

Nihon Pharmaceutical University Doctoral Dissertation

Differences in attitude and experience between Japanese people
towards Kampo medicines and Taiwanese people towards traditional
Chinese medicines

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CHUANG, CHENG YU

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I. Introduction

Traditional medicine (TM) has a long history and is based on knowledge of theories, beliefs and experiences from different cultures and is used to maintain health and prevent, diagnose, improve or treat physical and mental illness [1]. The main treatments for TM in East Asia include acupuncture, moxibustion, cupping, herbal medicines, manual therapies [2]. Different countries have their own TM systems [3]. In Japan, people use Kampo medicine (KM), whereas in Taiwan, people use traditional Chinese medicine (TCM) [4]. However, whether in Japan or Taiwan, herbal medicines are the most common therapy [5, 6].

Kampo medicines (KMs) are traditional herbal medicines practiced in Japan, and they are based on ancient traditional Chinese medicines [7,8]. Initially, ancient Chinese medicine was introduced to Japan in the 5th to 6th centuries, and then developed independently based on Japan's climate and other factors and evolved into Japanese traditional medicine. Around the 17th century, KM developed rapidly and formed a system that has been passed down to this day [9]. KM is used by over 80% of medical doctors in Japan [10]. KMs are a combination drug of various herbal plants that have complementary physiological activities [11]. Because there is no national license for traditional medical doctors, Kampo medicinal products are used as part of the conventional medical system in Japan. There are 148 kinds of Kampo extracted products covered by national health insurance, and medical doctors prescribe them [12]. On the other hand, at Kampo specialty pharmacies, the pharmacists themselves can prescribe 212

kinds of Kampo preparations as decoctions without the prescription of a medical doctor. Of course, people can purchase over-the-counter (OTC) Kampo products, the majority of which are extracted products.

Traditional Chinese medicines (TCMs) are medicines applied under the guidance of traditional Chinese medicinal theory. Their sources include plants, animals, and minerals. Among them, plant-based medicines account for the largest proportion and are the most widely used. TCMs have been used for the prevention, treatment, and cure of disorders or diseases for centuries [13]. In Taiwan, TCMs are still used, and they have a rich history of use, as they align with social and traditional values [14]. In addition, people in Taiwan have the habit of using both Western medicines (WMs) and TCMs. However, within the institutionalized medical system, WMs are mainly prescribed by Western medicine doctors, and TCMs are mainly prescribed by Chinese medicine doctors. On the other hand, people can also purchase over-the-counter (OTC) TCMs at traditional Chinese medicine pharmacies.

In Japan, a medical licensing system has been established since the Meiji period, and only those who pass the national examination can be allowed to practice medicine [9, 15]. Therefore, until now, there has been only one kind of doctor, and only doctors can prescribe KMs. However, in Taiwan, unlike Japan, there are two types of doctors. One is Chinese medicine doctor and the other is Western medicine doctor (that is, doctor in Japan), and TCMs are mainly prescribed by Chinese medicine doctors [15,16]. As a result, in fact, there is a big difference

between the medical licensing backgrounds of Japan and Taiwan about medicines in traditional medicine system. And this may result in Japanese and Taiwanese people having different usage habits and perceptions of KMs and TCMs. Therefore, we decide to use the same questions to investigate the attitude and experience about Japanese people towards KMs and Taiwanese people towards TCMs, and then we compare their differences.

II. A survey of Japanese people's attitude to and experience of Kampo medicines

Background

1. Background and Purpose

From 2006 to 2008, the Japan Kampo Medicines Manufacturers Association (JKMA) conducted a survey and reported on the awareness and user experience of KMs among Kampo workshop participants by questionnaire and visitors to the JKMA website online [17]. Of these, 53% of the participants had taken KMs for prescription, and 61% had taken OTC KMs. Many participants perceived KMs as “body-friendly” and “takes time to work”. Sixty percent said they felt better after taking KMs. Forty-five percent were anxious about KMs, with most anxiety focused on side effects, while 25% of people were unaware that KMs had side effects.

In 2011, JKMA conducted a street survey and reported on the awareness and user experience of KMs [18]. While 43% of the participants had taken KMs for prescription, when divided by sex, 36% of males and 47% of females had taken them. In terms of age, those in their 50's were the highest. Moreover, 62% of people said they were willing to take KMs when sick, and 73% said they would be in trouble if KMs were no longer covered by health insurance.

However, both surveys had some flaws. Because the former was a questionnaire aimed at groups interested in KMs, it cannot represent the views of the wider public on this topic. At the same time, the latter was a street questionnaire, so the number of questions was limited, and the survey focused on the experience of using KMs. Therefore, we decided to conduct a survey

that would reflect the views of the general public in Japan. We investigated the general public's attitude, experience, and understanding of KMs through an online questionnaire.

2. Methods

Subjects

We conducted an online survey of registered members (aged over 25 years) of a research company (Macromill, Inc., Tokyo, Japan) using an online questionnaire administered on January 7-8, 2020. Subjects were adjusted for gender and age to account for demographic dynamics based on the most recent national survey results [19]. In addition, to accord more closely with the general public's thinking in Japan, personnel with medical backgrounds were excluded.

Questionnaire

The participants were asked to select an answer from options prepared in advance. If participants wanted to provide an alternative answer, they were free to do so. Participants were first asked general profile questions, including age, gender, and occupation, followed by specific questions on the KMs. Since our purpose was to investigate the public's knowledge and experience of KMs, the participants' interest in KMs, experience in taking them, impressions, access, reasons for purchase, and expectations, etc., were surveyed. Because KMs

can be recognized from commonly used general formulation names and trade names, we added familiar trade names to the choices.

Ethical considerations

It was confirmed by JKMA in advance that the questionnaire had no ethical issues. The Internet surveys were conducted by Macromill, Inc., after the consent of each respondent had been obtained. The answers were linked to a respondent ID, and we did not obtain the personal data of participants, and it was impossible to link results with specific individuals.

Statistical Analysis

A weighted analysis was performed to align with the current national population dynamics in Japan [19], using Microsoft Excel for Microsoft 365 MSO (version 2402), 64-bit. The weighting method is to first calculate the weight between the number of participants and the actual number in each age group. Then we conducted data analysis after multiplying the obtained survey results by the weight.

3. Results

The participants were grouped into those aged 25–34, 35–44, 45–54, 55–64, 65–, with 206 people in each group (1030 males and 1030 females, 2060 in total). The number of people in

each age group was carefully adjusted through weighting (Fig. 1). It is important to note that the research data reflected the collective responses of all participants.

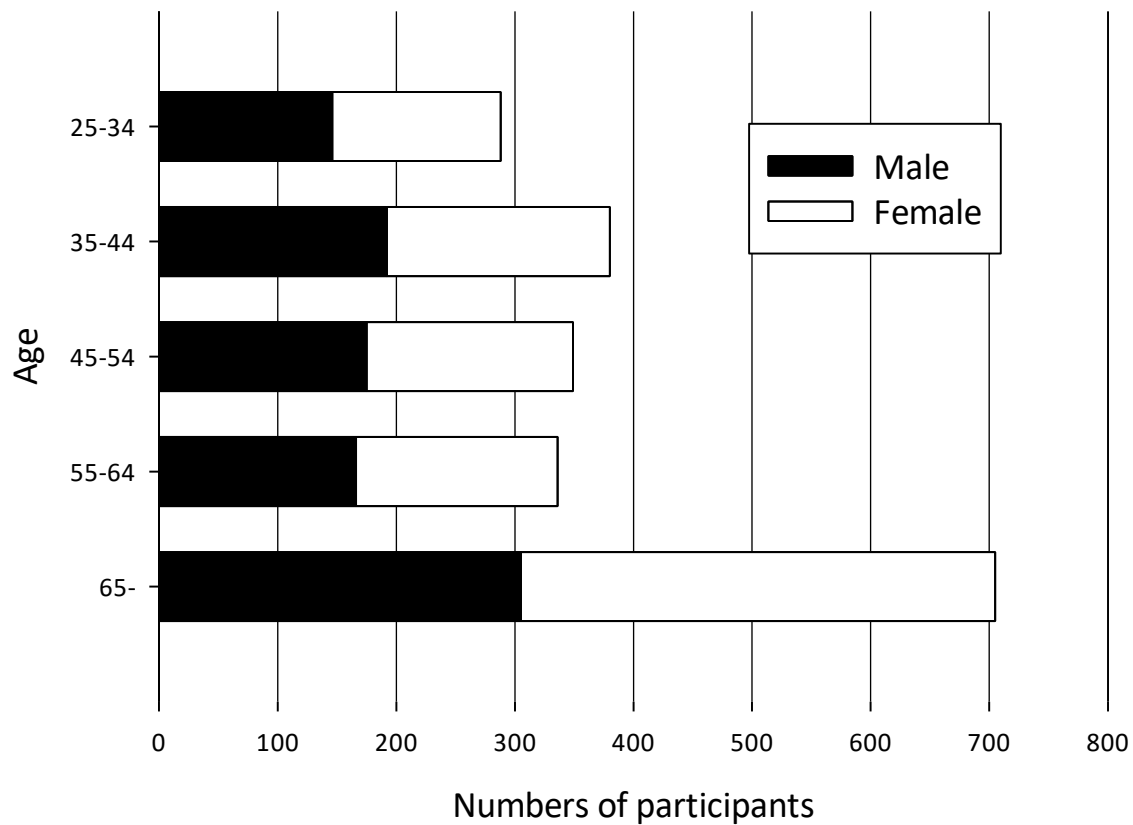


Figure 1. The distribution of participants weighted according to the age distribution of the local population in Japan

Knowledge of KMs

We asked the participants what they knew about KMs (Fig. 2). In this part, all the options were correct, so if all participants had an entirely correct understanding of KMs, they would

score 100%. Overall, “Sold at pharmacies, drugstores, and on the Internet, etc.” was the most well-known option with 63.7% response rate. This indicated that 63.7% of the participants were aware of this fact. However, it also indicated that 36.3% of the participants were unaware of this fact. Moreover, among all the results, only 10.8% of the participants knew “There are Kampo medicines used for to treat patients with cancer or dementia”, meaning that about 90% of the participants did not know this. These answers reflected that most people’s awareness of KMs was still somewhat limited.

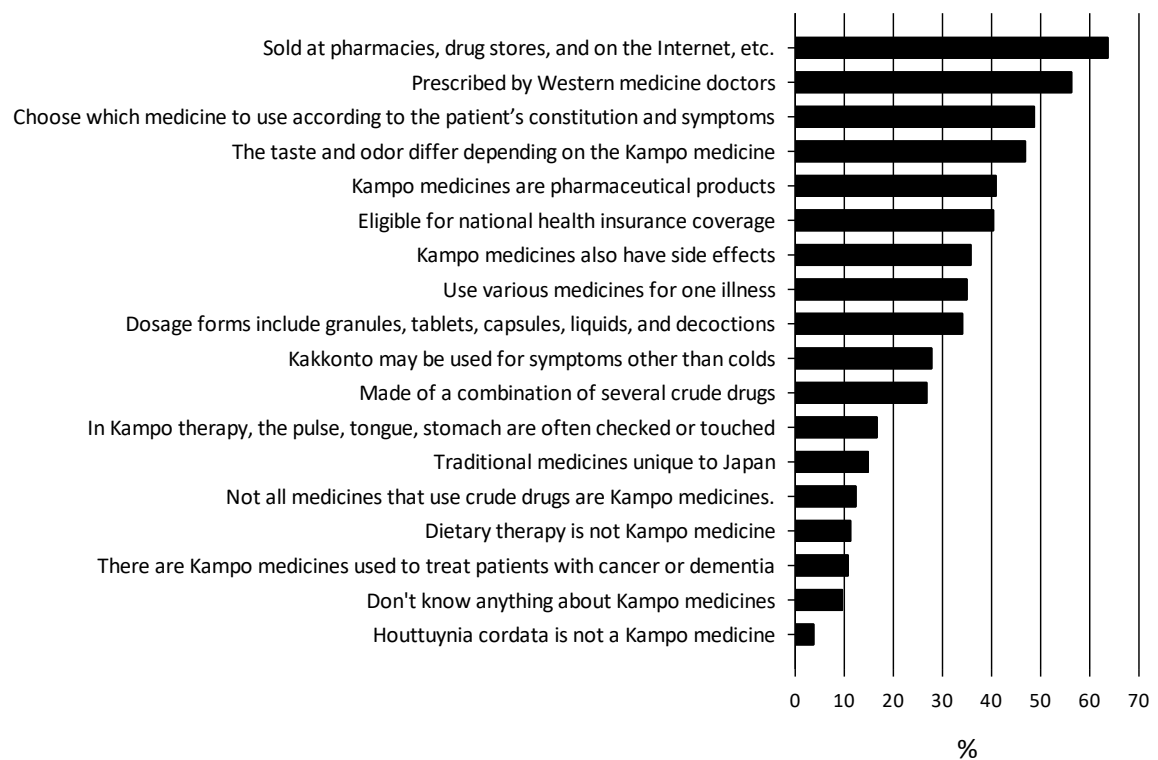


Figure 2. What participants know about KMs

Experience of taking KMs

Overall, 71.4% of participants had taken KMs, 67.8% of males and 74.7% of females (Fig.

3). Among those under the age of 64, females were slightly more likely than males to have taken KMs.

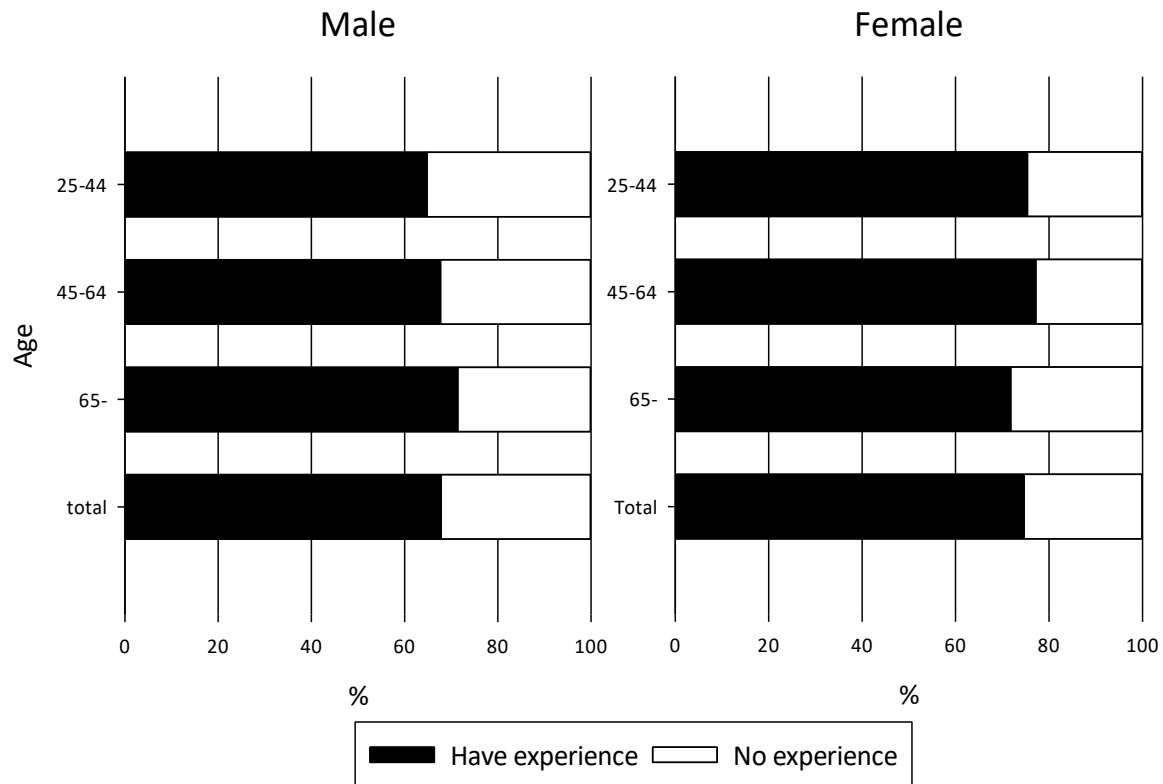


Figure 3. Experience of taking KMs

How to purchase KMs

This part was designed for participants who had taken KMs. Overall, most participants chose the option “Prescribed by a Western medicine doctor”, with a total of 63.5%, 50.5% for males and 71.5% for females. The second was “Purchased through a pharmacy, drugstore, over the Internet or by mail order” with 46.3%, 50.5% for males and 42.8% for females. The third

most was “Purchased at a Kampo specialty pharmacy”, with a total of 11.3%, 11.0% for males and 11.6% for females (Fig. 4). From the results, the acquisition route of “Purchased through a pharmacy, drugstore, over the Internet or by mail order” and “Purchased at a Kampo specialty pharmacy” were roughly the same for males and females. However, for the “Prescribed by a doctor”, females are about 20% higher than males in total age group.

