

MARS Consumer Health Study

Summary of Content Changes: 2020 to 2021



Section of Questionnaire	Description of Changes
<p>COVID-19</p>	<p>ADDED 2 new Qs:</p> <p><i>How much do you agree or disagree with the following statements about COVID-19?</i></p> <ol style="list-style-type: none"> 1. COVID-19 has made me fearful of visiting my doctor in person 2. I rely on my doctor more as a result of COVID-19 3. I worry that my underlying condition increases my risk for COVID-19 4. Coronavirus news reports have made me more anxious 5. I am confident I won't get sick with COVID-19 if I take precautions <p><i>Which of these, if any, are you doing as a result of COVID-19?</i></p> <ol style="list-style-type: none"> 1. Avoiding going to the ER or urgent care center 2. Delaying an elective procedure or surgery 3. Delaying routine doctor visits or annual check-ups 4. Putting off seeking diagnosis or treatment for non-COVID-19 symptoms 5. Increasing my use of online resources to manage my condition 6. Looking for ways to reduce stress (e.g., meditation, exercise, art/music, etc.) 7. Ordering medications online that I previously filled in person 8. Stockpiling prescription refills or other medications 9. Taking the recommended safety precautions to prevent infection/spread (e.g., frequent hand washing, wearing a mask, social distancing, etc.) 10. None of these <p>ADDED 2 new response options:</p> <p><i>What medical tests have you had in the last 12 months?</i></p> <ol style="list-style-type: none"> 1. COVID-19 antibody test 2. COVID-19 virus test <p>ADDED 2 new response options:</p> <p><i>In the last 30 days, what types of health-related activities have you done using a computer or mobile device (smartphone or tablet)?</i></p> <ol style="list-style-type: none"> 1. Purchased an at-home medical testing kit (e.g., food sensitivity, STD, COVID-19) 2. Participated in virtual workout or fitness sessions (e.g., Peleton, Zoom workout class, YouTube exercise video) <p>ADDED new response option:</p> <p><i>How much do you value each of the following as a source for healthcare information?</i></p> <ol style="list-style-type: none"> 1. Digital educational materials provided by a doctor (e.g., video links, digital brochures)

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<p>Telemedicine - How Used/How Plan to Use in the Future</p>	<p>ADDED 2 new Qs:</p> <p><i>Thinking only about your telemedicine/virtual or online doctor visits in the last 12 months, which of these describes the purpose of the appointments?</i></p> <p><i>Going forward, for what purposes would you be most likely to continue using/consider using telemedicine/a virtual or online doctor visit instead of an in-person appointment?</i></p> <ol style="list-style-type: none"> 1. Counseling/therapy session 2. Discuss non-urgent concerns about an existing condition or treatment plan 3. Discuss test or lab results 4. Follow-up appointment after a procedure or surgery 5. Get a new prescription 6. Renew/refill a prescription <ANCHOR> 7. Looking for a diagnosis for symptoms I was experiencing 8. Referral for a specialist 9. Routine visit or annual check-up 10. Urgent care 11. Other purpose <p>CUT Q:</p> <p><i>Telemedicine is the use of technology to provide health care from a distance using a smartphone, tablet or computer. Would you ever consider using telemedicine or a virtual/online doctor visit, if this was an available option for you?</i></p> <p>Yes/No</p> <p>“Telemedicine/Virtual or Online Doctor Visit” will continue to be asked where received any kind of medical or health-related services and how many times in the last 12 months.</p>
<p>Attitudes & Opinions - Doctors & Treatments - Telemedicine</p>	<p>ADDED new response option:</p> <ol style="list-style-type: none"> 1. The convenience of using telemedicine is more important than seeing my doctor face-to-face
<p>Conditions - Bipolar Disorder</p>	<p>ADDED “Bipolar Disorder” to “When Diagnosed” question: <i>When were you first diagnosed with Bipolar Disorder?</i></p>
<p>Conditions - Cancer</p>	<p>ADDED 1 more type:</p> <ol style="list-style-type: none"> 1. Thyroid Cancer <p>ADDED Rx brand list for Breast Cancer:</p> <ol style="list-style-type: none"> 1. Ibrance 2. Kisqali 3. Piqray 4. Verzenio
<p>Conditions - Depression</p>	<p>ADDED “Depression” to “Conditions At Risk For” question: <i>Which of these conditions do you feel at risk for getting in the future?</i></p> <p>ADDED “Depression” to “When Diagnosed” question: <i>When were you first diagnosed with Depression?</i></p> <p>ADDED “Depression” to “Condition Severity” question: <i>How would you rate the severity of your Depression?</i></p> <ol style="list-style-type: none"> 1. Mild – I feel sad but it doesn’t interrupt my daily activities of life 2. Moderate – I feel sad and lonely, and have long periods of time where I cannot perform normal, everyday functions of life 3. Severe – I have long periods of time where I simply lie in bed and don’t interact with people, and cannot perform normal daily activities

