

Handout 1: Data extraction form: Oldham et al 2004

Data extracted by:	Date:	Ref ID:

Full paper screen:

Question		If Yes	If No
1	Does the study evaluate views concerning dietary supplements or any of the following agents: vitamins, minerals, calcium, folate, folic acid, selenium, aspirin, NSAIDs?	Continue	Exclude
2	Are the population adults with chronic conditions / taking these agents or dietary supplements long-term, or at risk of a condition potentially requiring the taking of agents long-term?	Continue	Exclude
3	Does the study evaluate individuals' views, i.e. individuals' likes, dislikes, opinions, preferences, attitudes to and experiences of the agents listed?	Include	Exclude
If answer is No to any of these questions, Exclude .			
If all answers are Yes, Include			

Study details	Location / country	Colorado, USA			
Participants	Population	Nine women aged 65+ with type 2 diabetes; 7 lived alone; all had at least 1 comorbid illness in addition to diabetes			
	Age (Mean/Range)	Mean	Not reported	Range	65-88 years
	Gender	Male (n) = 0	Female (n) = 9	Not specified (n) = N/A	
	Ethnicity	8 Caucasian, 1 Italian Hispanic			
Intervention	Details of interventions / agents	Participants had been diagnosed with type 2 diabetes from 1½ years to 18 years, with an average duration of 8 years. Diabetes treatment regimens varied from diet and exercise guidelines provided by a certified diabetes educator (n=1), to oral medication (n=6), to insulin and oral medication (n=2).			
Question					
What are the barriers and facilitators reported by individuals concerning the taking of one or more of the dietary supplements or agents of interest (vitamins, minerals, non-steroidal anti-inflammatories, but not herbs) for chemoprevention or for long-term or chronic conditions?					
Results					
Themes		Data (must be verbatim quotes or text of authors' statements clearly based on data)			
1. Family input into decision-making	✓	Family members influenced supplement use for some participants. Daughters were mentioned as the primary source of supplements: 'My daughter sent me a bottle and it's got calcium, potassium, and magnesium, and they're real good' and 'My daughter-in-law is a very healthy person, very health conscious; she's given me lots of supplements'" p.661			
2. Media input into decision-making	□				
3. Health professionals input into decision-making	□				
4. An individual's own health	□				
5. Negatives	□				

6. Benefits	<input type="checkbox"/>	
7. Other / New theme?	<input type="checkbox"/>	
1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual's own health 5. Negatives 6. Benefits 7. Other / New theme?	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Radio was another way that individuals heard about supplements. One participant who was already taking a number of supplements stated: <i>'Right now, I hear Paul Harvey advertising one. He claims that people got their sight back, but I've been scared to talk to them [the company]. Occul, ocul, livite, he advertises. Occulivite, I think it is. He's named two people that have gotten their eyesight back and were doing so great. I've been tempted to call that number.'</i> p.661
1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual's own health 5. Negatives 6. Benefits 7. Other / New theme?	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	The news and television were cited as being a source of information for a number of participants. According to one participant, <i>"You hear all about everything [vitamins] now-a-days on it [television]. But I can't take all of them!"</i> , p.661
1. Family input into decision-making	<input type="checkbox"/>	Most participants did not discuss supplement use with their physician. However, one participant valued her doctor's input and was comfortable asking questions about

2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual's own health 5. Negatives 6. Benefits 7. Other / New theme?	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	supplement use. This participant said, <i>"I listen to the news, but I'll tell you what, I listen to my doctor, what he tells me to do, that's what I do. If I see something and I wonder, I'll ask him; he usually says no."</i> p.661-2
1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual's own health 5. Negatives 6. Benefits 7. Other / New theme?	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Another participant commented on the use of herbs: <i>"All those things [herbs] I think are hard to work into where you might get enough to do yourself any good. You get kind of panicky when you have this mess [diabetes]. You hear things and you think now they did tell me one time that you shouldn't take too many herbs?"</i> p.662
1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual's own health	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	General reasons for use [of multivitamins] were for nutritional insurance in light of a reduced appetite. One participant explained her use in the following way: <i>"More than for my diabetes, I take it [a multivitamin] because of my age, and the fact that I can't hold as much [food]. When they say I should have this much carbohydrate and this much protein and this much fruit and this much vegetables and I eat what I can hold. Then I run out of space and can't finish anything or I leave one of those things out entirely. I</i>

5. Negatives 6. Benefits 7. Other / New theme?	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<i>feel I need some help.” P.662</i>
1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual’s own health 5. Negatives 6. Benefits 7. Other / New theme?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<i>“A number of participants indicated that they used vitamin C and vitamin E primarily to reduce their risk of heart disease. They just say they’re [vitamin C and vitamin E] real good for your health. It’s supposed to fight off cancer and heart disease. That’s what I heard. Figure it can’t hurt.” p.662</i>
1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual’s own health 5. Negatives 6. Benefits 7. Other / New theme?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<i>“Vitamin E is good for the heart and stuff like that. I think at my age a little more vitamin C might do me good and it will help with colds. It’s very difficult when I do get sick . . . so I take vitamins [C and E].” p.662</i>

1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual's own health 5. Negatives 6. Benefits 7. Other / New theme?		<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Calcium supplements were also used by many of the participants. Two of the participants explained their reasons for taking calcium supplements as follows: <i>"After my hip replacement, I started taking calcium. My doctor didn't think I was eating enough food [high in calcium]"</i> and <i>"You'd think I had a drugstore . . . I take these for your bones."</i> P.662</p>
1. Family input into decision-making 2. Media input into decision-making 3. Health professionals input into decision-making 4. An individual's own health 5. Negatives 6. Benefits 7. Other / New theme?		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<p>Arthritis was frequently mentioned as a reason for taking supplements. <i>"I take glucosamine and chondroitin for my arthritis. I started taking it probably 4 or 5 years ago . . . and it was real expensive then, it wasn't massively produced. It was getting too expensive and I quit taking it. It was like 2 or 3 weeks later and I could tell the difference. I hurt. I started taking it again and it [arthritis pain] got better. So, I do believe in it. Luckily, it has gotten cheaper."</i></p>
References	Possible new includes:		
	Background papers:		