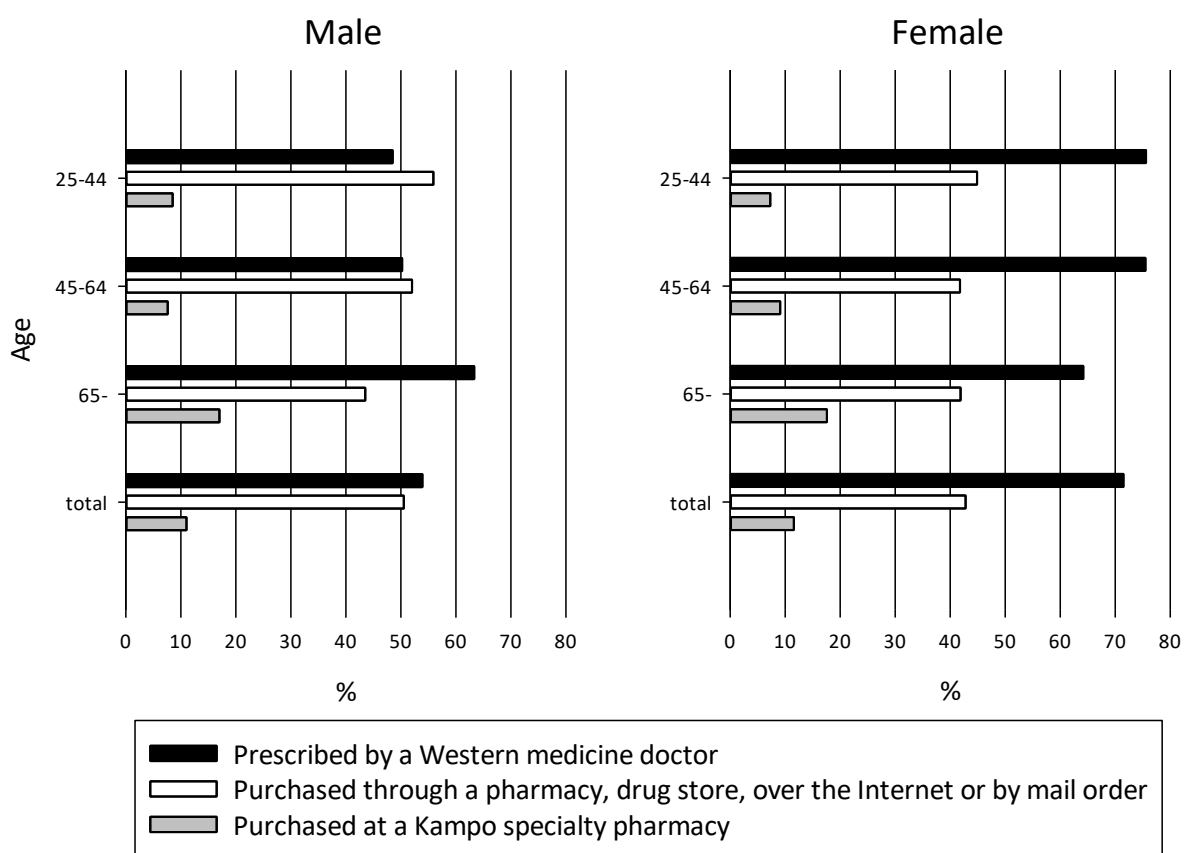


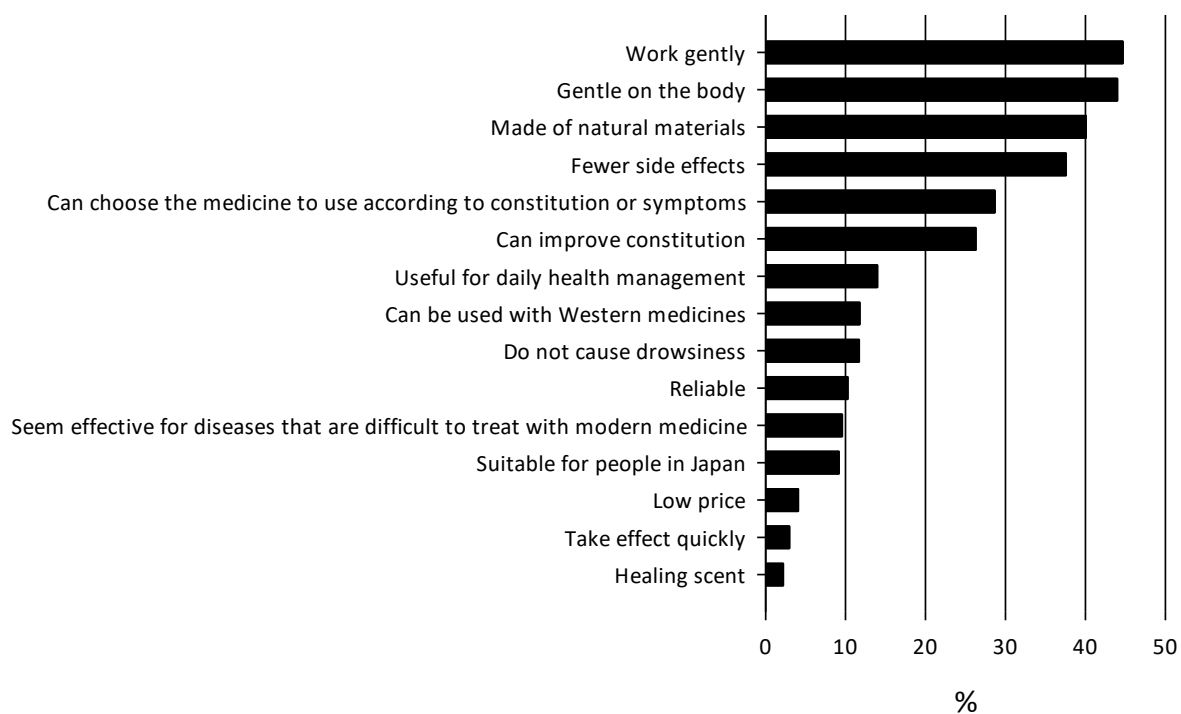
Figure 4. The way to obtain KMs.

Impressions of KMs

This part was designed to investigate the participants’ impressions of KMs. Figure 5 shows

the survey results for both positive and negative impressions of KMs. As positive impressions, “Works gently” (44.7%) was the most common, followed by “Gentle on the body” (44.0%), “Made of natural materials” (40.1%), and “Fewer side effects” (37.6%). As negative impressions, the most common was “Slow to take effect” (28.4%), followed by “Expensive” (27.2%), “It tastes bad, and it is hard to take” (27.1%), “It does not work unless you take it for a long time” (26.9%), and “Not sure whether it works or not” (24.6%).

Positive impression



Negative impression

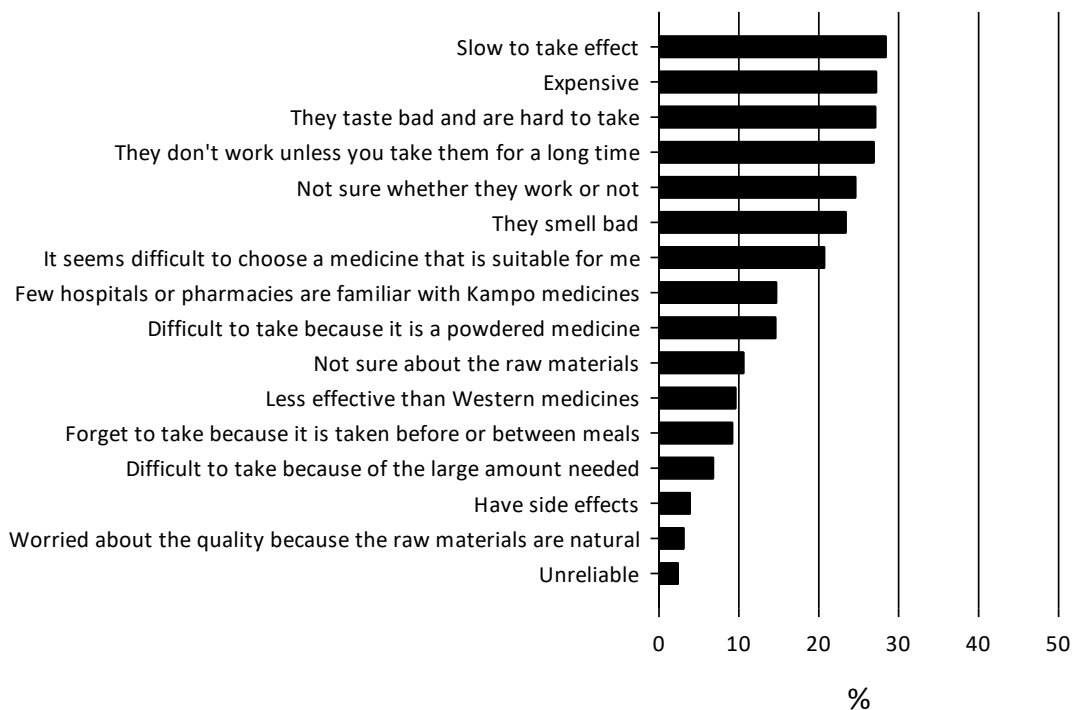


Figure 5. Positive and negative impressions of KMs

OTC KMs that have been taken and reasons for purchasing them

This part was designed for participants who answered “Purchased through a pharmacy, drugstore, over the Internet or by mail order” or “Purchased at a Kampo specialty pharmacy” in the question about the acquisition route of OTC KMs. In this part, we asked the participants what OTC KMs they had taken.

In Japan, OTC KMs are sometimes sold by trade name rather than by formulation name. Moreover, consumers may know only the trade name and may not be familiar with the formulation name. For this reason, we have included the products with high sales volume by trade name in the options. “Caconal” is the trade name for “kakkonto”. “Naisitol” and “Cocoapo” are trade names for “bofutsushosan”. “Bisrat Gold” is the trade name for “daisaikoto”. The result is shown in Fig. 6. Since multiple answers are possible, the formulation name and trade name may have both been selected, so the results were not totaled even for the same formulation.

Among the OTC KMs that have been taken, “kakkonto” had the highest proportion, accounting for 80.3%, while the second was “Caconal” (a trade name of “kakkonto”), accounting for 19.7%. Therefore, “kakkonto” accounted for the overwhelming majority. In addition, regarding “bofutsushosan”, the proportion under the trade name “Naisitol” was higher than that under “bofutsushosan”. “Bisrat Gold” (a trade name of “daisaikoto”) returned similar

results.

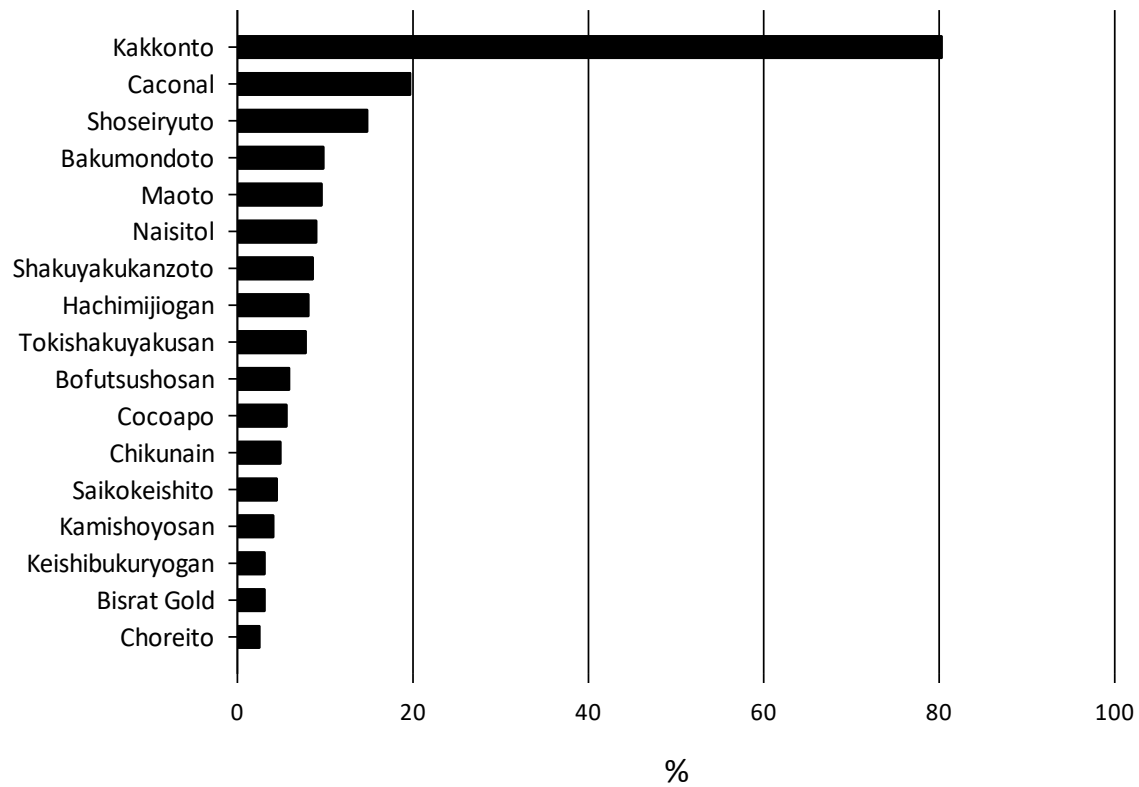


Figure 6. The choice of OTC KMs

Next was the reason for purchasing OTC KMs. Overall, the reason most commonly cited was “Can easily try it”, with a total of 45.7%; the second was “Thought that there was no need to discuss with a doctor at the time”, with a total of 28.2%, and the third was “Recommended by family and acquaintances”, with a total of 24.0% (Fig. 7).

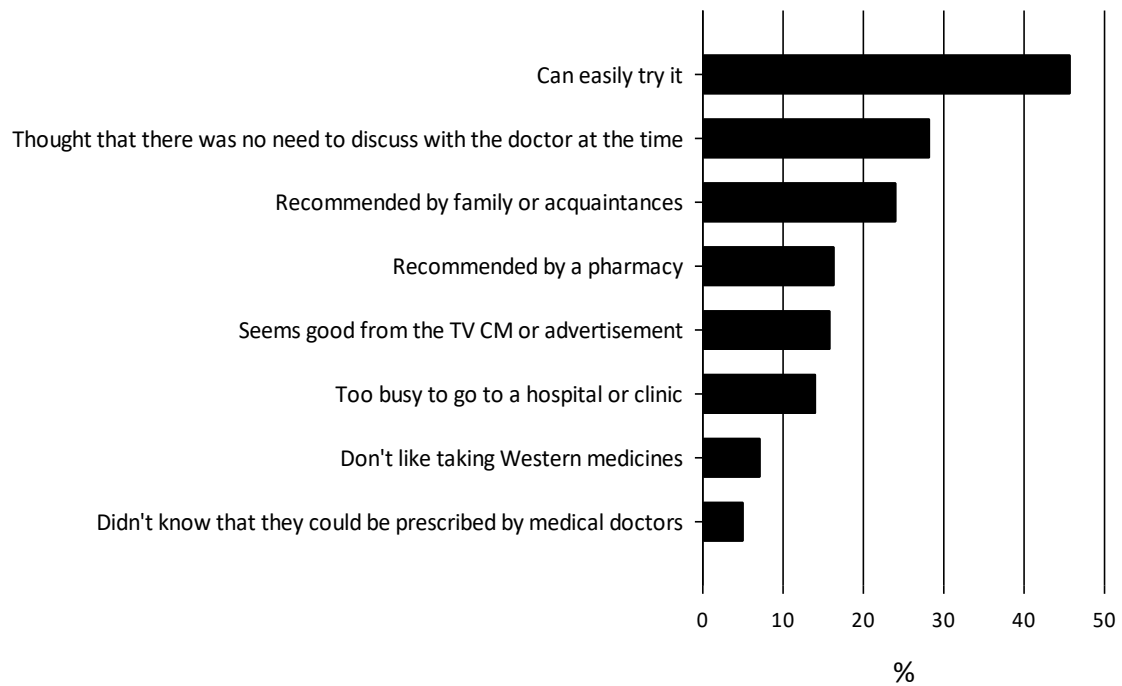


Figure 7. Reasons for purchasing OTC KMs

Current expectations for KMs

This part was about current expectations for KMs. Overall, most participants chose “Make it easier to choose the Kampo medicines that are suitable for me”, with a total of 42.4%. The second most common option chosen was “The quality remains the same, but the price is lower”, with a total of 33.4%, and coming in third most was “Help improve daily health and prevent diseases”, with a total of 29.7% (Fig. 8).

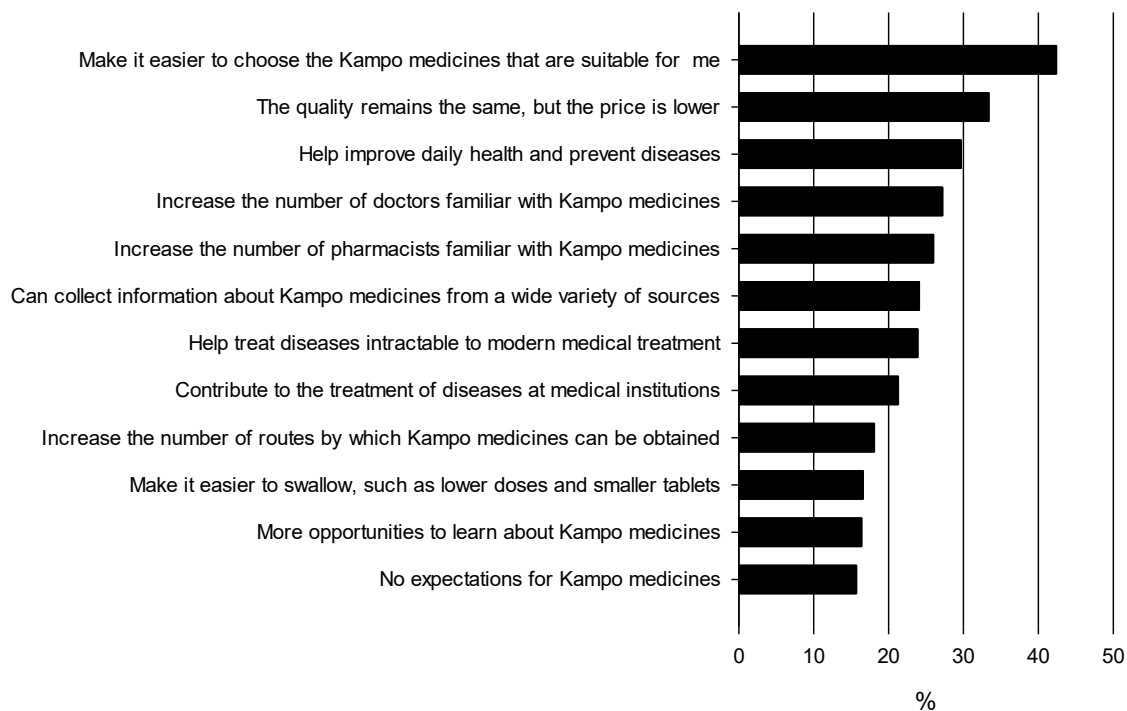


Figure 8. Expectations for KMs

The reason for no experience taking KMs

This part was designed for participants who had no experience taking KMs. Overall, most participants chose “Have had no chance until now”, with a total of 40.3%. The second most and the third most were “Didn't know which to take” and “Didn't think it was not necessary”, with a total of 27.6% and 27.4% respectively (Fig. 9). Therefore, the main reasons for no experience taking KMs were that there was no opportunity or necessity to use them, and participants did not know how to use them.