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Conditions - Eczema/Atopic Dermatitis	<p>CHANGED 1 condition name: 1. "Eczema" to "Eczema/Atopic Dermatitis"</p>
Conditions - HIV	<p>CUT all HIV-specific Rx brands due to low intab counts over multiple years. See page 10 for the full brand list cut.</p>
Conditions - Psoriasis	<p>ADDED "Psoriasis" to "When Diagnosed" question: <i>When were you first diagnosed with Psoriasis?</i></p> <p>ADDED "Psoriasis" to "Condition Severity" question: <i>According to the National Psoriasis Foundation, the palm of the hand equals 1 percent of the skin. Thinking about this, please estimate the percent of your body surface your Psoriasis currently affects.</i></p> <ol style="list-style-type: none"> 1. Mild – Less than 3% body coverage 2. Moderate – 3% - 10% body coverage 3. Severe – More than 10% body coverage <p>ADDED 2 new response options to Psoriasis custom treatment list: 1. Biologics – infusion/injection/oral (e.g., Humira, Remicade) 2. Traditional Immunosuppressants (e.g., methotrexate)</p> <p>CUT 2 response options from Psoriasis custom treatment list: 1. Infusion therapy 2. Injections</p> <p>ADDED 3 new prescription drugs for Psoriasis: 1. Cimzia 2. Siliq 3. Skyrizi</p>
Conditions - Menopause Symptoms	<p>CHANGED Menopause cut, Dyspareunia and Vaginal atrophy now asked within a new "menopause symptoms" question (shown to all females age 45+) rather than each being measured as stand-alone conditions ever experienced.</p> <p><i>Have you experienced any of the following symptoms of menopause in the last 12 months?</i></p> <ol style="list-style-type: none"> 1. Hot flashes 2. Irregular periods or absence of menstruation 3. Night sweats 4. Painful intercourse/Dyspareunia 5. Vaginal atrophy or dryness 6. I have not experienced any symptoms related to menopause in the last 12 months
Treatments - Biologics – infusion/injection/oral (e.g., Humira, Remicade)	<p>ADDED 'Biologics – infusion/injection/oral (e.g., Humira, Remicade)' to custom treatment list for 6 conditions: 1. Ankylosing Spondylitis 2. Psoriatic arthritis 3. Rheumatoid arthritis (RA) 4. Crohn's disease 5. Ulcerative colitis 6. Psoriasis</p>
Treatments - Traditional Immunosuppressants (e.g., methotrexate)	<p>ADDED 'Traditional Immunosuppressants (e.g., methotrexate)' to custom treatment list for 6 conditions: 1. Ankylosing Spondylitis 2. Psoriatic arthritis 3. Rheumatoid arthritis (RA) 4. Crohn's disease 5. Ulcerative colitis 6. Psoriasis</p>

