>
<td>48%</td>
<td>11%</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>36%</td>
<td>28%</td>
<td>32%</td>
<td>5%</td>
</tr>
<tr>
<td>Biofeedback</td>
<td>49%</td>
<td>29%</td>
<td>17%</td>
<td>5%</td>
</tr>
<tr>
<td>Taping (kinesiology tape)</td>
<td>56%</td>
<td>21%</td>
<td>17%</td>
<td>5%</td>
</tr>
<tr>
<td>Other alternative/ non-prescription treatment</td>
<td>34%</td>
<td>30%</td>
<td>17%</td>
<td>19%</td>
</tr>
</tbody>
</table>

Base=All, n=4,725
Q35) Which of the following have you used for managing your pain?
Alternative therapies range from caffeine to getting extra rest

- Acupressure
- Biofreeze
- Caffeine
- Compression
- Cold therapy
- Distraction
- Dry needling
- Emotional support pet
- Epsom salt bath
- Group therapy
- Heat therapy
- Hot tub/hot baths
- Kratom
- Reflexology
- Reiki
- Rest
- Stretching
- Supplements
- Turmeric
- Vitamins
- Yoga

**Base** = Currently Use other, n=886

Q36) What other alternative treatment/non-prescription treatment(s) are you using for managing your pain?
CAMs are often not tried due to lack of access or knowledge

**Lack of access**
- Cannot afford alternative therapies
- Not covered by insurance
- Not available in certain locations/states
- Taking certain alternative therapies is against the law
- Time constraints

**Fear**
- Scared alternative therapies will not work
- Afraid of side effects
- Very skeptical of alternative therapies

**Lack of education or interest**
- Not knowledgeable about alternative therapies
- Not interested in trying alternative therapies

*Base=Never used but would like to try a CAM, n=3,801
Q37) What prevents you from trying alternative/non-prescription therapies?*
Only 14%* feel their pain is well managed on their current treatment plan.

**Effectiveness of Current Treatment Plan**

- **Base=All, n=4,725**

Q38) How well is your pain managed with your current treatment plan? Current treatment plan includes both prescription and over-the-counter medications, as well as alternative therapies. (1 = Not at All Managed to 7 = Very Well Managed)  

*Top 2 box on 7-pt. scale

- 1: 8%
- 2: 12%
- 3: 17%
- 4: 22%
- 5: 27%
- 6: 11%
- 7: 3%
Patients are filled with disappointment about how they have managed their pain

Should have
- Asked for help sooner
- Quit smoking when advised to by HCP
- Taken better care of their body
- Been more assertive and proactive about getting treatment early on

Could have
- Exercised more and stayed active
- Managed overall diet better
- Tried more alternative therapies
- Pushed through the pain and been brave

Would have
- Advocated better for themselves
- Avoided surgery if not necessary
- Been patient while finding a treatment for the pain

Base=Chose to answer, n=3,221
Q39) [OPTIONAL] If you could go back in time, what advice would you give yourself about managing your pain?

68% answered this optional question
Quality of Life
Over 8 in 10 have experienced a significant life change as a result of their pain.

<table>
<thead>
<tr>
<th>Pain Management Viewpoints</th>
<th>Bottom 2</th>
<th>Middle 3</th>
<th>Top 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel that my life has changed significantly as a result of my pain</td>
<td>4%</td>
<td>14%</td>
<td>82%</td>
</tr>
<tr>
<td>My pain interferes with my ability to get a good night’s sleep</td>
<td>7%</td>
<td>24%</td>
<td>70%</td>
</tr>
<tr>
<td>I actively seek out alternative therapies/non-prescription ways to manage my pain</td>
<td>13%</td>
<td>39%</td>
<td>48%</td>
</tr>
<tr>
<td>I feel depressed as a result of my pain</td>
<td>15%</td>
<td>39%</td>
<td>46%</td>
</tr>
<tr>
<td>I feel like I have tried everything to manage my pain, but it is not working</td>
<td>16%</td>
<td>45%</td>
<td>39%</td>
</tr>
<tr>
<td>I avoid prescription pain medication as much as possible</td>
<td>30%</td>
<td>33%</td>
<td>37%</td>
</tr>
<tr>
<td>I fear becoming dependent on or addicted to pain medication</td>
<td>49%</td>
<td>26%</td>
<td>25%</td>
</tr>
<tr>
<td>I feel in control of my life despite my pain</td>
<td>28%</td>
<td>48%</td>
<td>24%</td>
</tr>
</tbody>
</table>