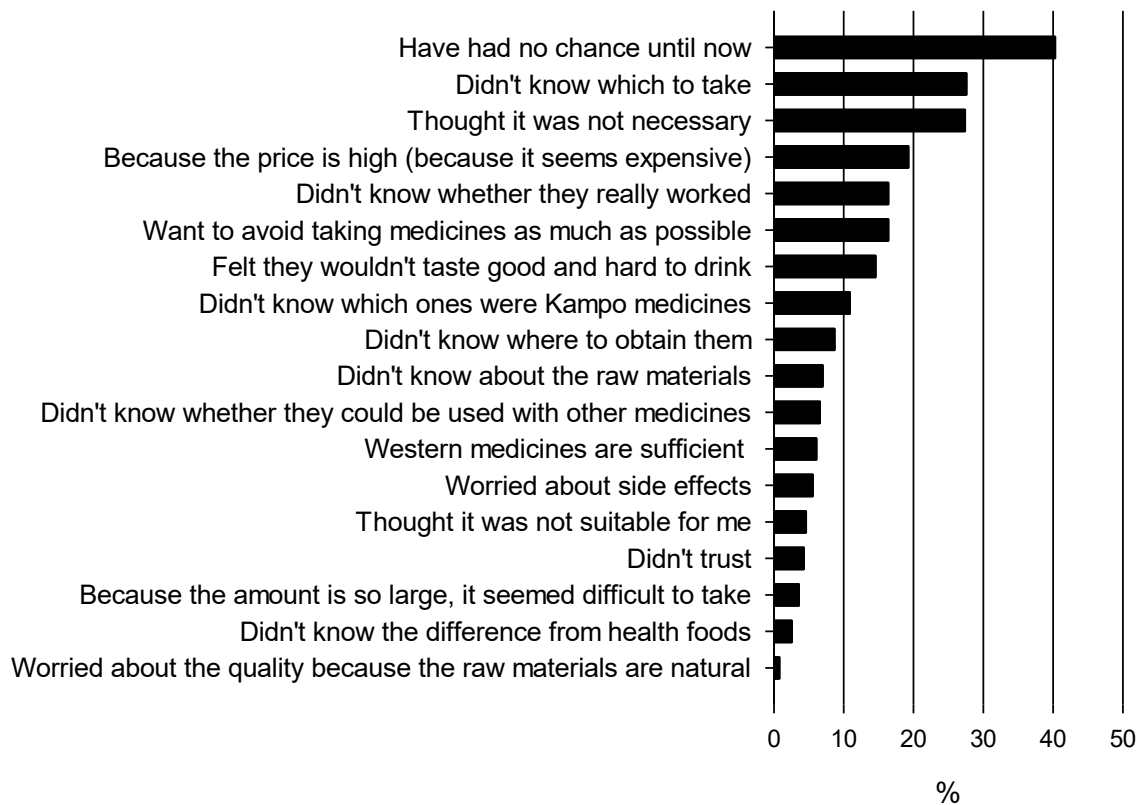


Figure 9. The reason for no experience taking KMs

What want to know about KMs

This part was about what participants wanted to know about KMs. According to figure 10, “Effect” and “How to choose Kampo medicines that are suitable for me” had more than 40%, with a total of 43.2% and 42.1% respectively. The third most was “Side effects”, with a total of 38.4%. Therefore, most participants wanted to know about the effects, side effects and selection methods of KMs.

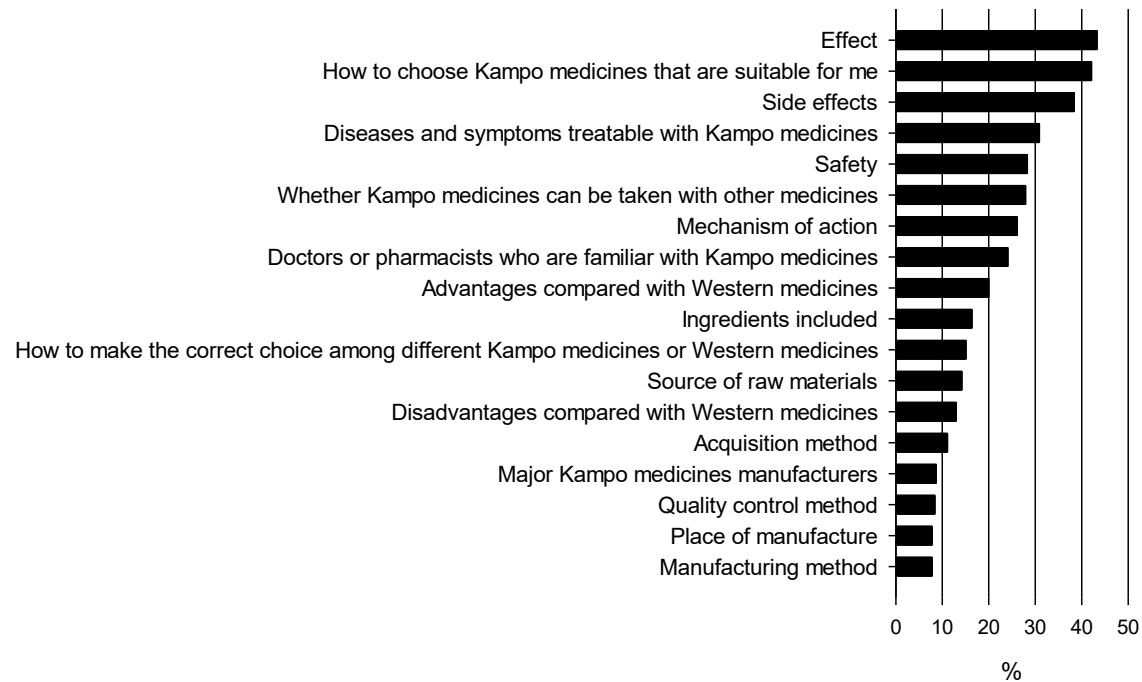


Figure 10. What participants want to know about KMs

Sources of knowledge of KMs

This part was about how participants learned information about KMs. Overall, the most common was “Do not particularly obtain or seek information”, with a total of 26.5%. The second most was “TV CM”, with a total of 23.4%. The third most was “The storefront of a pharmacy (pick up the product)”, with a total of 21.7% (Fig. 11). As a result, most participants did not seek information about KMs too deliberately. Other than that, the main route of information was through TVCM and in the storefront of a pharmacy

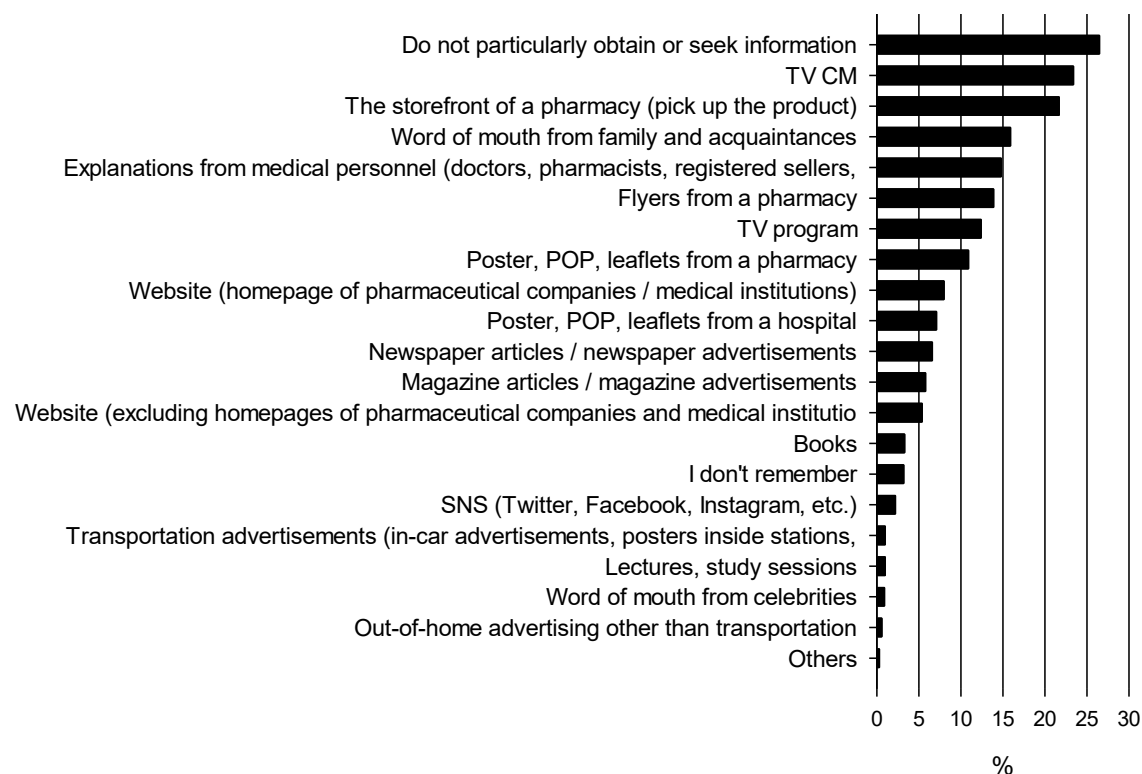


Figure 11. How participants learn information about KMs

Present health concerns and future anxieties in Japan

This part was about the diseases what participants currently suffered from and were worried about in the future. According to the figure 12, about the present health concern, in addition to 23.4% of participants were currently healthy, the most at the time of the survey was body pain, accounting for 21.4%, followed by allergic diseases at 19.9%, hypertension, 17.4%, gastrointestinal diseases/symptoms, 14.5%. Therefore, most participants who currently have health problems mainly suffered from common diseases such as body pain and allergies.

Among anxieties about the future, in addition to 15.8% of participants were not worried

about diseases in the future, cancer ranked first, accounting for 40.9%, followed by dementia at 26.8%, cerebrovascular disease, 22.8%, heart disease, 18.9%, and diseases related to aging, accounting for 14.2%. As a result, most participants were most worried about cancer in the future.

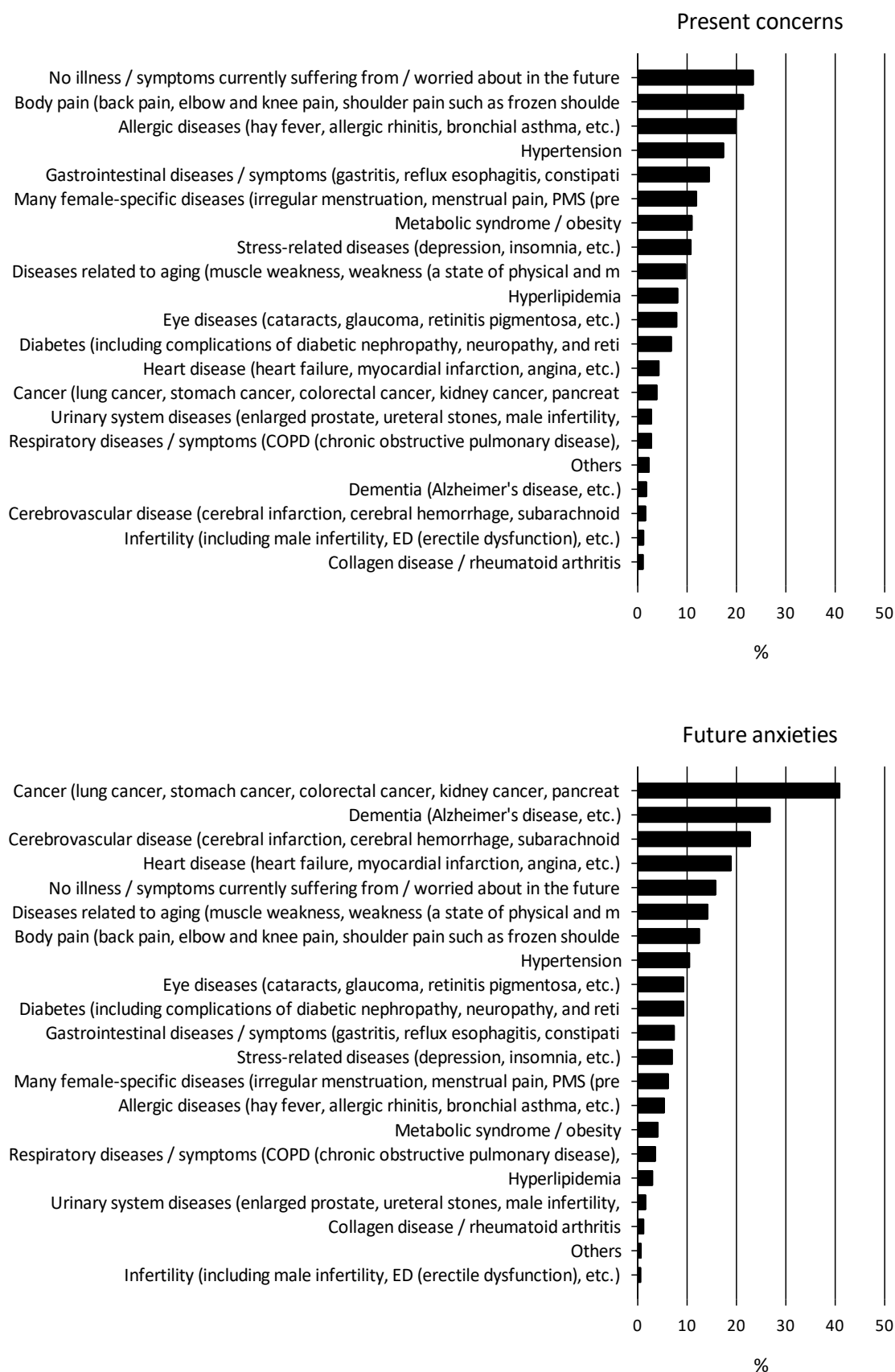


Figure 12. Present health concerns and future anxieties in Japan

4. Discussion

This study was designed to investigate Japanese people's knowledge and experience of KMs. However, compared to the previous studies, this survey was aimed specifically at the general public. Therefore, it will provide a clearer picture of the general public's perception and knowledge of KMs. The results show that most Japanese have had some experience of taking KMs. Among those who have taken KMs, most people get KMs through a doctor's prescription and a few people purchase from specialty pharmacies. What most people think of as positive aspects of KMs are "Work gently", "Gentle on the body", "Made of natural materials", and "Fewer side effects". In contrast, on the negative side, comments include "No immediate effect", "Expensive", "Bad taste and hard to take", and "Not working unless taking for a while". The most prominent expectation for KMs is to make it easier to choose KMs that suit the individual concerned. The second is the same quality, but at a lower price. The third is the hope it can help improve daily health and prevent diseases. Therefore, the choice of KMs depends on quality, price, and the desire to maintain good health. Thus, in terms of expectations, people hope KMs will improve their quality of life and health and be used more easily.

In a 2006–2008 survey of groups interested in KMs, 53% had taken KMs for prescription, and 61% had taken OTC KMs [17]. In addition, a survey in 2011 showed that only 43% of participants answered that they had taken some sort of KMs [18]. However, in the current study, the result showed that 71% of people had taken KMs, indicating that more people are now

willing to use KMs (Fig. 3). Regarding impressions of KMs, in a previous study, it was mentioned that people were willing to try KMs because they were seen as “Gentle on the body” and had “Fewer side effects”; however, they were also perceived as having “No immediate effect” [20]. These results are consistent with those of the present study. Moreover, from the results of this study, we know that people think that KMs are made of natural materials, so they work gently and are gentle on the body. However, they also think they are expensive, have no immediate effect, and are hard to take because of their bad taste.

From the results for the impressions, “Fewer side effects” is highly ranked as a positive impression and “Has side effects” has a low ranking as a negative impression (Fig. 5). This finding matches a previous study, which showed that people chose to use KMs due to fewer side effects [21]. However, in this study, only 36% of people knew that KMs have side effects, which indicates that 64% are unaware of this fact and may even think KMs have no side effects. In fact, KMs have side effects, and sometimes they can be serious. They may cause various side effects such as diarrhea, vomiting, palpitations, and eczema [22,23]. Therefore, it is important to convey more detailed and accurate information.

In this study, “Effect” is what most people want to know most (Fig. 10). A website survey also pointed out that most people are most concerned about comments about their efficacy and efficacy because KMs are slow to take effect [24]. Especially, “Slow to take effect” is the most negative impression in this study (Fig. 5). This may imply that the slow effect may be a factor

that people consider whether to use KMs.

Furthermore, the results of this survey show that people do not know enough about KMs. For example, more than half of the people do not know that KMs are eligible for health insurance coverage. In fact, KMs were covered by health insurance in 1967 and are widely used today [25]. It also shows that people get the KMs through a doctor's prescription, and only a few know KMs are used to treat the subjective symptoms of cancer patients. In fact, KMs can significantly improve the physical, mental, and nutritional issues that impact on cancer patients [26]. Therefore, it shows that people's understanding of KMs is still limited. The reason might be that most people take KMs passively because they obtain them through a doctor. However, this study showed that people want to choose KMs independently. This reason might be because people think KMs are not truly medicines, or they think it is not easy to select KMs because of traditional methods of diagnosis. Therefore, it may also reflect the desire on the part of the public in Japan to have an accurate understanding of KMs. Medical personnel should convey the information they obtain to help the public gain an accurate understanding of KMs.

From the results of the present study, most people choose “kakkonto” / “Caconal” from among OTC KMs, and a previous survey obtained the same result [27]. The survey also showed that “kakkonto” was used to treat colds. Therefore, people have great confidence that OTC KMs are effective for treating colds. Based on this result, the main reason for purchasing OTC

KMs is “Can easily try it”, in other words, because of convenience. Interestingly, the results of this study also showed that, compared with the usage proportion of “bofutsushosan”, more people have taken “Naisitol”, which is a trade name of “bofutsushosan”. A previous study pointed out that although using trade names to label KMs can help the general public easily remember them, it may actually lead to a reduced awareness of risks, such as side effects [28]. Therefore, it is particularly important for pharmacists in pharmacy to convey information about KMs such as side effects.

The survey results shows that females have more experience of KMs than males. It is consistent with a previous study [29]. In addition, females are more likely than males to acquire KMs through “Prescription from a doctor”. For physiological reasons, females are more prone to suffer discomfort, such as menopausal symptoms, and these symptoms can be complex, making guidance from a doctor be a requirement. Since KMs are composed of various herbs, they effectively treat diseases with complex clinical manifestations such as menopausal symptoms [30]. Another possible reason why females have more experience of KMs than males may be that almost all Japanese male under 64 are busy at work and find it hard to visit a clinic on weekdays. In fact, in those over 65, that age at which almost all Japanese males retire, the ratio of prescriptions for males and females is similar.

Although the survey is more random and can better reflect the actual situations compared to the previous studies due to being an online questionnaire, the study still has some limitations.

In this research, in terms of the kinds of formulations, we surveyed only OTC formulations. The reason is that not everyone remembers the names of the formulations, especially those obtained on prescription. Previously, we have surveyed named formulations taken sometimes, but the results were quite different from the market or prescription data. The impression of KMs may be derived from both prescription and OTC products. Therefore, to obtain more accurate results may require a survey that uses more detailed classifications according to the range of experience of KMs.

5. Summary

In summary, in fact, most Japanese participants have taken KMs. Many participants believe that KMs have mild properties and few side effects, but they are slow to take effect and expensive. Many participants purchase KMs through prescriptions prescribed by Western medicine doctor, and pharmacies, drug stores, or online. They also have great trust in KMs, especially kakkonto, which accounts for more than 90% of usage ratio in total. Although the use of KMs is relatively common among participants, their understanding of the safety, side effects, and insurance coverage of KMs still needs to be strengthened, that is, some people don't always have an accurate understanding of what KMs are as medicines. It is important for medical personnel, KMs manufacturers and pharmacists to make accurate information available.