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Treatments - Infusion therapy	<p>CUT "Infusion therapy" from the custom treatment list for 6 conditions:</p> <ol style="list-style-type: none"> 1. Ankylosing Spondylitis 2. Psoriatic arthritis 3. Rheumatoid arthritis (RA) 4. Crohn's disease 5. Ulcerative colitis 6. Psoriasis
Treatments - Injections	<p>CUT "Injections" from the custom treatment list for 6 conditions:</p> <ol style="list-style-type: none"> 1. Ankylosing Spondylitis 2. Psoriatic arthritis 3. Rheumatoid arthritis (RA) 4. Crohn's disease 5. Ulcerative colitis 6. Psoriasis
Treatments - Spinal Cord Stimulation	<p>ADDED 'Spinal Cord Stimulation' to custom treatment list for 1 condition:</p> <ol style="list-style-type: none"> 1. Pain
Birth Control	<p>ADDED new response option:</p> <p><i>What is the most important factor when choosing a birth control option for yourself?</i></p> <ol style="list-style-type: none"> 1. Advice from friends or family
Prescription Drugs - How Purchased	<p>CHANGED response option:</p> <p>From: A Prescription Savings Plan or Card that I use at in-network or major pharmacies</p> <p>To: A prescription savings program discount card/mobile app (e.g., GoodRx, SingleCare, CVS Reduced Rx, Walgreens Prescription Savings Club)</p>
Drug Brand List Changes	<p>See pages 8-10 for the full drug brand list changes.</p>
Health Insurance - Medicaid or Medicare Plans	<p>ADDED new Q:</p> <p><i>Which of these describes your Medicaid or Medicare plan?</i></p> <ol style="list-style-type: none"> 1. Managed care - My choice of healthcare providers is limited to those who are in network 2. Fee for service - I can choose any healthcare provider who accepts Medicaid or Medicare
Medical Professionals - Seen in last 12 months	<p>ADDED 4 new response options:</p> <ol style="list-style-type: none"> 1. Acupuncture/Acupressure Practitioner 2. Hematologist 3. Surgeon – Cosmetic/Plastic 4. Obstetrician <p>CHANGED response option:</p> <ol style="list-style-type: none"> 1. Surgeon to "Surgeon – Other" <p>CHANGED Q text to include virtual visits:</p> <p><i>In the last 12 months, what types of medical professionals have you seen either in person or using telemedicine/a virtual visit?</i></p> <p><i>In the last 12 months, how many times have you seen each of these types of medical professionals, either in person or using telemedicine/a virtual visit?</i></p> <p><i>In the last 12 months, what actions did you take after seeing any medical professionals in person or using telemedicine/a virtual visit?</i></p>

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Medical Professionals - Actions Taken after Seeing Them	<p>ADDED new response option: 1. Signed up for a prescription savings program I saw or heard about at my doctor's office or pharmacy</p>
Children's Health - Medical Professionals & Medications	<p>CUT 7 Qs:</p> <ol style="list-style-type: none"> 1. Which of the following types of medical professionals have you taken a child to see in last 12 months? 2. In the last 12 months, have you given any prescription or non-prescription medication to a child with any of the following conditions? 3. Which of the brands of prescription medication below have you given to a child with ADD/ADHD in the last 12 months? 4. Which of the brands of prescription medication below have you given to a child with allergies in the last 12 months? 5. Which of the brands of non-prescription medication below have you given to a child with allergies in the last 12 months? 6. Which of the brands of prescription medication below have you given to a child with asthma in the last 12 months? 7. Which of the following brands of medications or products you have given to a child in the last 12 months?
Diet & Nutrition Programs - Participate in	<p>ADDED 3 new response options: 1. Low carbohydrate/high protein or fat (e.g., Atkins, Ketogenic, Paleo, South Beach) 2. Prepared meal plan (e.g., Jenny Craig, NutriSystem) 3. Points- or calorie-based nutrition program (e.g., WW, Noom)</p> <p>CUT 6 response options:</p> <ol style="list-style-type: none"> 1. Atkins/Eco Atkins 2. Diet book 3. Meal replacement (e.g., shakes or bars) 4. NutriSystem 5. South Beach Diet 6. WW (formerly Weight Watchers)
Attitudes & Opinions - Anti-Aging	<p>ADDED new response option: 1. I feel younger than other people my age</p>
Publications - Consumer Magazines	<p>CUT 5 magazines: 1. Arthritis Today 2. Ebony 3. Field & Stream 4. O, The Oprah Magazine 5. Rachael Ray Every Day</p> <p>Arthritis Foundation site (arthritis.org) will be asked with general Internet websites.</p>
Publications - Social Media	<p>CUT Q: <i>Do you follow any of the magazines that we just asked you about on Facebook, Twitter, or any other social media network?</i></p> <p>Yes/No</p>

