



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

	Strongly agree	Agree	Disagree	Strongly disagree
1. There is nothing a person with arthritis or joint pain can do to make their symptoms better.				
2. Arthritis and joint pain are a normal part of aging.				

**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



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**If Q2 = yes**

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**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

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**If Q2 = yes**

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**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

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**If Q9, option 1 = yes**

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**Q10. Have you ever discussed the risks of taking steroid pills with your health care provider?**

1. Yes
2. No
3. Don't remember

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**If two or more options in Q9 = yes**

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**Q11. Has your health care provider ever discussed the risks of arthritis medication interactions with you?**

1. Yes
2. No
3. Don't remember

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**If Q9, option 1 = yes**

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**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



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**If Q9, option 2 = yes**

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**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

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**If any Q9 response = yes**

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**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

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**If Q2 = yes**

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**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

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**If any Q15 options = yes**

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**Q16. How helpful is [insert Q15 response] in relieving your arthritis or joint pain symptoms?**

1. Helpful
2. Not helpful
3. Not sure

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## 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  $\pm 1$  to 3 percentage points for questions asked of the full sample and higher among subgroups.

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