III. A survey of Taiwanese people's attitude to and experience of traditional Chinese medicines

1. Background and Purpose

In the past, several regional surveys were carried out in various cities in Taiwan, including Taichung, Tainan, Taitung, and Taipei [31-36]. The purpose of these surveys was to investigate people's medical treatment and medication habits. However, due to their limited scope, these surveys could not provide a comprehensive understanding of the views of all people in Taiwan regarding TCMs. In addition to regional surveys, national surveys were also conducted in Taiwan. In 2007, a survey was conducted among the public in Taiwan to explore their opinions, awareness, and confidence in TCMs [37]. The survey encompassed WMs and the selection and administration of medical treatments. In 2012, a public survey was conducted to explore the use of TCMs in medical practices in Taiwan [38]. These surveys were distributed to subjects nationwide Taiwan, so they could reveal the habits and cognitions of most people in Taiwan. However, because the original purpose of the above surveys was to understand whether people have correct medication habits, the surveys themselves were relatively general. Relatively few detailed studies have directly assessed the perspectives and experiences of the participants regarding the TCMs, and little information about the TCMs that the participants had taken was accumulated in those surveys.

In 2023, we reported on a research survey conducted in 2020 that aimed to reveal the

general public's attitude, experience, and understanding of KMs, Japanese traditional herbal medicines derived from TCMs, in Japan [39]. Therefore, in the present study, we decided to use the same methods as used in the above Japanese survey and conducted a similar survey in Taiwan. We aimed to explore the attitudes, experiences, and understanding of TCMs, and also to identify the TCMs that are commonly preferred among people in Taiwan.

2. Methods

Subjects

An online survey was carried out in May 2022 among registered members over the age of 25 in Taiwan, using an online questionnaire administered by Macromill, Inc., Tokyo, Japan. The survey subjects were selected to reflect the demographic dynamics of Taiwan, based on the latest national survey results [40], with adjustments made for gender and age. Individuals with medical backgrounds were excluded from the survey to better align with the views of the general public in Taiwan.

Questionnaire

To gauge the sentiment and first-hand experiences of the public in Taiwan, we modelled our survey after the previous study we conducted in Japan in 2020 [39]. As such, the questionnaire used in Taiwan closely mirrored that of the Japanese survey, with a few

modifications made to adapt to the local context. For example, we added the option of "COVID-19" because the survey time of the Taiwanese questionnaire was after COVID-19 infection, and COVID-19 infection was also a disease worthy of concern at that time. To select TCMs to investigate in the questionnaire, we consulted an earlier study conducted in 2018 [41]. The participants of the present survey were presented with predetermined answer options but were also allowed to offer alternative responses. Before answering questions related to TCMs, participants were asked to provide general profile information such as age, gender, and occupation. We aimed to discern the public's comprehension and familiarity with TCMs, in terms of interest, experiences, impressions, accessibility, purchasing reasons, and expectations. A comprehensive overview of the survey questions is presented in the supplementary data.

Ethical considerations

The ethics committee of Nihon Pharmaceutical University confirmed that the questionnaire was free of ethical issues, as indicated by the examination decision number "Nichiyakuri 3-17," approved on March 1, 2022. Macromill, Inc. conducted the internet surveys only after obtaining individual consent from each participant. The responses were associated with unique respondent IDs; no personal data were collected or linked to specific individuals.

Statistical analysis

A weighted analysis was performed to align with the current national population dynamics in Taiwan [40], using Microsoft Excel for Microsoft 365 MSO (version 2402) 64 bit. The weighting method is to first calculate the weight between the number of participants and the actual number in each age group. Then we conducted data analysis after multiplying the obtained survey results by the weight.

3. Results

The 518 participants of this were divided into three age groups: ages 25-44 years, 45-64 years, and 65-99 years, as illustrated in Fig. 13. The distribution of participants in each group was carefully adjusted through weighting. It is important to note that the research data reflected the collective responses of all participants.

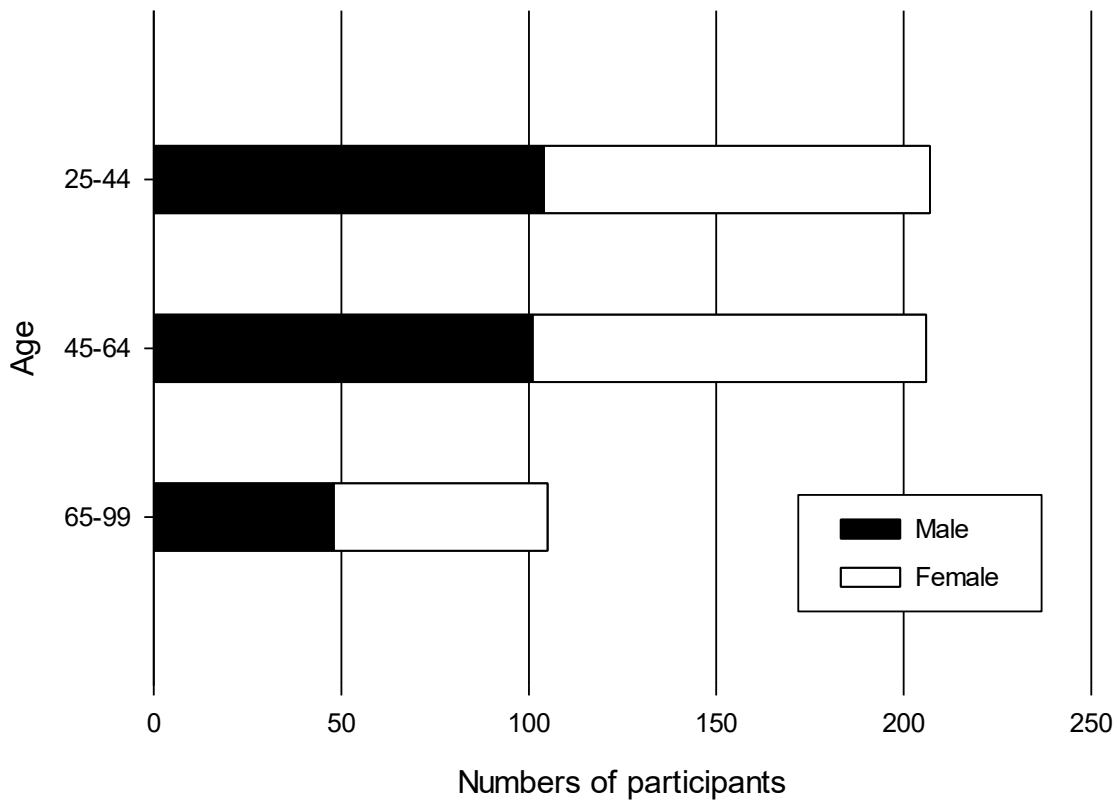


Figure 13. The distribution of participants weighted according to the age distribution of the population in Taiwan.

Knowledge of TCMs

According to Fig. 14, most options were chosen by more than 50% of the participants. In response to questions regarding knowledge of TCMs, about 70% of the replies were: “Which medicine to use is chosen according to the patient's constitution and symptoms,” “The taste and odor differ depending on the traditional Chinese medicines,” “Dosage forms include granules, tablets, capsules, liquids, and decoctions,” “Prescribed by Chinese medicine

doctors,” “It is medicines based on traditional Chinese medicinal theory,” and “In traditional Chinese therapy, the pulse or tongue are often checked.” However, it is essential to note that only half of the individuals knew of the availability of health insurance coverage for TCMs, and only 20% knew that TCMs can be purchased online or at a pharmacy.

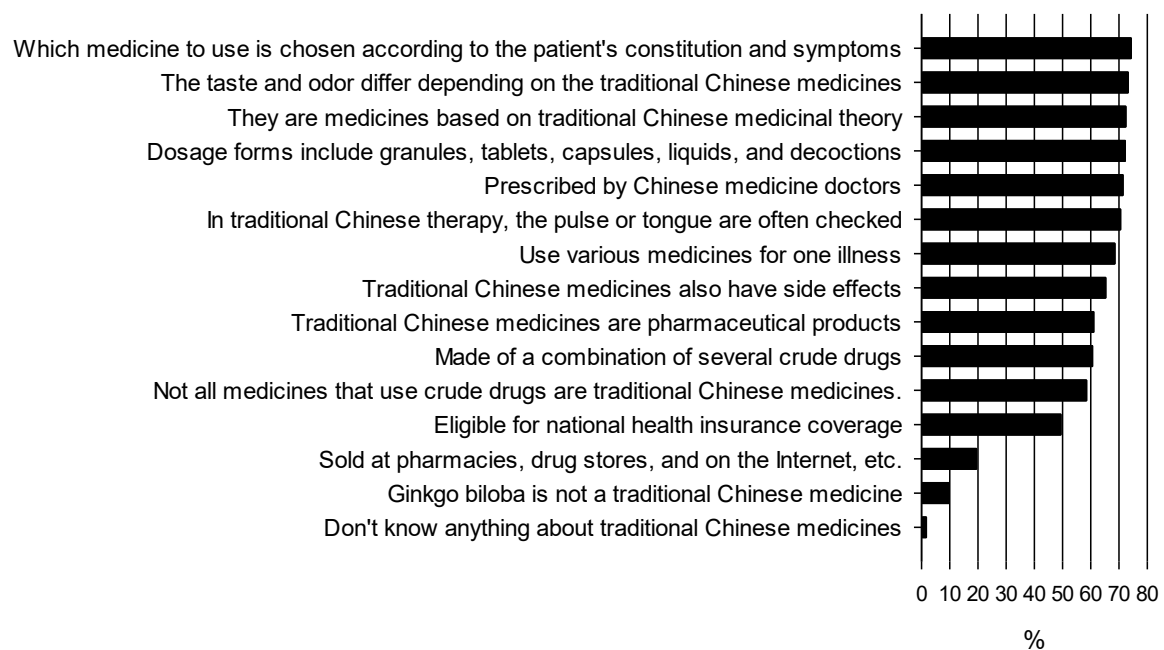


Figure 14. Participants' knowledge of TCMs

Experience of taking TCMs

According to the data presented in Fig. 15, most participants (96.1% of men and 95.9% of women) had taken TCMs. Additionally, while there might have been variances in TCM usage across the age groups, most of the participants had experience with them.



Figure 15. Experience with taking TCMs

How to purchase TCMs

Regarding the way to obtain TCMs, most participants (men, 83.7%; women, 87.8%) who had taken TCMs obtained prescriptions from Chinese medicine doctors. The second most popular choice (men, 51.5%; women, 44.6%) was to purchase directly at pharmacies specializing in TCMs. The third choice (men, 21.0%; women, 8.1%) was to purchase from pharmacies online or by mail order. Finally, the least number of participants (men, 3.97%; women, 4.5%) obtained prescriptions from Western medicine doctors (Fig. 16).

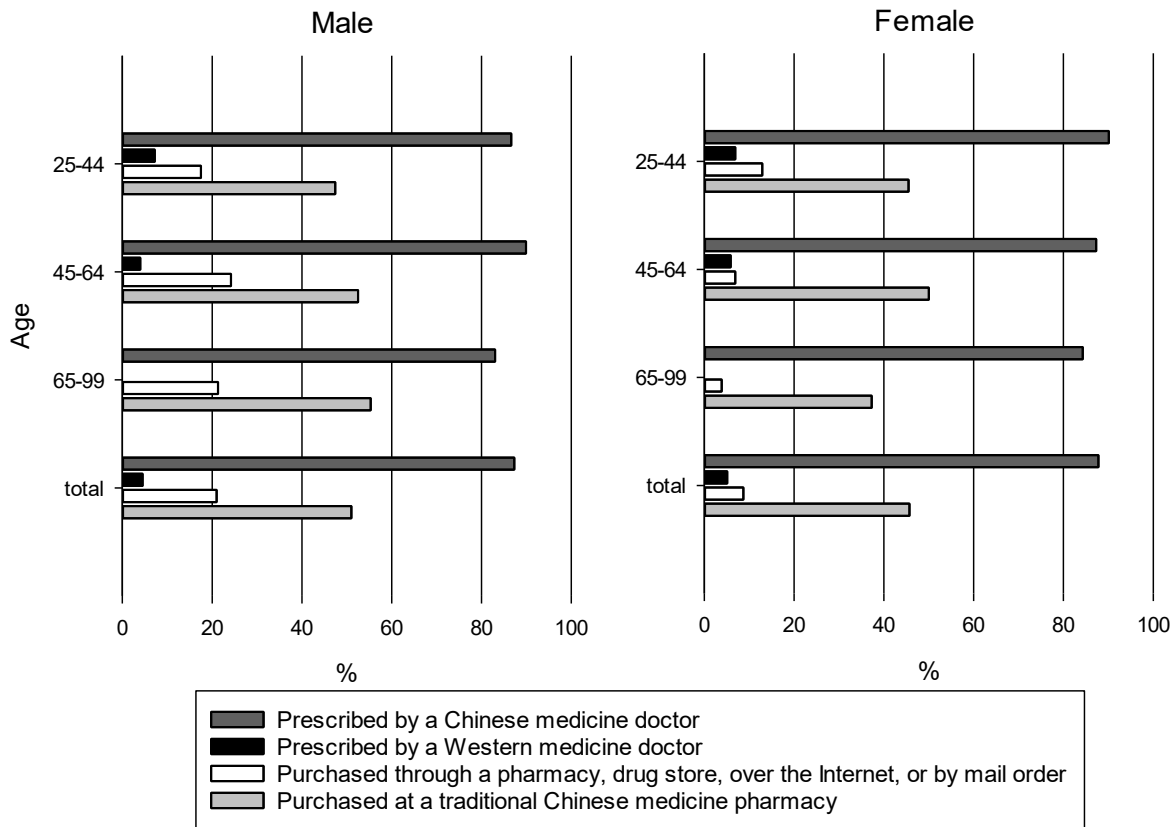


Figure 16. How TCMs were obtained

Impressions of TCMs

The most positive impression of TCMs among participants was “Works gently” (71.2%), followed by “Can improve constitution” (70.9%), and “Fewer side effects” (59.9%).

Regarding negative impressions, “Slow to take effect” (46.7%) ranked first, followed by “Not sure whether it works or not” (29.9%), and “It tastes bad, and it's hard to take” (25.9%) (Fig.

17).

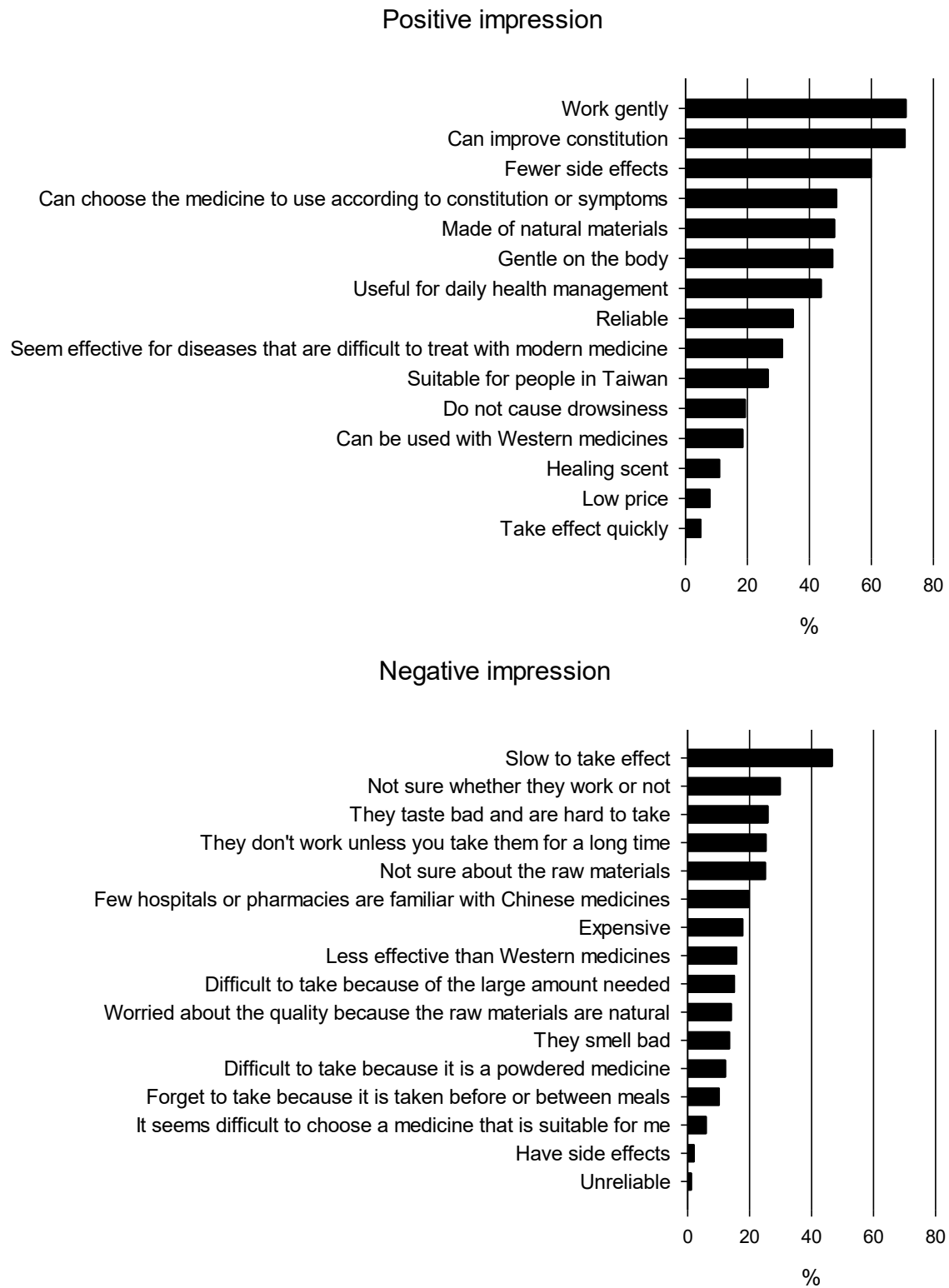


Figure 17. Positive and negative impressions of TCMs

OTC TCMs that have been taken and reasons for purchasing them

Among the OTC TCMs that participants had taken, “Simotsuto” accounted for the highest proportion, reaching 68.3%. “Orengedokugan” ranked second with 44.5%, followed by “Kirokunisentokyo” with 43.8%. Ranking fourth was “Hochuekkito,” accounting for 37.7% (Fig. 18).