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Publications - Other Health Pubs	<p>CUT Q:</p> <p><i>Thinking now about health-related publications, select all of the publications below that you might have read or looked into in the last 6 months.</i></p> <ol style="list-style-type: none"> 1. Arthritis Health Monitor 2. Diabetes Health Monitor 3. Digestion & Diet Health Monitor 4. Heart Care Health Monitor 5. Living with Cancer Health Monitor 6. Heartbeat 7. Brain & Life 8. Diabetes Self-Management 9. WebMD Diabetes at Walgreens <p>CHANGED Diabetic Living print and digital issues are now asked with Consumer Magazines instead of Other Health Pubs.</p> <p>Diabetesselfmanagement.com site will continue to be asked with general Internet websites.</p>
Radio/Music - Podcasts	<p>CHANGED question text to include <i>podcasts</i>:</p> <p><i>How do you typically listen to the radio, including streaming radio, music or podcasts?</i></p> <p><i>How many hours do you listen to the radio on a typical weekday and weekend day, including streaming radio, music or podcasts?</i></p>
Television - Genres	<p>ADDED 5 new response options:</p> <ol style="list-style-type: none"> 1. Comedy - Dramey/Other (e.g., The Marvelous Ms. Maisel, GLOW) 2. Crime drama (e.g., NCIS, Ozark, Mindhunter) 3. News - Morning news shows (e.g., CBS This Morning, Today) 4. Superhero (The Umbrella Academy, The Flash) 5. Supernatural/Horror (e.g., Stranger Things, The Walking Dead) <p>CHANGED 1 response option:</p> <ol style="list-style-type: none"> 1. True Crime (e.g., 48 Hours, Snapped) to "True Crime/Crime Documentary (e.g., Snapped, Tiger King)"
Television - Networks	<p>CHANGED 3 response options:</p> <ol style="list-style-type: none"> 1. ESPN/ESPN2 to "ESPN (e.g., ESPN, ESPN2, ESPNNews)" 2. FOX Sports to "FOX Sports (e.g., FS1, FS2)" 3. Lifetime Movies to "LMN (formerly Lifetime Movies)"
Television - Streaming Services or Apps	<p>ADDED new response option:</p> <ol style="list-style-type: none"> 1. Peacock <p>CHANGED 3 response options:</p> <ol style="list-style-type: none"> 1. Direct TV Now to "AT&T TV Now (formerly Direct TV Now)" 2. HBO Now to "HBO/HBO Max" 3. Sony Crackle to "Crackle"
Television - Skip Commercials	<p>CUT Q:</p> <p><i>When you watch pre-recorded television with a DVR, how often do you skip the commercials?</i></p> <ol style="list-style-type: none"> 1. Frequently 2. Occasionally 3. Seldom/Never

