POLL QUESTIONS
Arthritis and Joint Pain

September 2022  www.healthyagingpoll.org

Q1. How much do you agree or disagree with the following statements?

<table>
<thead>
<tr>
<th></th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. There is nothing a person with arthritis or joint pain can do to make their symptoms better.</td>
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<td>2. Arthritis and joint pain are a normal part of aging.</td>
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Q2. Do you currently experience any symptoms of arthritis or joint pain?
1. Yes
2. No

If Q2 = yes

Q3. How would you rate the severity of your arthritis or joint pain?
1. Mild
2. Moderate
3. Severe

If Q2 = yes

Q4. How confident are you that you can manage your arthritis or joint pain on your own?
1. Very confident
2. Somewhat confident
3. Not very confident
4. Not at all confident

If Q2 = yes

Q5. How often do you experience arthritis or joint pain?
1. Every day
2. More than half the days
3. About half the days
4. Less than half the days
5. Rarely
If Q2 = yes

Q6. Are you limited in any of your usual activities because of arthritis or joint pain?
   1. Yes, very limited
   2. Yes, somewhat limited
   3. No

If Q2 = yes

Q7. How much does your arthritis or joint pain interfere with your day-to-day life?
   1. Quite a bit
   2. Somewhat
   3. Not too much
   4. Not at all

Q8. Have you ever been told by a health care professional that you have any of the following? Please select all that apply.
   1. Osteoarthritis, also called “wear and tear” or “bone on bone” arthritis
   2. Rheumatoid Arthritis or “RA”
   3. Gout or pseudogout
   4. Another kind of arthritis, like psoriatic arthritis, lupus, ankylosing spondylitis
   5. Arthritis, but not sure what type
   6. None of the above

Q9. In the past year, have you taken any of the following for arthritis or joint pain? Please select all that apply.
   1. Steroid pills taken by mouth (such as prednisone, prednisolone, hydrocortisone, or Medrol)
   2. Steroid shots into the joint (intra-articular steroids)
   3. Nonsteroidal anti-inflammatories (such as Tylenol, aspirin, naproxen, ibuprofen, voltaren)
   4. Disease-modifying anti-rheumatic drugs (such as Methotrexate, Plaquenil/hydroxychloroquine)
   5. Opioids (such as Vicodin, Percocet, Tramadol)
   6. Other prescription pain medications (such as Neurontin/gabapentin, Flexeril/cyclobenzaprine, Cymbalta/duloxetine)
   7. Supplements (such as glucosamine, chondroitin, MSM - methylsulfonylmethane, turmeric, Boswellia, fish oil)
   8. Cannabidiol (CBD)
   9. Marijuana
   10. Other

If Q9, option 1 = yes

Q10. Have you ever discussed the risks of taking steroid pills with your health care provider?
   1. Yes
   2. No
   3. Don’t remember

If two or more options in Q9 = yes

Q11. Has your health care provider ever discussed the risks of arthritis medication interactions with you?
   1. Yes
   2. No
   3. Don’t remember

If Q9, option 1 = yes

Q12. On average, how often do you take steroid pills for joint pain?
   1. More than once a month
   2. Once a month
   3. Once every few months
   4. 1 or 2 times a year
   5. Less than once a year
If Q9, option 2 = yes

Q13. On average, how often do you get steroid shots for joint pain?
1. More than once a month
2. Once a month
3. Once every few months
4. 1 or 2 times a year
5. Less than once a year

If any Q9 response = yes

Q14. How helpful is/are [insert Q9 response] in relieving your arthritis or joint pain symptoms?
1. Very helpful
2. Somewhat helpful
3. Not helpful
4. Not sure

If Q2 = yes

Q15. Within the past year, have you done any of the following to help with your arthritis or joint pain symptoms?
1. Exercise
2. Physical therapy
3. Occupational therapy
4. Splints/braces
5. Massage
6. Acupuncture or acupressure
7. Other

If any Q15 options = yes

Q16. How helpful is [insert Q15 response] in relieving your arthritis or joint pain symptoms?
1. Helpful
2. Not helpful
3. Not sure

Data Source and Methods

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan's Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted using NORC's AmeriSpeak probability-based panel. This survey module was administered online and via phone between January and February 2022 to a randomly selected, stratified group of U.S. adults age 50–80 (n=2,277). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 68% among panel members contacted to participate. The margin of error is ±1 to 3 percentage points for questions asked of the full sample and higher among subgroups.

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