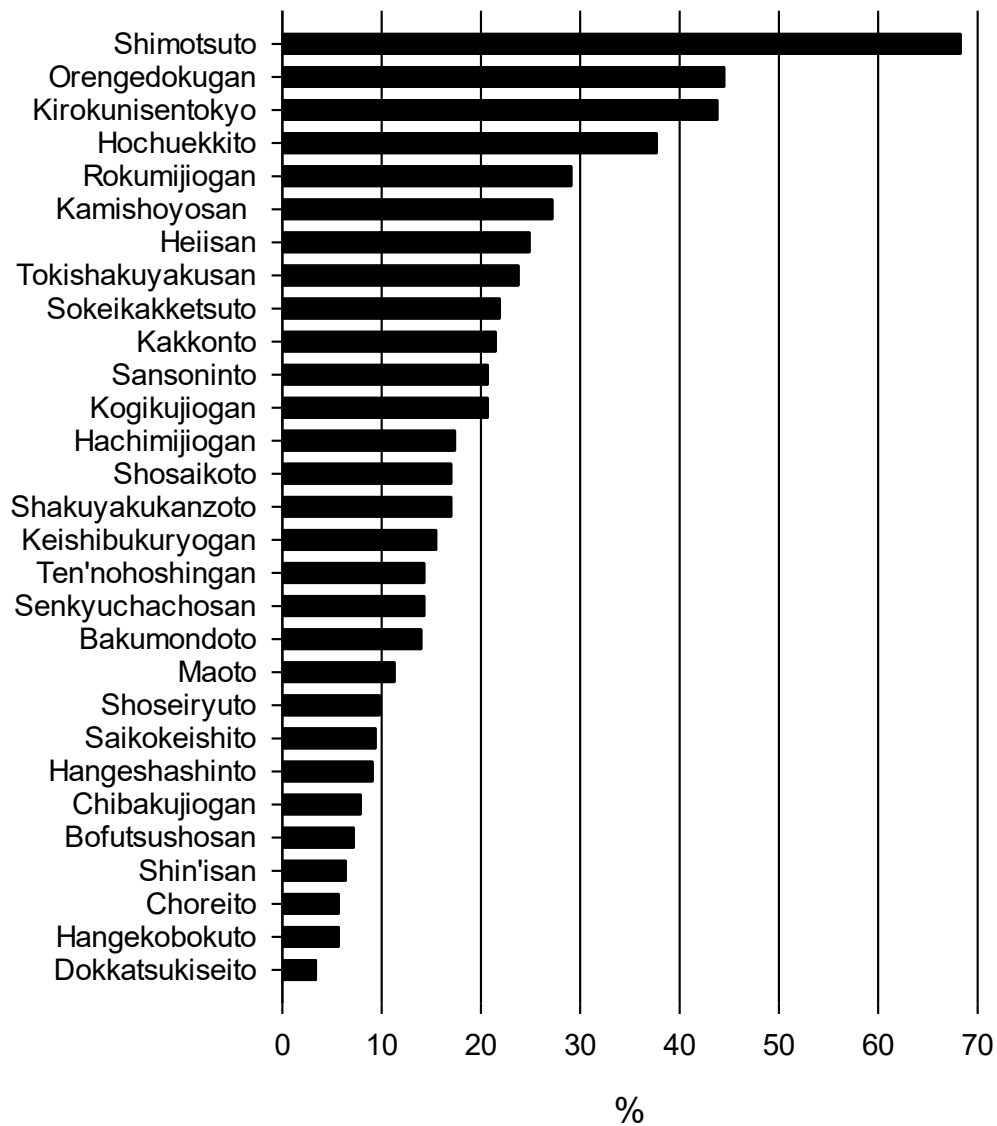


Figure 18. Over-the-counter TCMs chosen (%)

When exploring the reasons for purchasing OTC TCMs, 49.1% of the participants cited “Can easily try it” as the reason. The second most common reason was “Recommended by family or acquaintances,” accounting for 47.6%. The third most common was “Thought that there was no need to discuss with the Chinese medicine doctor at the time,” accounting for 37.0% (Fig. 19).

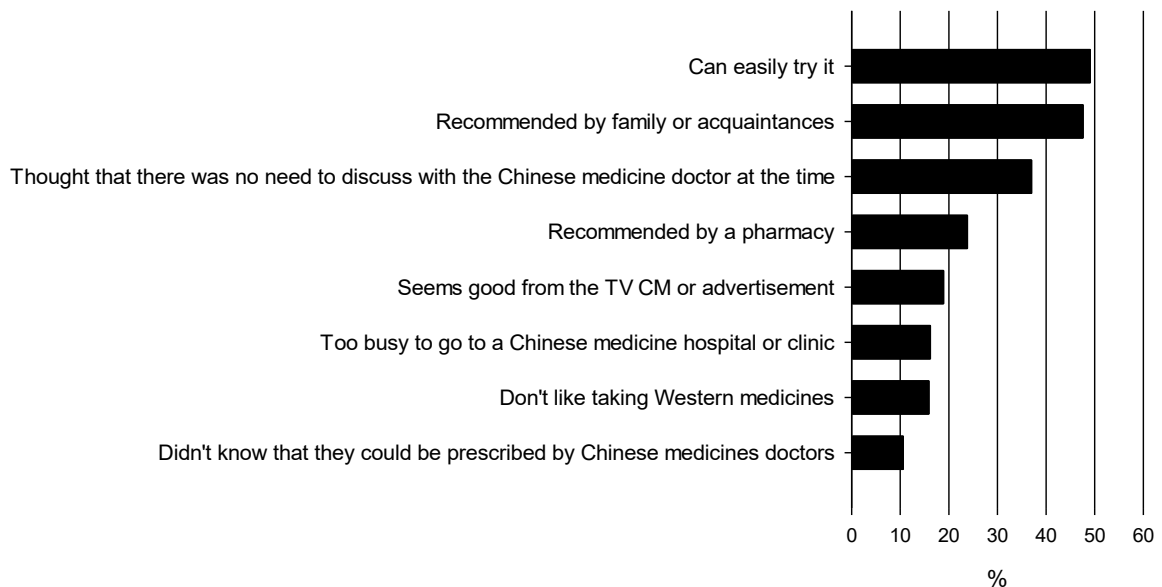


Figure 19. Reasons for purchasing over-the-counter TCMs

Current expectations for TCMs

Participants' expectations for TCMs were as follows: 67.2% expected that TCMs could “Help improve daily health and prevent diseases,” 54.4% expected that they could “Contribute to the treatment of diseases at medical institutions,” and 53.5% expected that

TCMs could “Make it easier to choose the traditional Chinese medicines that are suitable for me.” Additionally, 43.2% of the participants hoped that TCMs could be used to treat diseases that are difficult to treat with modern medicine, and about 36% hoped to increase their opportunities to learn about TCMs and increase their knowledge of TCMs. Only 2.3% of the participants had no expectations for TCMs (Fig. 20).

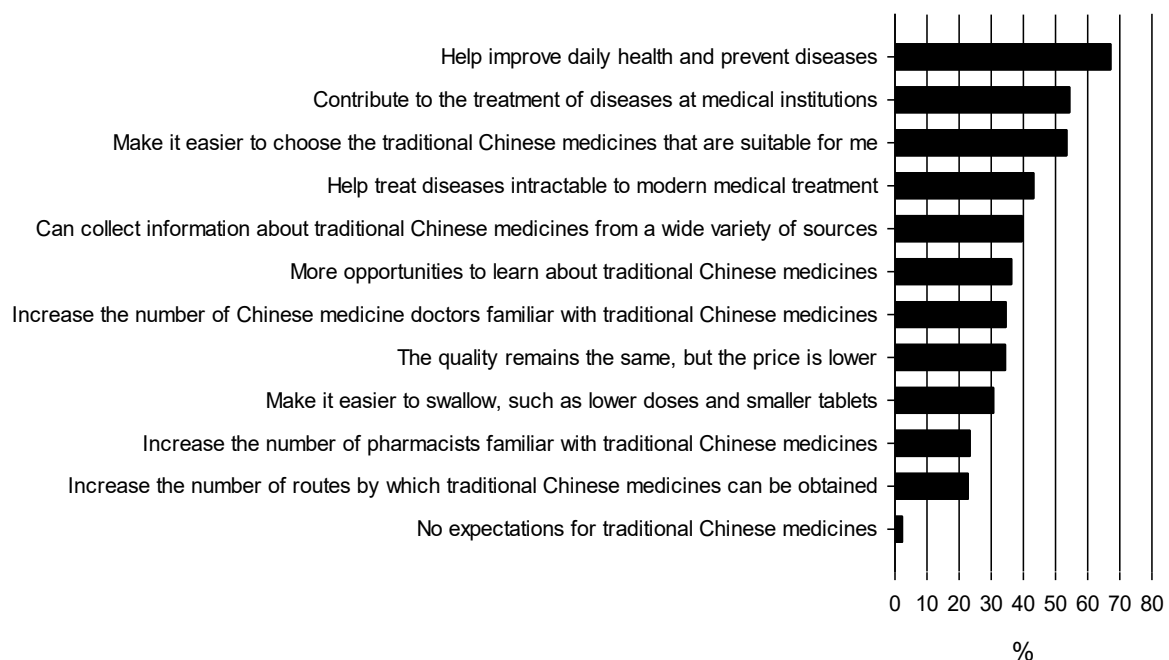


Figure 20. Expectations for TCMs

The reason for no experience taking TCMs

This part was designed for participants who had no experience taking TCMs. Overall, “Want to avoid taking medicines as much as possible”, “Western medicines are sufficient” and “Didn't know whether it really worked” had similar proportion, accounting for the highest

total of 33.4% of the results. The fourth most were “Have had no chance until now”, with a total of 28.6% (Fig. 21).

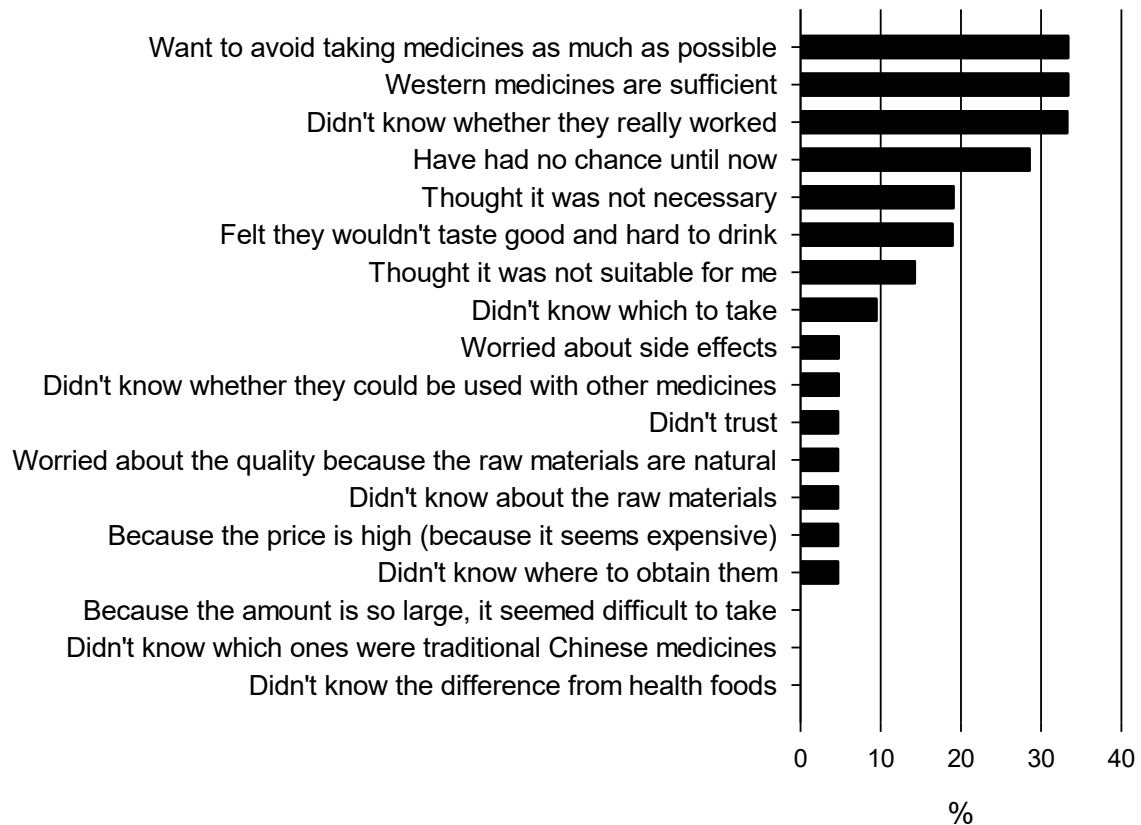


Figure 21. The reason for no experience taking TCMs

What want to know about TCMs

This part was about what participants wanted to know about TCMs. According to the figure 22, “How to choose traditional Chinese medicines that are suitable for me”, “Effect” and “Safety” had more than 50%, with a total of 57.3%, 52.3%, and 52.3% respectively. The fourth most was “Diseases and symptoms treatable with traditional Chinese medicines”, with a total

of 44.2%.

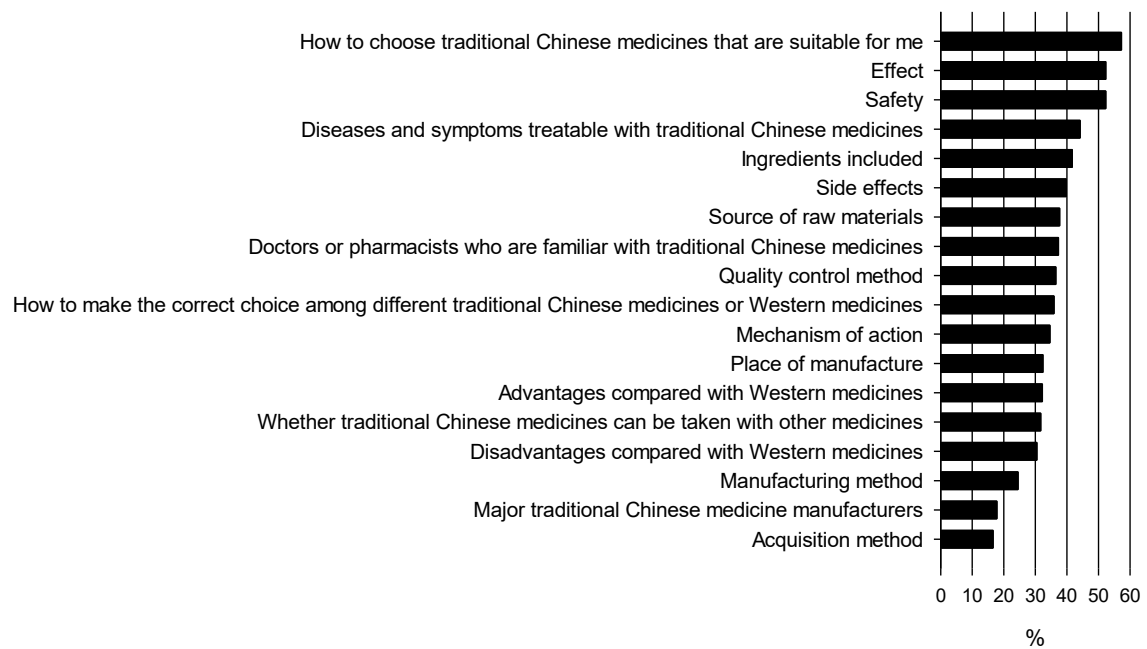


Figure 22. What participants want to know about TCMs

Sources of knowledge of TCMs

Overall, about 49.0% of the participants learned about TCMs through explanations by medical staff, 44.2% learned about them through family and friends, 27.0% through the Internet (homepages of pharmaceutical companies/medical institutions), and 18.7% from television advertisements. In contrast, books, pharmacy leaflets, magazine articles/magazine advertisements, pharmacy posters/ point-of-purchase (POP)/leaflets, newspaper articles/newspaper advertisements were the sources for 17.8%, 16.4%, 13.7%, 13.3% and 12.3%, respectively, 11.6% were from celebrity reviews, and 9.8% from pharmacies

(receiving products) (Fig. 23).

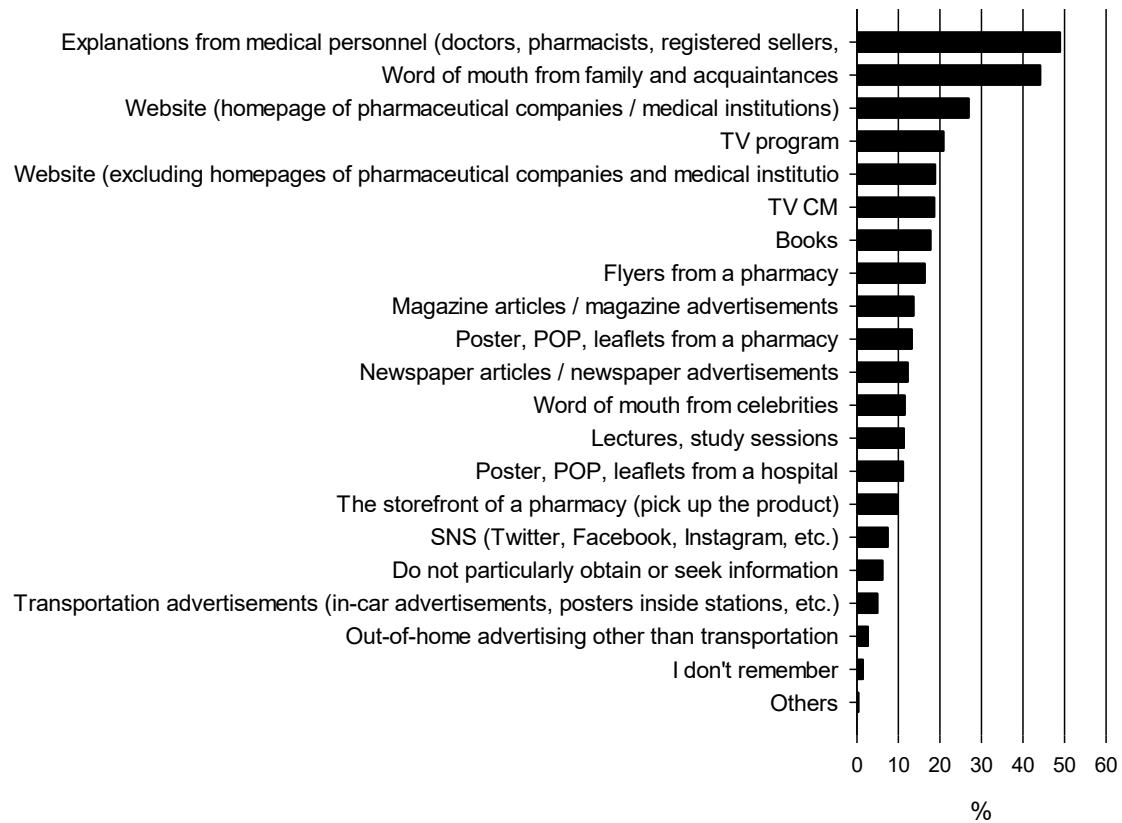


Figure 23. How participants learn information about KMs

Present concerns and future anxieties in Taiwan

Because the survey time of the Taiwanese questionnaire was after COVID-19 infection, the difference from the Japanese questionnaire was that there was an additional option of "COVID-19". According to the figure 24, the major health concern among participants at the time of the survey was COVID-19 infection, accounting for 22.4%, followed by physical pain at 21.4%, cancer, 20.5%, gastrointestinal diseases/symptoms, 19.5%, and diseases related to

aging, accounting for 18.3%.