*Base=All, n=4,725
Q23) Rate your agreement with the following statements. (1 = Strongly Disagree to 7 = Strongly Agree)*
Impact of Pain on Work and Relationships

<table>
<thead>
<tr>
<th>Statement</th>
<th>Bottom 2</th>
<th>Middle 3</th>
<th>Top 2</th>
<th>n</th>
</tr>
</thead>
<tbody>
<tr>
<td>My pain prevents me from working or causes me to miss work</td>
<td>12%</td>
<td>21%</td>
<td>67%</td>
<td>4,233</td>
</tr>
<tr>
<td>I worry about accessibility and navigating new places when I’m in pain</td>
<td>10%</td>
<td>30%</td>
<td>61%</td>
<td>4,633</td>
</tr>
<tr>
<td>My pain prevents me from spending time with my family or friends</td>
<td>10%</td>
<td>30%</td>
<td>60%</td>
<td>4,664</td>
</tr>
<tr>
<td>My pain interferes with my relationships with others</td>
<td>10%</td>
<td>31%</td>
<td>59%</td>
<td>4,656</td>
</tr>
<tr>
<td>I feel like a burden to my friends and family because of my pain</td>
<td>15%</td>
<td>32%</td>
<td>53%</td>
<td>4,661</td>
</tr>
<tr>
<td>My pain interferes with my ability to leave my home or travel a short distance</td>
<td>14%</td>
<td>35%</td>
<td>51%</td>
<td>4,657</td>
</tr>
<tr>
<td>I feel lonely or isolated because of my pain</td>
<td>14%</td>
<td>35%</td>
<td>51%</td>
<td>4,658</td>
</tr>
<tr>
<td>My family and friends feel that I’ve changed as a result of my pain</td>
<td>11%</td>
<td>39%</td>
<td>49%</td>
<td>4,613</td>
</tr>
<tr>
<td>I feel that others judge me because of my pain</td>
<td>17%</td>
<td>38%</td>
<td>45%</td>
<td>4,661</td>
</tr>
<tr>
<td>I have anxiety that I may run out of pain medication</td>
<td>36%</td>
<td>33%</td>
<td>31%</td>
<td>4,456</td>
</tr>
<tr>
<td>My friends and family understand the impact of pain on my daily life</td>
<td>24%</td>
<td>46%</td>
<td>31%</td>
<td>4,666</td>
</tr>
<tr>
<td>My friends and family don’t believe that I am in pain</td>
<td>42%</td>
<td>42%</td>
<td>16%</td>
<td>4,664</td>
</tr>
</tbody>
</table>

*Base=If applicable to Q24) Rate your agreement with the following statements. (1 = Strongly Disagree to 7 = Strongly Agree)*
Medical professionals are more likely to make patients feel like they are seeking drugs than their friends and family do

### Relationship With HCP Changed With Increase in Attention to Opioid Epidemic

<table>
<thead>
<tr>
<th>HCP Has Made Them Feel Like a Drug Seeker/Abuser</th>
<th>No, I have never experienced this</th>
<th>Yes, it happens occasionally</th>
<th>Yes, it happens all the time/most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Room Staff</td>
<td>57%</td>
<td>24%</td>
<td>20%</td>
</tr>
<tr>
<td>Doctor/Healthcare professional</td>
<td>48%</td>
<td>37%</td>
<td>15%</td>
</tr>
<tr>
<td>Pharmacist</td>
<td>69%</td>
<td>24%</td>
<td>7%</td>
</tr>
<tr>
<td>Family members</td>
<td>71%</td>
<td>23%</td>
<td>6%</td>
</tr>
<tr>
<td>Friends</td>
<td>74%</td>
<td>23%</td>
<td>3%</td>
</tr>
<tr>
<td>My boss/coworkers</td>
<td>84%</td>
<td>12%</td>
<td>3%</td>
</tr>
<tr>
<td>Other patients</td>
<td>86%</td>
<td>13%</td>
<td>2%</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>84%</td>
<td>8%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Other included neighbor, insurance companies, news/media, support staff at doctors’ offices, clergy, strangers, the government

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*Base=If applicable | Q25) Have any of the following individuals ever made you feel like you were a drug seeker/abuser?
Base=Doctor has made them feel like a drug seeker/abuser, n=2,358  | Q26) Do you feel that your relationship with your doctor has changed with the increase in government and media attention to the opioid epidemic?