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Purpose

Dietary supplement and natural product use (DS) is often poorly captured in research studies. Testing the dietary supplement interview and label visualization method for data collection will help determine the feasibility of this approach. Previous methods of data collection have included approaches such as home visits and intake of information over the phone.

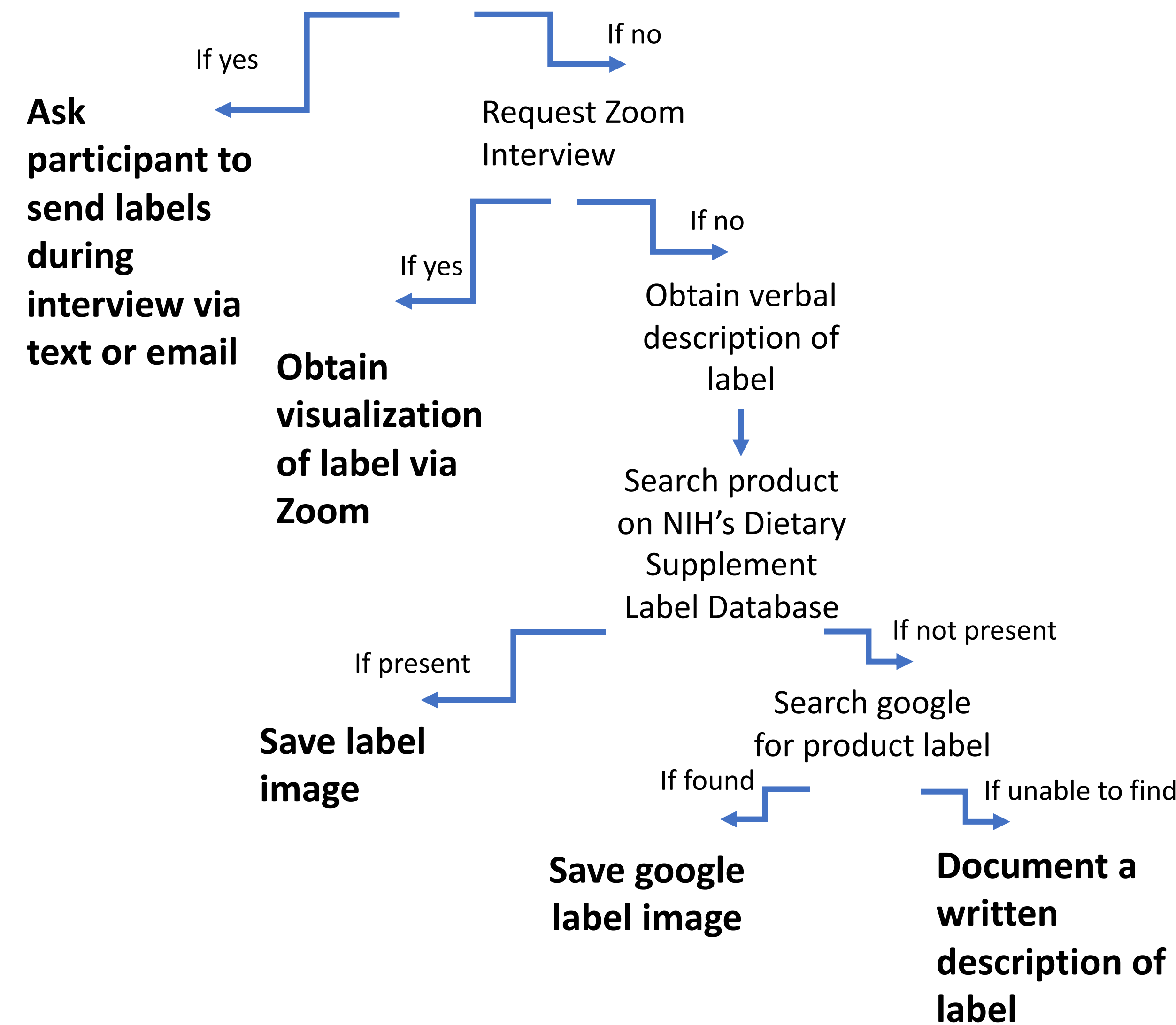
The purpose of this research is to improve DS collection in the OPTIMUM Trial, a virtual RCT of mindfulness vs usual care for chronic low back pain. Collecting this information can improve public health outcomes by providing a better understanding of patients' DS usage for pain.