Among anxieties about the future, cancer ranked first, accounting for 26.1%, followed by new coronavirus infection at 23.4%, aging-related diseases, 22.0%, eye diseases, 19.9%, body pain, 18.5%, and diabetes, accounting for 16.8%.

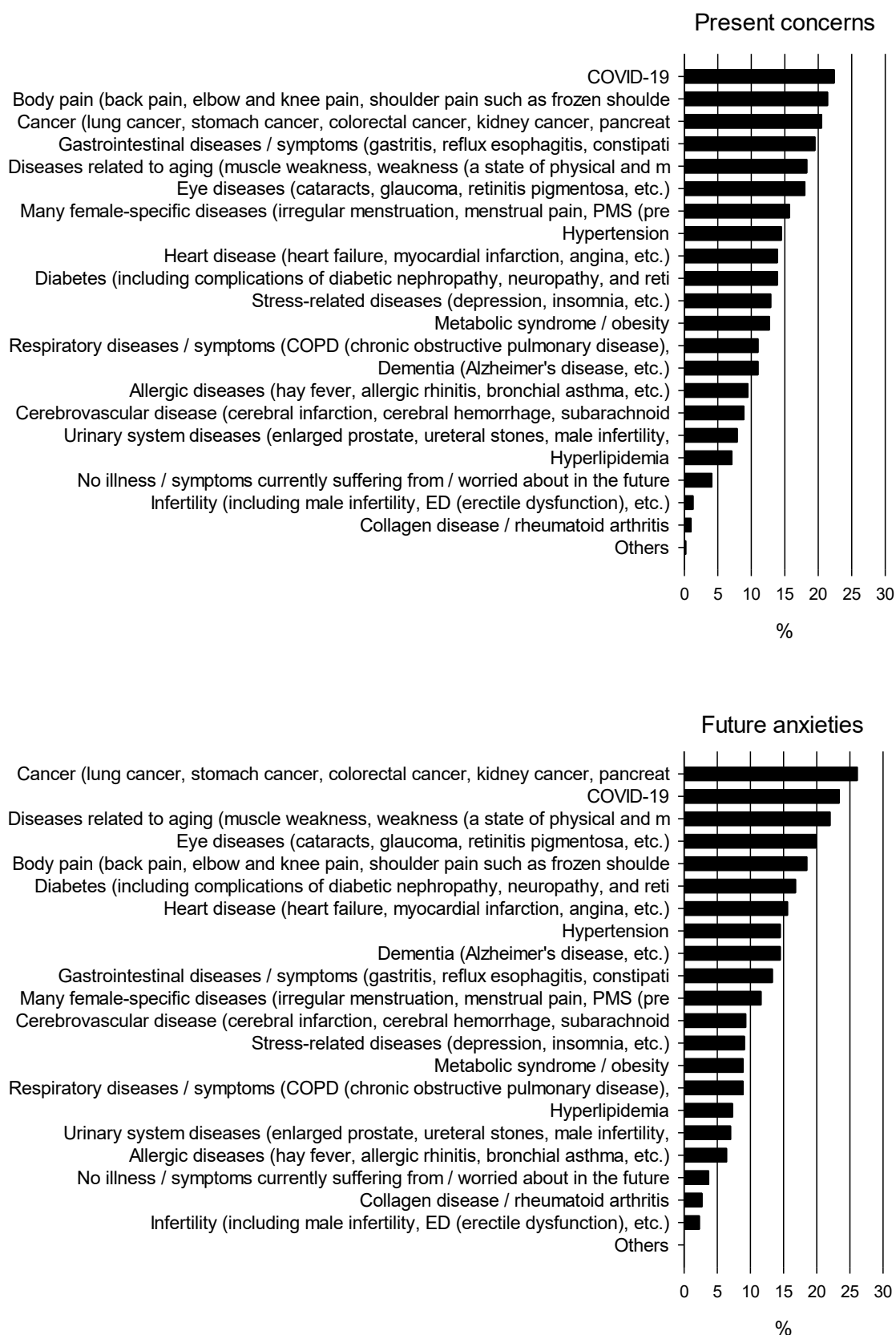


Figure 24. Present health concerns and future anxieties in Taiwan

4. Discussions

In recent years, the popularity of TCM has begun to decline, replaced by WM [42]. In 1996, Taiwan's National Health Insurance began covering the cost of TCM, allowing Taiwanese to choose between WM or TCM and receive treatment at either public or private medical institutions. Research indicates that compared to survey results from 1996 to 2001 [43], the percentage of people in Taiwan using TCM has increased annually, from 62.5% to 96%. Therefore, the use of TCM has steadily risen [44]. Among all TCM treatments, TCMs were the most commonly used in Taiwan [44,45]. Therefore, we conducted a survey on Taiwanese people's attitudes and experiences with TCMs to understand the current situation.

The present survey reveals that there is still a large proportion of TCMs users in Taiwan, and the age range is also quite broad, ranging from 25 to 99, with no discernible gender disparity (Fig. 15). People in Taiwan have a high awareness of TCMs. Among previous surveys, 70% thought TCMs are mild and have few side effects, and more than 80% thought they can effectively improve physical fitness [36,37]. A previous study showed that Koreans generally believed that TCMs were harmless because they were natural, and some even viewed them as nutritional supplements [46]. In fact, TCMs may also have side effects, while the previous surveys showed that only about 30% of the participants knew that TCMs may have side effects [38]. According to the findings of the present study, about 65% of the participants knew that TCMs may have side effects (Fig. 14). This result shows that the level of awareness has

improved, and this may be related to the way people have come to understand TCMs. However, we could know that not everyone had the correct knowledge of TCMs (Fig. 14). There is still considerable room for improvement in their understanding of TCMs. It is still important to enhance publicity and education regarding its safety and potential side effects. Nearly 90% of the participants obtained TCMs through prescriptions from Chinese medicine doctors (Fig. 16). A previous survey indicated that a person's experience with TCM is related to acceptance of healthscape differences [47]. From the results in this study, about 49.0% of the participants learned about TCMs through explanations from medical staff. More accurate information can be conveyed through these people. This measure will ensure that the public uses TCMs correctly and rationally, enhancing their therapeutic effects and safety.

In Taiwan, the main ways the participants obtained TCMs were through prescriptions from Chinese medicine doctors and by going to traditional Chinese medicine pharmacies to purchase them (Fig. 16). It is notable that only about half of the participants knew that health insurance is available for TCMs (Fig. 14). This may be one of reasons why about 10% of the participants had never seen a Chinese medicine doctor.

From a Japanese survey, about 46% of people had purchased KMs through pharmacies, the Internet or other ways, while only about 11% had purchased them at Kampo specialty pharmacy [39]. This finding may be due to Japan's relaxation of OTC drug regulations [48]. It may also be due to Japanese people's confidence in OTC KMs in the treatment of mild and general

diseases. A previous study mentioned that Japanese people were confident in using OTC KMs to treat colds [39]. However, in this study, only about 14% of Taiwanese people had purchased TCMs through pharmacies, the Internet, and other ways, while about 46% had purchased them at traditional Chinese medicines pharmacy (Fig. 16).

In terms of OTC medicines that had been taken, “kakkonto,” which is commonly used to treat the common cold, was the most commonly used OTC medicine in Japan [39], but only about 20% of people in Taiwan had taken it (Fig. 18). Previous studies have shown that people in Taiwan have generally sought WMs rather than TCMs when sick [33,37,38,49]. A survey showed that about 70% of people in Taiwan had never sought TCM treatment when they had a cold or fever within a year [37]. This may be related to their impression of TCMs, because the results of the present survey show that 70.9% thought that TCMs are “Work gently,” and 46.7% thought “Slow to take effect” (Fig. 17). The results also indicated that people will first decide whether to seek TCM treatment based on their symptoms.

On the other hand, the present survey also revealed that “simotsuto” was the most frequently used OTC TCMs among the participants, with a usage rate of 68.3% (Fig. 18). This trend can be attributed to the high usage rate among women and its association with female diseases. Some previous surveys showed that women tended to use TCMs more frequently than men [43,44,45,50]. The reason for this is that women are more likely to experience uncomfortable symptoms, such as menopausal symptoms, due to biological factors, and these

symptoms can be complex. Because TCMs are composed of a variety of herbs and other materials, they can be used to effectively treat diseases with complex clinical manifestations such as menopausal symptoms [30]. “simotsuto,” which is used for disorders in women, is considered to be the basic medicine for treating “blood deficiency” such as menstrual disorders, and it can also improve dry skin problems and sensitivity to cold [51]. As a result, it is widely used in Taiwan.

Men were more likely than women to purchase TCMs through “pharmacies, drugstores, the Internet, or mail order” (Fig. 16). Among the possible reasons are that the proportion of men engaged in work was higher than that of women [52]. The main reasons why people purchased OTC TCMs were convenience and recommendations from family or friends (Fig. 19). This information shows that people need to learn more about TCM insurance coverage and purchase channels, which may affect their selection and use of TCMs.

A previous study noted that people thought TCMs were primarily used to improve health and well-being, rather than treating more serious illnesses [53]. The expectations of TCMs in this study mainly included the following aspects: helping to improve daily health, preventing diseases, and contributing to the treatment of diseases by medical institutions. Besides, only 2.3% of people had no expectations for TCMs (Fig. 20). These results reveal that the participants were very concerned about TCMs and had positive attitude.

In Taiwan, the participants' top physical health concerns were centered around coronavirus

infection, body pain, aging-related illnesses, and cancer, based on the results in this study. Previous studies indicated that the primary consumers of TCM products not covered by insurance were those with multiple chronic conditions [43]. Besides, some previous studies have reported that TCMs are effective in the prevention and treatment of chronic diseases such as cardiovascular disease [54,55]. Therefore, TCMs hold a significant position in Taiwan's national health system, being a crucial factor in combating the COVID-19 outbreak, alleviating physical discomfort, and battling cancer. Therefore, improving the understanding of TCMs may improve the treatment of health and well-being.

Although this survey was conducted using an online questionnaire, which is highly random and can more genuinely reflect the actual situation than some other methods, it still has certain limitations. In the survey of the general population, we only investigated the use of OTC medicines because prescription medicines are difficult to survey. In addition, although there are many types of TCMs, the same TCMs may have multiple uses. Therefore, investigation based on a more detailed classification including the scope of use of TCMs may be necessary to obtain more accurate results.

5. Summary

In summary, the Taiwanese participants in this survey had a positive impression and perception of TCMs. The annual increase in the number of people using TCMs shows a high degree of their acceptance in Taiwan. Many participants believed that TCMs are mild, have

few side effects, and can effectively improve physical fitness. Their experience with TCMs was mainly reflected in their use in dealing with various health problems. Many participants used TCMs prescribed by Chinese medicine doctors or purchased them at traditional Chinese medicine pharmacies to relieve physical discomfort, especially in dealing with chronic diseases. Although the use of TCMs was widespread among the participants, their understanding of the safety, side effects, and insurance coverage of TCMs still needs to be strengthened. In other words, some people lack knowledge of TCMs and have doubts about their selection and usage. Therefore, it is essential to strengthen the publicity and education about TCMs and improve the public's understanding of them and of their correct use. For medical staff, traditional Chinese medicine manufacturers, and pharmacists, more detailed information should be presented when providing TCMs.

IV. Comparison between Japanese people towards Kampo medicines and Taiwanese people towards traditional Chinese medicines

Knowledge

About the knowledge of medicines, first, it is obvious that Taiwanese people have a better understanding of TCMs than Japanese people towards KMs. Besides, in Japan, people's understanding of KMs mainly focuses on the acquisition routes for obtaining them. However, in Taiwan, in addition to the acquisition routes for obtaining TCMs, most people also have a relatively correct understanding of how to use them. Furthermore, there are two things worth noting. First, for the KMs or TCMs can be purchased through pharmacies, drug stores or online, Japanese people's awareness is obviously higher than that of Taiwanese people. The main reason has something to do with the acquisition routes. Secondly, about that the KMs or TCMs are eligible for national health insurance coverage, it is obvious that relatively few people in Japan and Taiwan know about this matter. Therefore, there is still a lot of room for improvement in the promotion of national health insurance (Fig. 25).

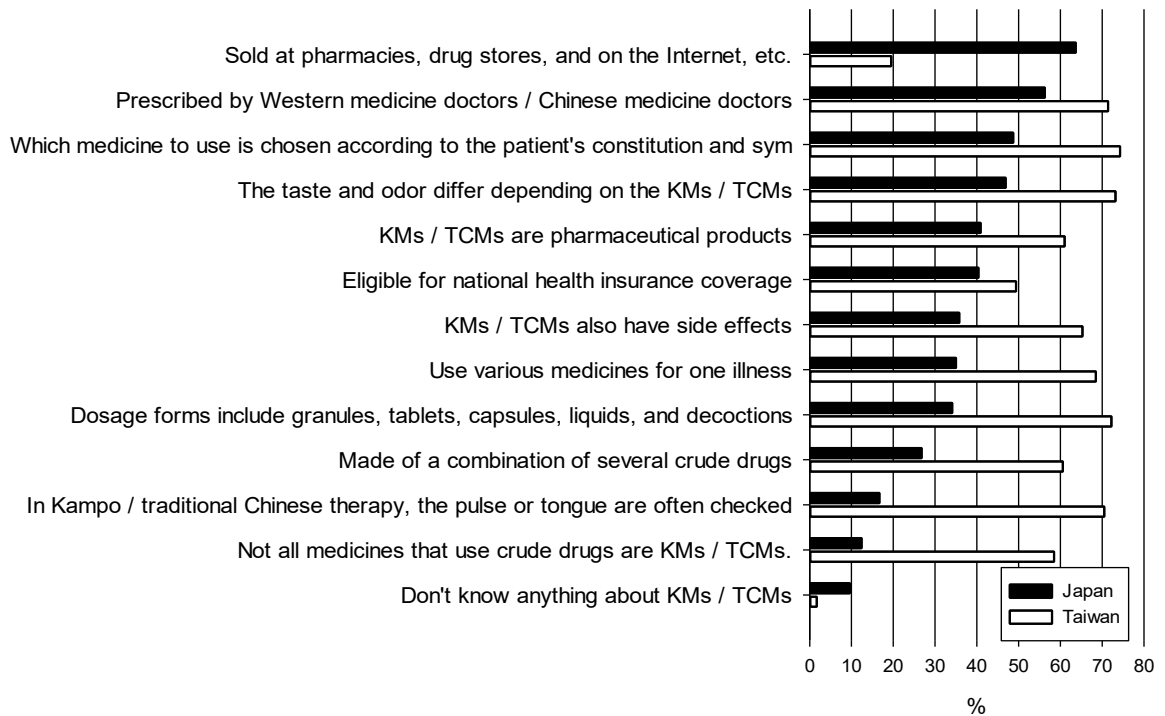


Figure 25. Comparison about the knowledge

Experience

About the experience, we can find that in fact there are still a small number of people in Japan who had never taken KMs, but in Taiwan, almost everyone had taken TCMs. Therefore, we can know that TCMs are obviously more popular in Taiwan than KMs in Japan. As for the difference between male and female, there are no obvious differences in either Taiwan or Japan (Fig.3 & 15).

Acquisition route

About the acquisition route, it is obvious that there is a big difference in acquisition routes in Japan and Taiwan (Fig. 4 & 16). First, although the main way to obtain medicines is through doctor's prescription. However, due to the difference of the doctor licensing system between Japan and Taiwan, KMs in Japan are mainly prescribed by Western medicines doctors (that is, doctors in Japan). However, TCMs in Taiwan are mainly prescribed by Chinese medicines doctors. Besides, about the secondary acquisition route, KMs are obtained through pharmacies, drugstores, and online in Japan, but TCMs are obtained at traditional Chinese medicine pharmacy in Taiwan.

Impressions

About the positive impression, Japanese people's views on KMs are roughly the same as Taiwanese people's views on TCMs, that is, work gently, fewer side effects, and choosing medicines based on symptoms. Interestingly, for the impression that they can improve constitution, the proportion of Taiwanese people is obviously higher than that of Japanese people. The possible reason is that Japanese people use KMs as medicine, but Taiwanese people also use TCMs as supplements (Fig. 26).