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Television - Weekly and Weekday Programs	<p>CUT 4 Qs:</p> <ol style="list-style-type: none"> <i>In the last 6 months, which of these weekly programs have you watched?</i> <i>Did you watch the most recent new episode of any of these weekly programs?</i> <i>In the last 6 months, which of these weekday programs have you watched?</i> <i>Did you watch the most recent new broadcast of any of these weekday programs?</i>
Television - Sports Programs	<p>ADDED new response option:</p> <ol style="list-style-type: none"> Esports (e.g., League of Legends, Fortnite)
Television - Multi-tasking	<p>CUT Q:</p> <p><i>Some people use a computer or mobile device to do other things while they're watching TV. In the last 30 days, have you done any of the following while watching a television program?</i></p> <ol style="list-style-type: none"> Commented on social media (e.g., Facebook, Twitter) about the program Looked for more information about the program Looked for a product that was advertised on the program Purchased a product that was advertised on the program Texted friends or family about the program Other activity on computer/mobile device while watching TV Never do other activities on computer/mobile device while watching TV
Internet & Mobile - Website Visitation & Frequency	<p>ADDED 3 new websites:</p> <ol style="list-style-type: none"> arthritis.org goodrx.com tiktok.com <p>CHANGED question text to include <i>apps</i>:</p> <p><i>In the last 6 months, which of these websites/apps have you visited for any reason?</i></p> <p><i>On average, how often do you visit these websites/apps for any reason?</i></p>
Drug Brands	<p>ADDED new condition-specific Rx and OTC brands:</p> <p>Asthma:</p> <ol style="list-style-type: none"> Dupixent <p>Breast Cancer:</p> <ol style="list-style-type: none"> Ibrance Kisqali Piqray Verzenio <p>Cardiovascular/Heart Disease:</p> <ol style="list-style-type: none"> Multaq <p>Eye disease or Dry Eye:</p> <ol style="list-style-type: none"> Lumify Xiidra <p>Migraine Headache:</p> <ol style="list-style-type: none"> Aimovig Ajovy Emgality Nurtec Reyvow Ubrelvy

Section of Questionnaire	Description of Changes
Drug Brands, continued	<p>ADDED new condition-specific Rx and OTC brands, continued:</p> <p>Multiple Sclerosis:</p> <ol style="list-style-type: none"> 1. Aubagio 2. Lemtrada 3. Mayzent <p>Overactive Bladder:</p> <ol style="list-style-type: none"> 1. Botox <p>Psoriasis:</p> <ol style="list-style-type: none"> 1. Cimzia 2. Siliq 3. Skyrizi <p>Rheumatoid Arthritis:</p> <ol style="list-style-type: none"> 1. Kevzara 2. Rinvoq <p>Type 2 diabetes:</p> <ol style="list-style-type: none"> 1. Ozempic <p>CUT various condition-specific Rx and OTC brands based on low intab counts over multiple years or if the drug was discontinued:</p> <p>Children ADD/ADHD:</p> <ol style="list-style-type: none"> 1. Adderall 2. Concerta 3. Daytrana 4. Intuniv 5. Ritalin 6. Strattera <p>Children Allergy:</p> <ol style="list-style-type: none"> 1. Allegra 2. Claritin 3. EpiPen 4. Rhinocort 5. Singulair 6. Zyrtec <p>Children Asthma:</p> <ol style="list-style-type: none"> 1. Advair 2. Pulmicort 3. Singulair <p>Children Cold/Cough:</p> <ol style="list-style-type: none"> 1. Advil 2. Benadryl 3. Delsym 4. Dimetapp 5. Little Colds 6. Little Noses 7. Motrin 8. Mucinex 9. Pediacare 10. Robitussin 11. Sudafed 12. Triaminic 13. Tylenol

Section of Questionnaire	Description of Changes
Drug Brands, continued	<p>CUT various condition-specific Rx and OTC brands, continued:</p> <p>Children Vitamins:</p> <ol style="list-style-type: none"> 1. Centrum 2. Disney 3. Multivitamins 4. Flintstones 5. L'il Critters 6. One-A-Day <p>Cold/Flu/Cough:</p> <ol style="list-style-type: none"> 1. Neo-Synephrine <p>Constipation/Irregularity (More than one episode):</p> <ol style="list-style-type: none"> 1. FiberCon <p>COPD (including Chronic Bronchitis and Emphysema):</p> <ol style="list-style-type: none"> 1. Daliresp 2. Tudorza Pressair <p>Eye disease or Dry Eye:</p> <ol style="list-style-type: none"> 1. Tears Naturale <p>HIV:</p> <ol style="list-style-type: none"> 1. Atripla 2. Descovy 3. Genvoya 4. Isentress 5. Odefsey 6. Prezista 7. Tivicay 8. Triumeq 9. Truvada