An Analysis of Complementary and Alternative Medicine (CAM) Use Among Adolescents

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- Significance
- Purpose
- Methods
- Participants
- Results
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Complementary and Alternative Medicine (CAM)-

“Health approaches include a group of diverse medical and health care interventions, practices, products, and disciplines that are not generally considered part of conventional medicine.”

(National Health Interview Survey, 2012)
Significance


• Evidence supports use of CAM in managing psychological and physical health symptoms and conditions (Clayton-Jones, 2014; Luberto, C.M., Yi, M.S., & Tsevat, J., Leonard, A.C., & Cotton, S., 2012; Williams & Tanabe, 2016)

• Data among the pediatric population is lacking, specifically for ethnic minority adolescents

• Limited data separating children and adolescents
Significance

- Systematic Review-International: 58 studies, 19 countries, appears to be first international review (Italia, Wolfenstetter, & Teunen, 2014)
- CAM use associated with
  - Higher parental income and education
  - Older children
  - Being female
  - Parental use
  - Chronic health conditions
Purpose

• To examine the use of complementary and alternative medicine (CAM) among adolescents aged 12-17 years
Methods

• Secondary data analysis
• Descriptive, chi square tests to compare socio-demographic characteristics
Participants N=4653

- 2012 National Health Interview Survey (NHIS)
- Child Complementary and Alternative Medicine Supplement
CAM Use and Age

- Ages 12-17 yrs: 56%
- Ages 6-11 years: 40%
- Ages 0-5 yrs: 4%
CAM Use in Relation to Income

CAM Use (Meditation, Guided Imagery, or Progressive Relaxation) and Income
(FPL= Federal Poverty Level)

- FPL 0-99%
- FPL 100-199%
- FPL 200-399%
- FPL 400%
USE OF MEDITATION, GUIDED IMAGERY, OR PROGRESSIVE RELAXATION

- White Non-Hispanic
- Hispanic
- Other Ethnicities/Non-Hispanic
- Black Non-Hispanic
CAM Use and Education

CAM Use (Meditation, Guided Imagery, and Progressive Relaxation) and Education

- HS Diploma/GED, 10.3%
- > High School, 89.7%
CAM Use and Pain

- Adolescents Using CAM and Experienced 1 or > Pain Related Symptoms in Last 12 mos
- Adolescents Using CAM and Did Not Experience Pain Related Symptoms in Last 12 mos
Limitations

- CAM definition provided for this study, appears to be lacking universally
- Recall bias
- Cultural validity
- Outcomes of CAM use
Implications

- Important to know prevalence, use, quantity, outcome, and duration of CAM use
- Cultural validity of instruments
- Awareness of expenditures for CAM use
- Explore how many conventional prescription drugs are not used by patients and reasons
- Compare expenditures for conventional treatment with CAM therapies and how CAM use affects health care systems
Thank You

- Thank you
- Questions????


References