About the negative impression, similarly, Japanese people's views on KMs are roughly the same as Taiwanese people's views on TCMs, that is, slow to take effect, take them for a long time, unsure whether it works or not, and difficult to take. The obvious difference is that, for the expensive, the proportion of Japanese people is obviously higher than that of Taiwanese people. The possible reason is because of the popularity of health insurance in Taiwan (Fig. 27)

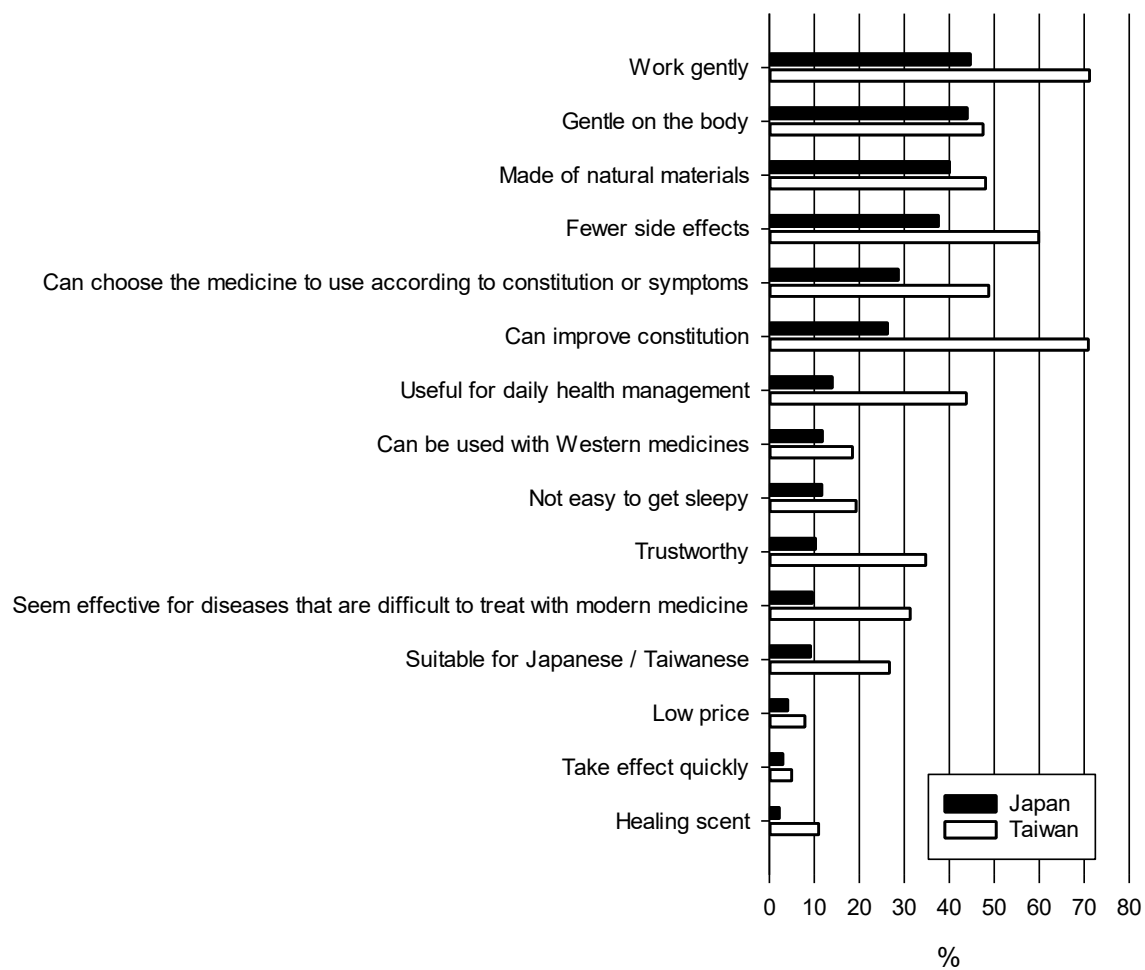


Figure 26. Comparison about the positive impression

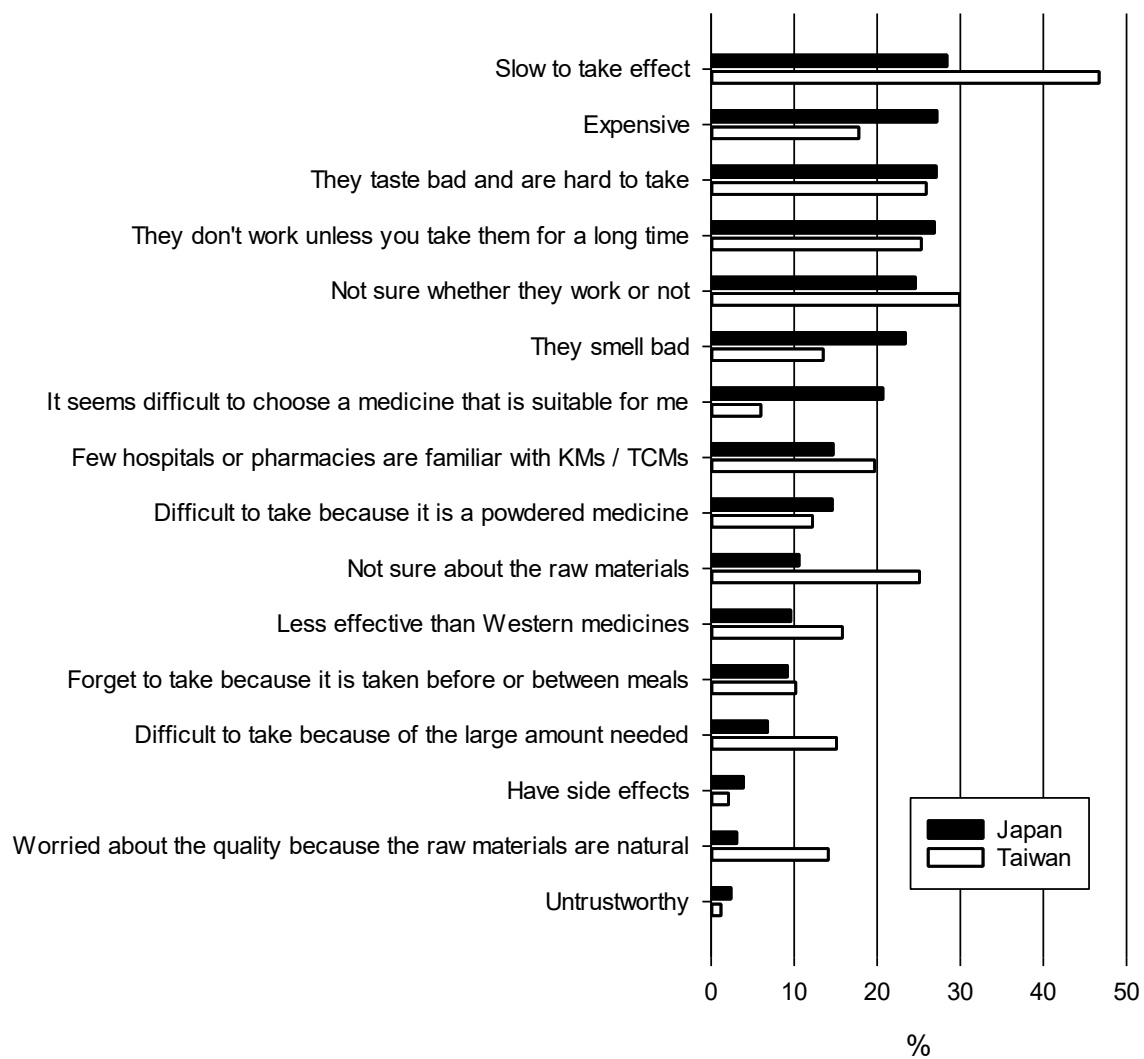


Figure 27. Comparison about the negative impression

OTC medicines that have been taken and reasons for purchasing them

About the OTC medicines that have been taken, it is obvious that the survey results in Japan and Taiwan are completely different (Fig.6 & 18). Especially for “kakkonto”, a large proportion of people in Japan have taken it, but only about 20% of people in Taiwan have taken it. On the one hand, this is because the Japanese have great trust in “kakkonto”, and on the other hand, there are difference between the popular OTC medicines in Japan and Taiwan.

About the reasons for purchasing medicines, both are roughly the same, mainly because they can be easily tried. The difference is that in Taiwan, recommended by family or acquaintances is also one of the main reasons (Fig. 28). The reason is because word of mouth from family or acquaintances is one of the main ways to learn information in Taiwan.

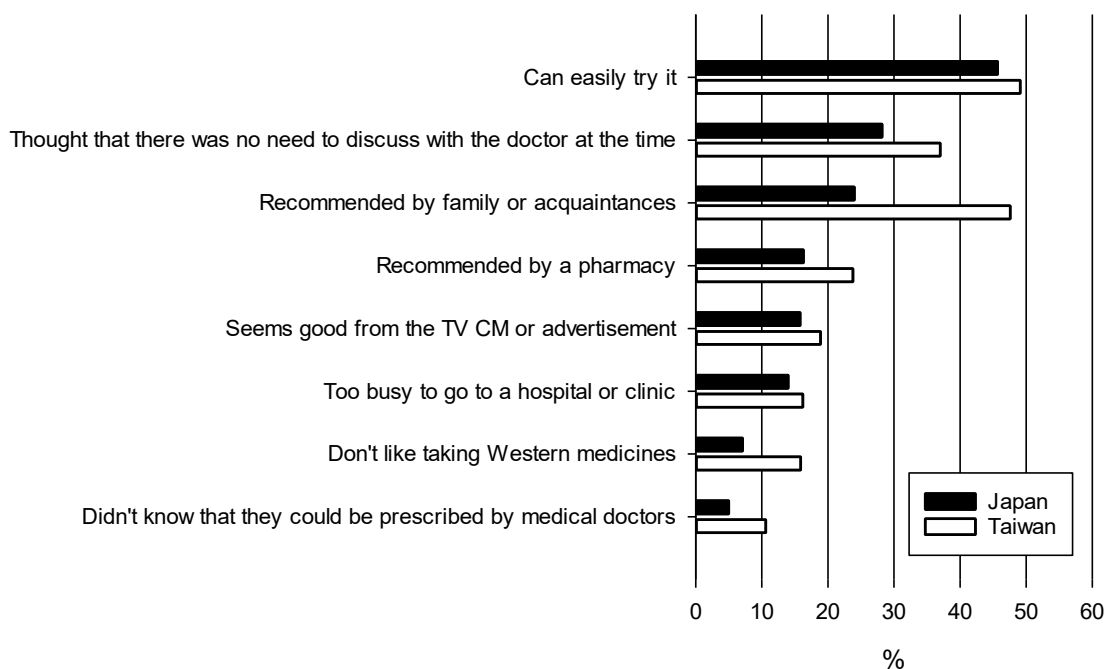


Figure 28. Comparison about the reasons for purchasing OTC medicines

Current expectations

About the current expectations, the same thing is that both hope to make it easier to choose suitable medicines and to help improve daily health and prevent diseases. However, because people in Japan generally think that KMs are expensive, a large number of Japanese people hope to reduce prices with unchanged quality (Fig. 29).

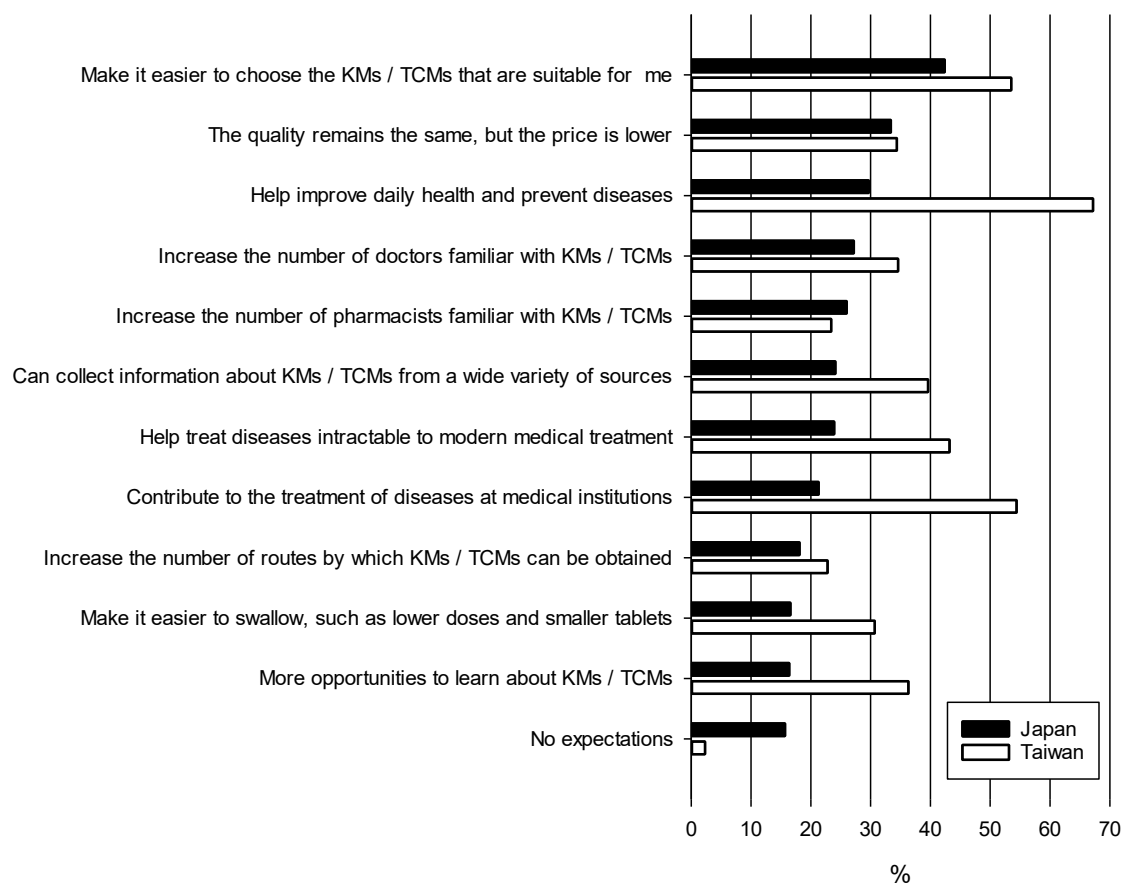


Figure 29. Comparison about the current expectations

The reason for no experience

About the reason for no experience in taking medicines, there are still slight differences in the results between Japan and Taiwan. The main reason for Japanese people is that they still haven't had the opportunity to use KMs until now. In other words, unless they are sick or have a need to use them, they don't use it as much as possible. However, in Taiwan, most people think that WMs are enough, or want to avoid taking medicine, and are not even sure whether TCMs really work. Therefore, Taiwanese people who have never taken TCMs tend to refuse to use them (Fig. 30).

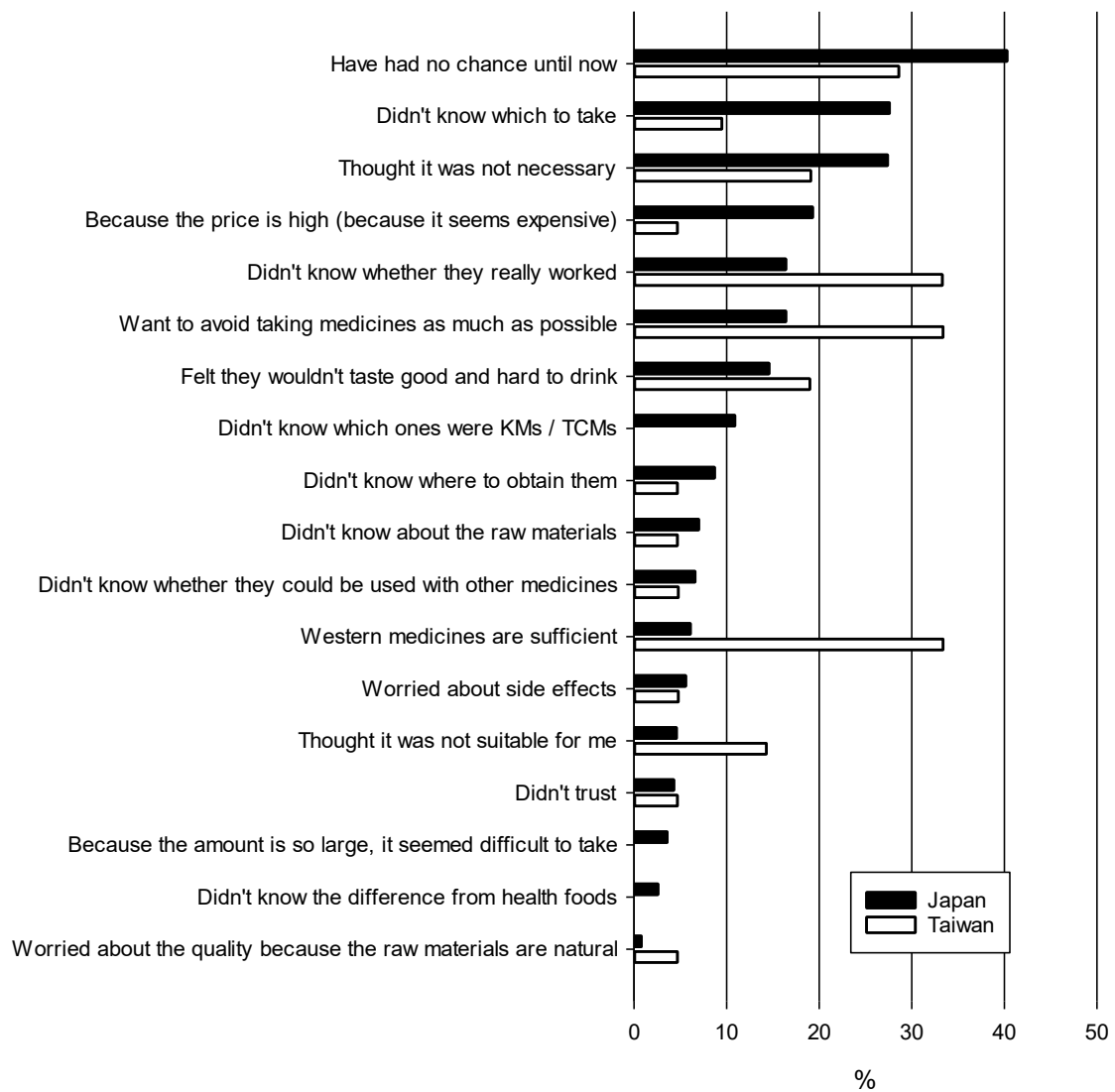


Figure 30. Comparison about the reason for no experience

What want to know

About what want to know, the results in Japan and Taiwan are roughly the same. Mainly they want to know about the effects, selection methods, safety, and side effects of medicines. The difference is that Taiwanese people obviously want to know more about TCMs than Japanese people want to know about KMs (Fig. 31). It shows that compared with Japanese people, Taiwanese people want to deeply know more information.

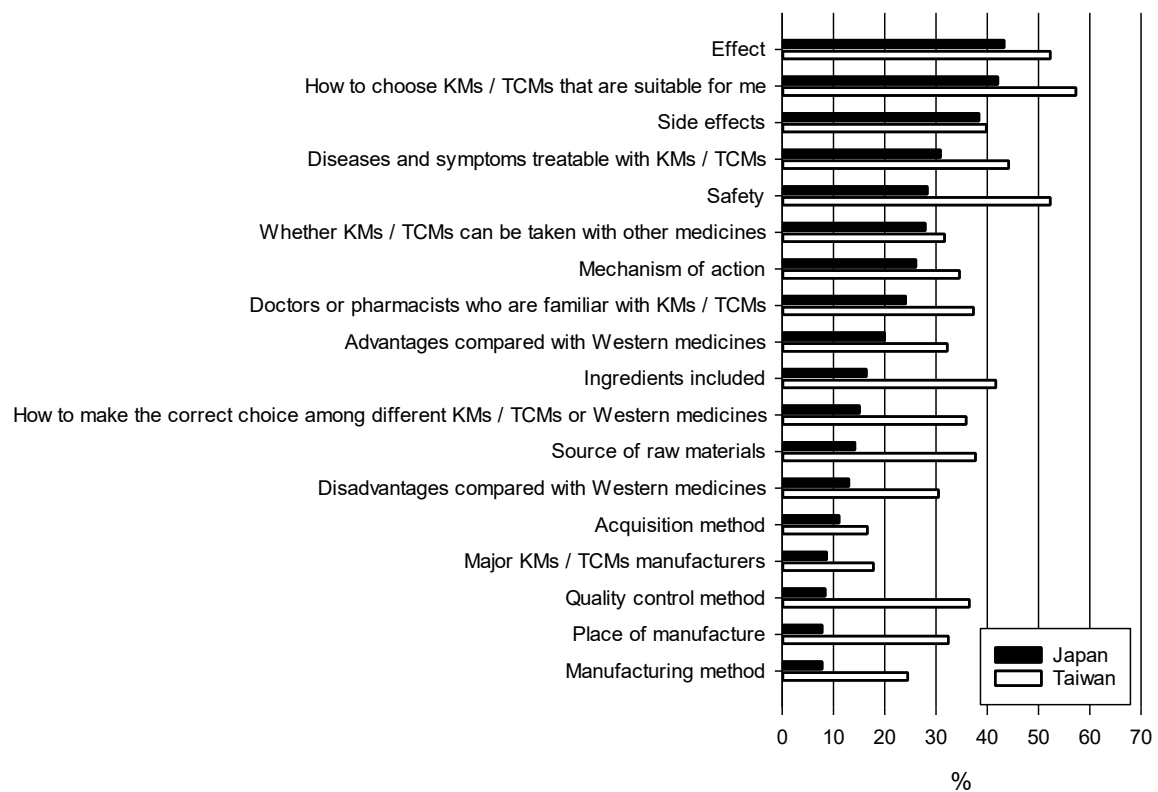


Figure 31. Comparison about what want to know

Sources of knowledge

About the sources of knowledge, there are obvious differences in the results between Japan and Taiwan. Most people in Japan do not learn information about KMs particularly. It can even be seen that relatively few obtain relevant information from medical staff.