Methods

- Interviews of OPTIMUM Study participants at the time of their monthly check-ins provide insight regarding products used to manage chronic pain.
- The interview guide was adapted from the National Health and Nutrition Examination Study.
- In addition, participants provide a visualization of their dietary supplement or natural product label in one of three methods:
 - text message picture of label
 - email picture of label, or
 - present the label via the Zoom.
- If an image of product cannot be provided at time of interview, participants
 - send at a later time,
 - provide a verbal description enabling search of the NIH Dietary Supplement Label Database (DSL) and/or Google search.
- Dietary supplement product name, dose, frequency of use, and photo entered in REDCap

Process

Prior to setting up the interview, we ask participants about their ability to text/email images

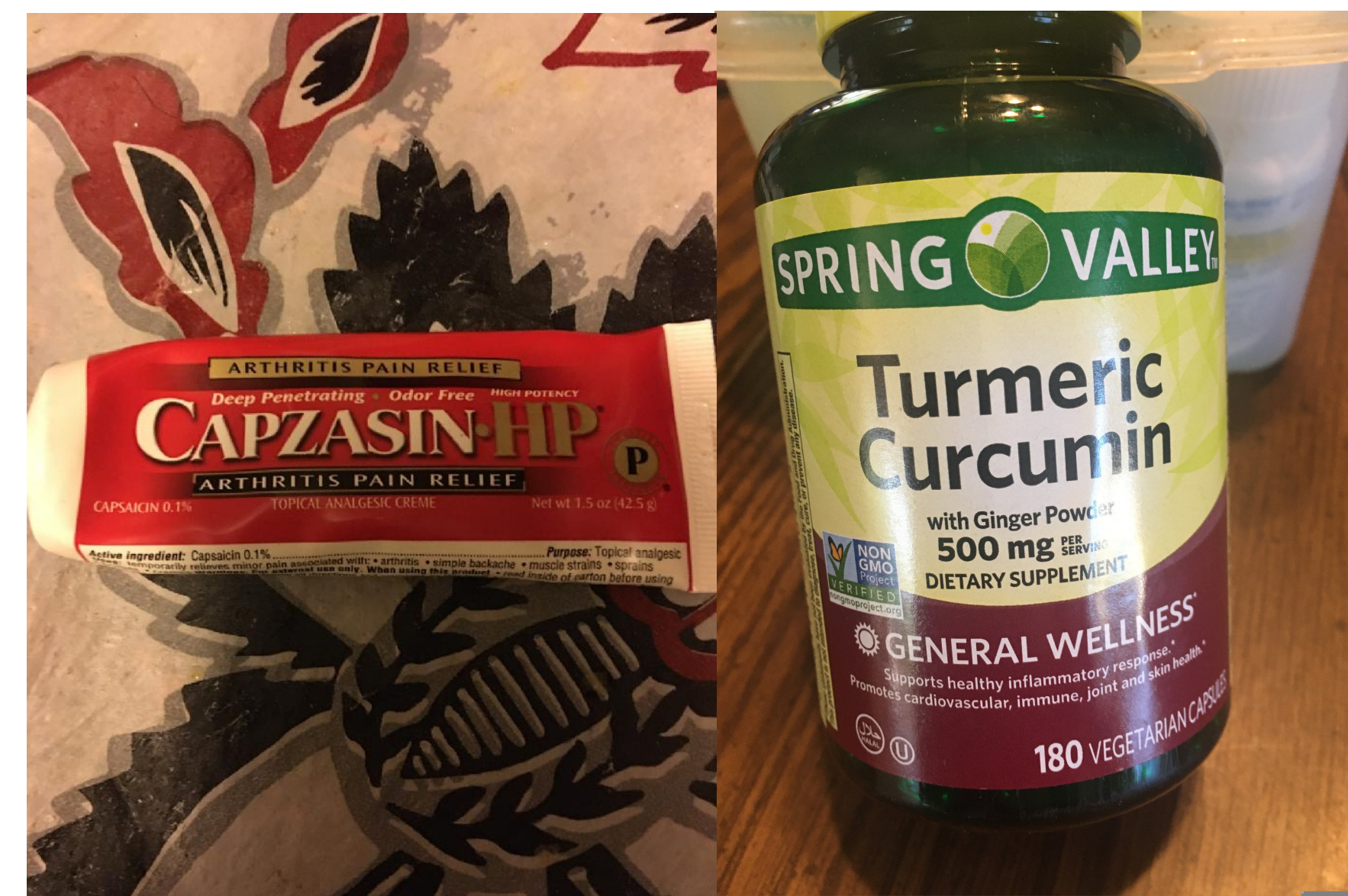


Examples of Interview Questions:

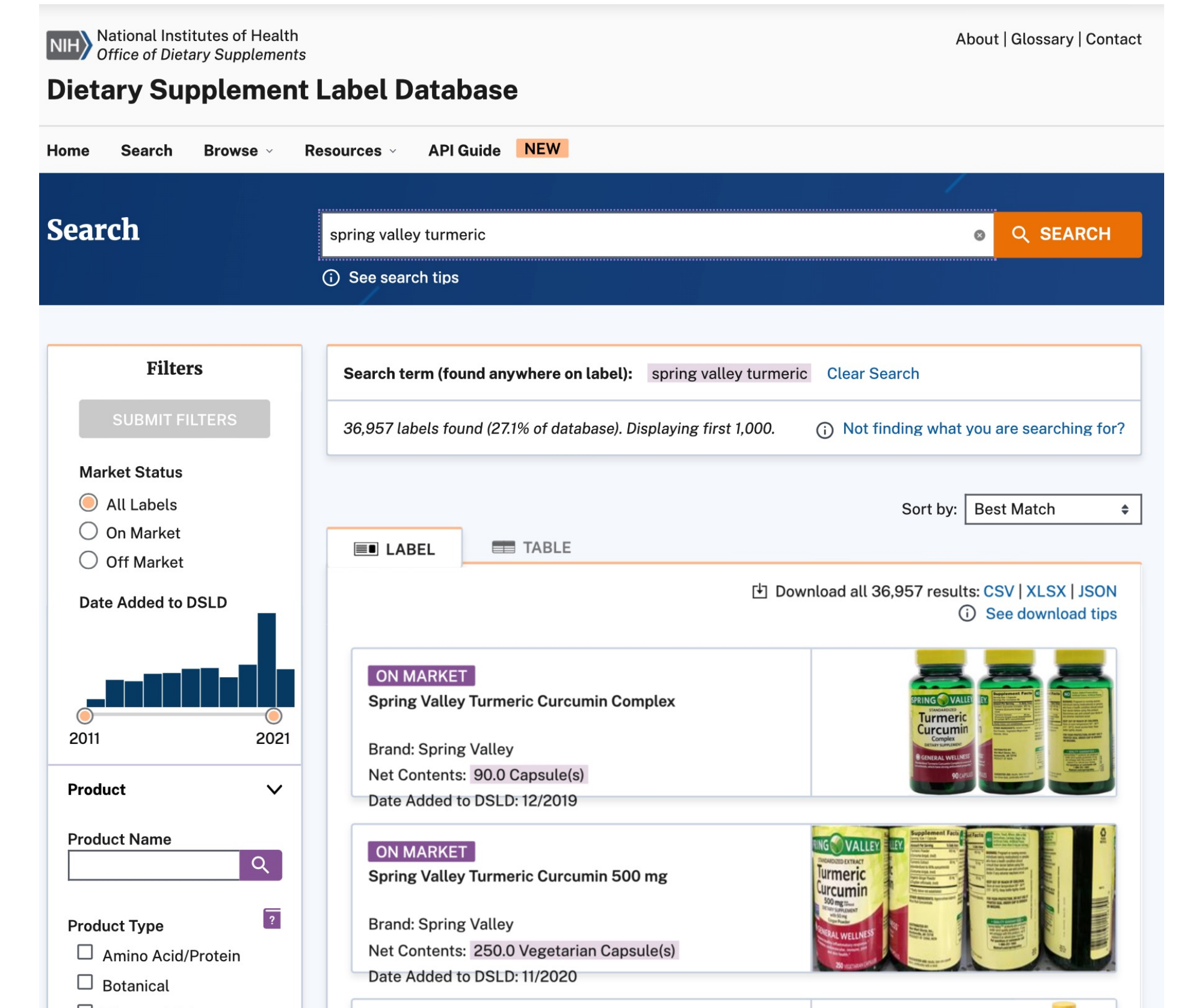
"Other than medications, what are you using to manage your pain?"

"In the past 30 days, have you taken any products containing herbal or botanical ingredients like ginkgo or ginseng? Botanicals may also include medicinal teas."

"In the past 30 days, have you used any CBD or natural cannabis products? Are you using Kratom?"



Turmeric and Capsaicin labels sent by OPTIMUM Trial Participants



Screenshot of ODS Label Database Spring Valley Turmeric search results

Conclusion

The "gold standard" for dietary supplement data capture is to view and record supplements during a home visit interview.

New technologies make possible valid data capture without a home visit. Methodologies include:

- cellphone photo of product
- ODS Dietary supplement label database

Additional technology could streamline the process and integrate with the EHR.

Acknowledgements

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