**Table 3:** Themes related to disclosure and nondisclosure of dietary supplement use during office visits1.

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|  **Domains** | **Themes** | **Disclosure examples** | **Nondisclosure examples** |
| Features of the office visit | Interaction during the visit | **Provider inquiry about supplement use**(157): He asked me what supplements I was taking. **Provider inquiry about what a patient is taking**(705): She asked me what I take daily, and I told her.(671): They always want to know what you are taking besides your medication.  | **Provider didn’t ask about supplement use**(187): He didn’t specifically ask.(688): Any time they don’t ask [disclosure is unnecessary].**Topic didn’t come up**(198): It just never comes up. I mean, you're talking about a subject that just never, never, never comes up.(448): It [supplements] just didn’t come up.  |
| Discussion topic | **Self-care** (691): I had not been feeling well, and I said that I had used my herbal remedies, which was Vitamin C and Echinacea. (708): I mentioned that I was taking these [supplements] in addition to staying away from various foods.**Lab results** (802): We were itemizing the chem panel…and I started telling her, “Well, I take – I already take a multi.”(560): I was taking a supplement called Coenzyme-A…and it really, really skewed one of my lab results…and I mentioned, “These are what I'm taking”. |  |
| Visit characteristics | **Before surgery/procedure**(172): Before going into surgery, always discuss your supplements.(705): If someone’s going to do a brain cat scan on me tomorrow, I think they should know what I have ingested that morning.**Type of office visit** (418): I was going in for a physical and…I let him know I’m taking some Mass XXX.(455): If it’s an establishment visit, you definitely want to let your doctor know everything you’re taking. | **Supplements unrelated to purpose of visit**(672): I really wasn’t there to talk to him about supplements.(682): I went to see the doctor about something else.**Competing demands during visit**(151): I was more interested in addressing things that were probably way more important.(557): There are other things to discuss, and that doesn’t really seem pertinent to any of the problems.**Type of office visit** (424): This was more kind of a follow up visit. There was no reason for it to come up.(363): [Because] it wasn’t a general physical. |
| Organizational and procedural factors |  | **Not on list to discuss** (329): [Supplement use] wasn’t on my list of things to talk about.**Provider already knows about supplement**(565): [The doctor] already knows that I’m taking all the vitamins and everything because … I usually tell these things to the nurse.(511): It's in my summary, and I do not think I need to talk about. |
| Patient health and medical care | Concerns about supplement | **Concerns about side effects**(560): If you're taking them and not feeling well…you need to bring it up. (811): I thought maybe Vitamin C was too much, that’s why it is giving urinating (sic) too often.**Safety concerns**(187): I just wanted to make sure [fish oil] was safe.(867): I wanted to know if it was safe or not.**Request advice from provider**(329): To ask…whether or not a couple of these supplements I was taking them right. (857): It’s important for me to talk to her about my supplement use because…I want her input. |  |
| Circumstances of supplement use | **Taking unusual/multiple/mega-dose supplements**(363): If I were to go on high potency regimen…then I think I should talk to the doctor. (560): If you thought that you were taking something that may be kind of controversial … you should bring it up.**Change in supplement use** (591): I give her information every time I change my supplement list.(618): Every time I have a visit with a doctor, I talk about supplements. Or I talk about any additional supplements. | **Sporadic use** (362) If you’re very sporadic about taking supplements, it’s probably not necessary to bother the doctor with that.(110): Light use…is why I didn’t really bring it up – you know, a handful of Vitamin D, fish oils, Vitamin C, that kind of thing sporadically.**Long duration of use**(329): I…didn’t bring it up because I’ve been taking them regularly for so long. **Supplement considered safe**(465): I don’t see it as something that would harm me.(565): I thought [Co-Q10]’s very safe to take, and so I didn’t discuss it with my doctor.  |
| Medication related | **Taking prescription medication**(329): If you’re on a regular medication, you want to make sure your doctor knows that you’re also on these other things.**Prescribed new medication** (110): I would have discussed it if I were being prescribed a new medicine.(158): What made me talk about it [was] … I was kind of concerned about what she was giving me for my acid reflux…would it counteract the enzymes. |  |
| Medical condition | **Having a medical condition**(228): Anybody that has any health challenges should [disclose].(820): I think with psychiatric conditions it is important. | **Good health/fitness** (363): If my health is stable and good…I don't think it has to be brought up.(557): Because we’re healthy. (560): If I go in and my labs are perfect, and everything's good, I don’t feel the need to discuss it. |
| Provider and patient characteristics | Provider characteristics | **Doctor expertise/knowledge** (835): She is a naturopath...so it was a built-in topic.(591): I want them all to know [what I’m taking] because they’re very knowledgeable. **Doctor receptiveness** (122): It’s a very open-door type of situation where I could call her and tell her … I started taking something.(749): If my practitioner is open to that I would talk about it. | **Doctor lack of knowledge** (455): I’m sure it wouldn’t hurt [to disclose], but…I would doubt that she would know what they are.**Doctor unreceptiveness/disinterest**(157): I would never discuss it because they just don’t want to hear about it.(151): I never would even think that a Western doctor would really be that interested.**Prejudice against supplements**(857) I’m probably not going to say I’ve tried to treat this with D-Mannose, or probiotics…because I just feel like there’s…a bias against it. |
| Patient convictions | **Important to disclose supplements**(688): I think a doctor should know everything that you consume regularly.(705): I feel pretty strongly that she needs to have an up-to-date list of what I’m taking. | **Not worth mentioning**(234): It’s just something that I don’t think is worth mentioning. **Supplements are beneficial/commonplace**(816): I didn’t feel like I needed to bring them up because…vitamins and herbs are beneficial.(867): The Emergen-C, I think that’s just a good drink… so I didn’t think anything of it.**Supplements are equivalent to food**(648): Because I figured…everything we eat has vitamins in it anyway.(110): Because … Vitamin C is in most fruit, if not all, I think. Vitamin D we get from the sun. Fish oils you get when you eat fish. |
| Patient confidence |  | **Confidence in own knowledge** (820): I…am pretty savvy with what I ingest, so I didn’t think [mentioning] it was worthwhile.(560): I've done quite a bit of research in regard to the affect they have on the body…so I'm pretty well educated. |
| Did not cross mind |  | **Did not cross mind** (672): It just didn’t occur to me. |

1Numbers in parentheses refer to the interviewee ID number.