Therefore, we can know that perhaps in Japan, medical staff are more passive in conveying medicine information. However, most people in Taiwan get information from medical staff, but it can also be found that there are also a lot of people through family or acquaintances.

Therefore, part of the understanding of TCMs is also influenced by family members or acquaintances (Fig.32).

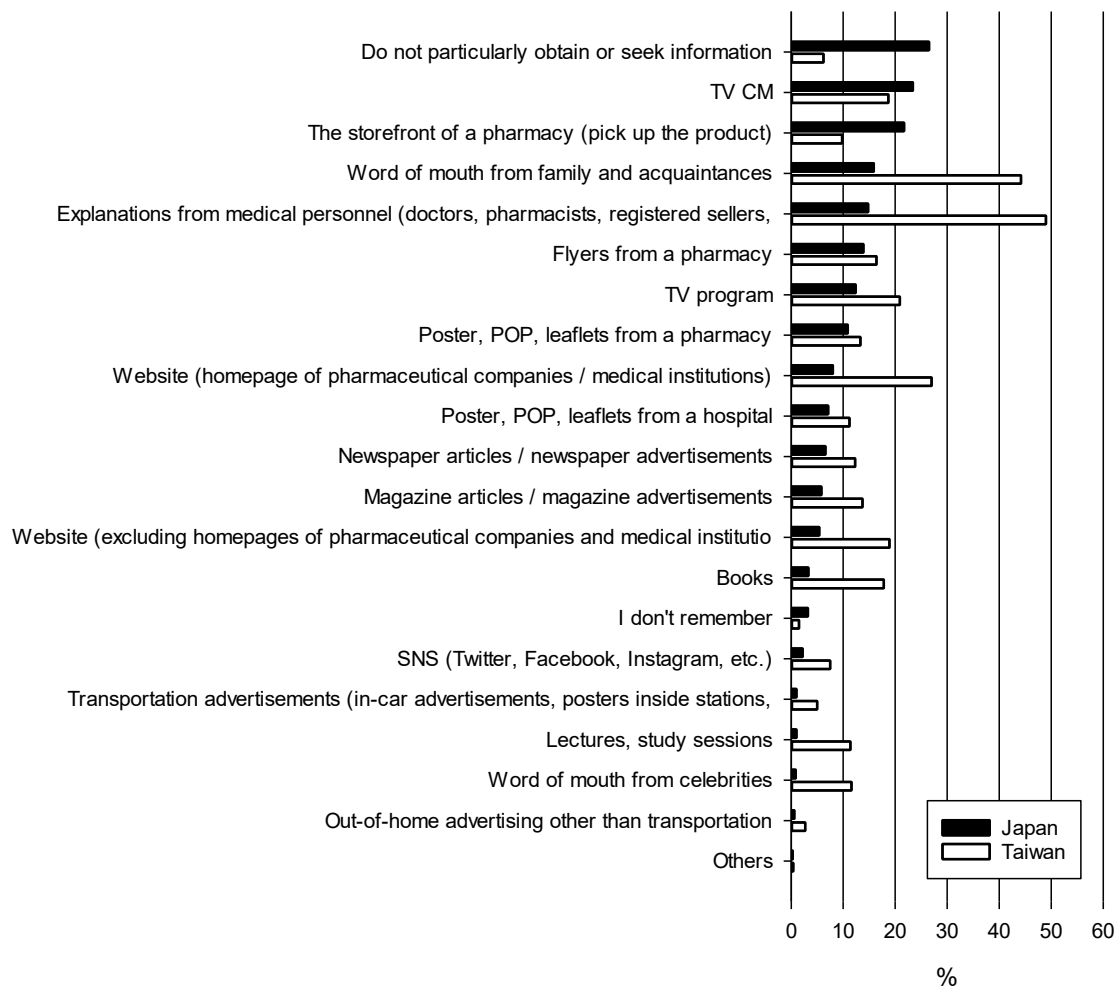


Figure 32. Comparison about sources of knowledge

Present health concerns and future anxieties

About the present health concerns, Japanese people are healthier than Taiwanese people. Although one of the reasons is that the Taiwanese questionnaire was conducted after the coronavirus outbreak, it can also be found that a relatively large proportion of Taiwanese people are currently suffering from cancer. However, in comparison, Japanese people have more common health problems, such as body pain, allergies (Fig.12 & 24).

As for the future anxieties, Japanese and Taiwanese people are most worried about cancer. Interestingly, a relatively large number of Taiwanese people are also worried about aging-related diseases, but Japanese people are not. On the contrary, a relatively large number of Japanese people are more worried about cognitive diseases such as Alzheimer's disease (Fig.12 & 24). Therefore, we can know that there are also different views on worries about diseases.

V. Conclusion

KMs are traditional herbal medicine practiced in Japan according to the local culture and climate based on TCMs. However, due to differences in doctor licensing systems and people's habits between Japan and Taiwan, in fact people's attitude and experience in using KMs or TCMs are different. Overall, although Taiwanese people have more usage and correct understanding of TCMs than that of KMs towards Japanese people, but in fact there are still misunderstandings about TCMs or KMs. Therefore, whether in Japan or Taiwan, medical-related personnel should continue to deliver correct information to enhance or improve Japanese or Taiwanese people's understanding or usage habits of medicines.

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Supplement

Table S1

日本における漢方薬に関するアンケートと調査回答

Questionnaire and survey responses related to KMs in Japan.

Q1: 漢方薬について、あなたが知っていることをすべてお答え ください。	回答数	%
Please select everything you know about Kampo medicines.	Number	
1. 医師が処方している	1161	56.3
Prescribed by Western medicine doctors		
2. 薬局やドラッグストア、インターネットなどで販売している	1312	63.7
Sold at pharmacies, drug stores, and on the Internet, etc.		
3. 健康保険が適用されている	832	40.4
Eligible for national health insurance coverage		
4. 漢方薬は医薬品である	843	40.9
Kampo medicines are pharmaceutical products		
5. 日本独自の伝統薬である	307	14.9
Traditional medicines unique to Japan		
6. 複数の生薬の組み合わせでできている（※生薬：動植物や鉱	553	26.8

物など天然由来の薬物)		
Made of a combination of several crude drugs (crude drugs are naturally-derived drugs from animals, plants and minerals)		
7. 生薬を使った薬がすべて漢方薬というわけではない	256	12.4
Not all medicines that use crude drugs are Kampo medicines		
8. ドクダミは漢方薬ではない	78	3.8
Houttuynia cordata is not a Kampo medicine		
9. 薬膳は漢方薬ではない（※薬膳：食材や生薬を組み合わせた料理）	233	11.3
Dietary therapy is not Kampo medicine		
10. 同じ病気でも、人によって違う薬を使うことがある	722	35
Use various medicines for one illness		
11. 顆粒、錠剤、カプセル剤、液剤、煎じ薬などの種類がある	703	34.1
Dosage forms include granules, tablets, capsules, liquids, and decoctions		
12. 体質や症状などに合わせて使う薬を選ぶ	1004	48.7
Choose which medicine to use according to the patient's constitution and symptoms		

13. 漢方治療では、脈や舌を診たり、お腹を触ったりすることがある	345	16.7
In Kampo therapy, the pulse, tongue, stomach are often checked or touched		
14. 漢方薬によって味やにおいが異なる	967	46.9
The taste and odor differ depending on the Kampo medicine		
15. 漢方薬にも副作用がある	737	35.8
Kampo medicines also have side effects		
16. がんや認知症の患者に使われる漢方薬がある	223	10.8
There are Kampo medicines used to treat patients with cancer or dementia		
17. 葛根湯は風邪以外の症状に使われることもある	573	27.8
Kakkonto may be used for symptoms other than colds		
18. いずれも知らなかった	198	9.6
Don't know anything about Kampo medicines		
Q2: あなたは、漢方薬に興味がありますか。以下の中で、あてはまるものをお答えください。	回答数	%
Are you interested in Kampo medicines? Please select the most	Number	

appropriate option from the choices below.

1. 興味がある	356	17.3
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Very interested

2. やや興味がある	724	35.2
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Somewhat interested

3. どちらともいえない	510	24.8
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Neutral

4. あまり興味がない	276	13.4
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Somewhat uninterested

5. 興味がない	192	9.3
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Not at all interested

Q3: あなたは、これまで漢方薬を飲んだことがありますか。以 回答数 %

下の中で、あてはまるものをお答えください。

Have you ever taken Kampo medicines? Please select the most Number

appropriate option from the choices below.

1. 飲んだことがある	1471	71.4
-------------	------	------

Have experience

2. 飲んだことはない	589	28.6
-------------	-----	------

No experience

Q4: これまで漢方薬を飲んだことがある方にお聞きます。あ 回答数 %

あなたは、飲んだことがある漢方薬をどのように入手しました

か。以下の中から、あてはまるものをすべてお答えください。

This question is for those who have taken Kampo medicines before. Number

How did you obtain the Kampo medicines you have taken? Please

select all matching options from the choices below.

1. 医師に処方してもらった	934	63.5
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Prescribed by a Western medicine doctor

2. 薬局やドラッグストア、インターネット、通信販売で購入し	681	46.3
--------------------------------	-----	------

た

Purchased through a pharmacy, drug store, over the Internet or by

mail order

3. 漢方の専門薬局で購入した	166	11.3
-----------------	-----	------

Purchased at a Kampo specialty pharmacy

4. その他	15	1
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Others

5. わからない・覚えていない	62	4.2
-----------------	----	-----

I don't know / I don't remember

Q5: これまで薬局、ドラッグストア、インターネット、通信販 回答数 %

売、漢方の専門薬局で漢方薬を入手して飲んだことのある方に

お聞きします。以下の中で、あなたが上記の場所で入手して飲

んだことがある漢方薬をすべてお答えください。

選択肢の括弧内は各漢方薬の読みと代表的な効果の説明です。

This question is for those who have purchased Kampo medicines at a Number

pharmacy, drug store, over the Internet, by mail order, or at a Kampo

specialty pharmacy. Please indicate all Kampo medicines that you have

obtained from the above locations from the choices below.

1. 葛根湯（かっこんとう/風邪のひき始めなどに有効）	636	80.3
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Kakkonto (effective at the beginning of a cold, etc.)

2. 防風通聖散（ぼうふうつうしょうさん/便秘がちで脂肪の多	47	5.9
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い方などに有効）

Bofutsushosan (effective for people who tend to be constipated and

have a lot of fat)

3. 八味地黄丸（はちみじおうがん/足腰の痛みや頻尿などに有	64	8.1
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効）

Hachimijiogan (effective for leg and back pain, frequent urination, etc.)		
4. 当帰芍薬散（とうきしゃくやくさん/足腰が冷える方、生理不順などに有効）	62	7.8
Tokishakuyakusan (effective in people with cold feet / legs or lower back, or menstrual irregularities, etc.)		
5. 小青竜湯（しょうせいりゅうとう/アレルギー性鼻炎などに有効）	117	14.8
Shoseiryuto (effective for allergic rhinitis, etc.)		
6. 麦門冬湯（ばくもんどうとう/からぜきなどに有効）	78	9.8
Bakumondoto (effective for dry cough, etc.)		
7. 麻黄湯（まおうとう/風邪のひき始めなどに有効）	76	9.6
Bakumondoto (effective for dry cough, etc.)		
8. 柴胡桂枝湯（さいこけいしとう/こじれた風邪、腹痛などに有効）	36	4.5
Saikokeishito (effective for complicated colds, stomachaches, etc.)		
9. 猪苓湯（ちょれいとう/頻尿、残尿感などの排尿トラブルなどに有効）	20	2.5

Choreito (effective for frequent urination, residual urination, and other urinary problems)		
10. 加味逍遙散（かみしょうようさん/更年期や心身の不調の改善などに有効）	32	4.1
Kamishoyosan (effective for menopause and improvement of physical and mental disorders)		
11. 桂枝茯苓丸（けいしぶくりょうがん/下半身の冷えなどに有効）	25	3.1
Keishibukuryogan (effective for lower body coldness)		
12. 芍薬甘草湯（しゃくやくかんぞうとう/筋肉のけいれんなどに有効）	68	8.6
Shakuyakukanzoto (effective for muscle cramps, etc.)		
13. カコナール	156	19.7
Caconal (a trade name for kakkonto)		
14. ナイシトール	71	9
Naisitol (a trade name for bofutsushosan)		
15. コッコアポ	44	5.6
Cocoapo (a trade group name for a product containing		

bofutsushosan and boiogito)		
16. ビスラットゴールド	24	3.1
Bisrat Gold (a trade name for daisaikoto)		
17. チクナイン	39	4.9
Chikunain (a trade name for shin'iseihaito)		
18. その他	42	5.3
Others		
19. 名前を覚えていない	7.2	9.1
I don't remember the name		

Q6S1: これまで薬局、ドラッグストア、インターネット、通信 回答数 %

販売、漢方の専門薬局で漢方薬を入手して飲んだことのある方

にお聞きします。あなたが、漢方薬を上記の場所で入手しよう

と思った理由はなんですか。以下の中で、あてはまるものをお

答えください。薬局、ドラッグストア、インターネット、通信

販売、漢方薬局で漢方薬を入手した理由（いくつでも）

This question is for those who have purchased Kampo medicines at a Number

pharmacy, drug store, over the Internet, by mail order, or at a Kampo

specialty pharmacy. Why did you decide to obtain Kampo medicines

from the above locations? Please select all matching options from the choices below. Reasons for obtaining Kampo medicines at a pharmacy, drug store, over the Internet, by mail order, or at a Kampo specialty pharmacy. (Any number)

1. 医師に処方されることを知らなかったから	39	5
Didn't know that they could be prescribed by medical doctors		
2. 忙しくて病院やクリニックに行く暇がないから	111	14
Too busy to go to a hospital or clinic		
3. 医師に相談するほどではないと思うから	223	28.2
Thought that there was no need to discuss with the doctor at the time		
4. 手軽に試せるから	362	45.7
Can easily try it		
5. 薬局で勧められたから	129	16.3
Recommended by a pharmacy		
6. 西洋薬を飲むのが嫌だから(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	56	7.1
Don't like taking Western medicines (Western medicine: a medicine		

consisting mainly of one ingredient or a combination thereof.

Example: ibuprofen)

7. テレビ CM や広告を見て良さそうだったから	125	15.8
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Seems good from the TV CM or advertisement

8. 家族・知人に勧められたから	190	24
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Recommended by family or acquaintances

9. その他	28	3.6
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Others

Q6S2: これまで薬局、ドラッグストア、インターネット、通信	回答数	%
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販売、漢方の専門薬局で漢方薬を入手して飲んだことのある方

にお聞きします。あなたが、漢方薬を上記の場所で入手しよう

と思った理由はなんですか。以下の中で、あてはまるものをお

答えてください。その中で、薬局、ドラッグストア、インターネ

ット、通信販売、漢方薬局で漢方薬を入手した最大の理由（ひ

とつだけ）

This question is for those who have purchased Kampo medicines at a Number

pharmacy, drug store, over the Internet, by mail order, or at a Kampo

specialty pharmacy. Why did you decide to obtain Kampo medicines at

the above locations? Please select the main reason for obtaining

Kampo medicines at these locations. (Only one)

1. 医師に処方されることを知らなかったから	20	2.6
------------------------	----	-----

Didn't know that they would be prescribed by medical doctors

2. 忙しくて病院やクリニックに行く暇がないから	61	7.7
--------------------------	----	-----

Too busy to go to a hospital or clinic

3. 医師に相談するほどではないと思うから	135	17
-----------------------	-----	----

Thought that there was no need to discuss with the doctor at the
time

4. 手軽に試せるから	229	29
-------------	-----	----

Can easily try it

5. 薬局で勧められたから	82	10.3
---------------	----	------

Recommended by a pharmacy

6. 西洋薬を飲むのが嫌だから(※西洋薬：おもに1つの成分ま	35	4.5
--------------------------------	----	-----

たはその組み合わせからなるお薬。例：イブプロフェン)

Don't like taking Western medicines (Western medicine: a medicine
consisting mainly of one ingredient or a combination thereof.

Example: ibuprofen)

7. テレビ CM や広告を見て良さそうだったから	63	7.9
Seems good from the TV CM or advertisement		
8. 家族・知人に勧められたから	144	18.2
Recommended by family or acquaintances		
9. その他	23	2.9
Others		

Q7: これまで医師に処方してもらって漢方薬を飲んだことがある方にお聞きします。あなたはどのようにして、処方された薬が漢方薬であると認識しましたか。以下の中から、あてはまるものをすべてお答えください。

This question is for those who have taken Kampo medicines with a doctor's prescription. How did you know that the prescribed drugs were Kampo medicines? Please select all matching options from the choices below.

1. 医師から説明があった	658	70.4
An explanation from the Western medicine doctor		
2. 薬剤師から説明があった	359	38.4
An explanation from the pharmacist		

3. 味やにおい、色でわかった	90	9.6
Knew from the taste, odor, or color		
4. 処方される前から名前を知っていた	164	17.5
Knew the name before they were prescribed		
5. 本やインターネットで調べた	60	6.4
Looked up in a book or on the internet		
6. 薬の包装・パッケージでわかった	263	28.2
Knew based on the medicine packaging		
7. 家族・知人が教えてくれた	43	4.6
Advised by family or acquaintances		
8. その他	4	0.5
Others		

Q8S1: これまで漢方薬を飲んだことがない方にお聞きします。 回答数 %

あなたが、今まで漢方薬を飲んだことがないのはなぜですか。

以下の中から、あてはまるものをお答えください。飲んだことがない理由（いくつでも）

This question is for those who have never taken Kampo medicines. Number

Why have you never taken Kampo medicines? Please select all

matching options from the choices below. Reasons for never take

Kampo medicines. (Any number)

1. 今まで機会がなかったから	238	40.3
-----------------	-----	------

Have had no chance until now

2. 必要性を感じないから	162	27.4
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Thought it was not necessary

3. どこで入手できるかわからないから	51	8.7
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Didn't know where to obtain them

4. 値段が高いから（高そうだから）	114	19.3
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Because the price is high (because it seems expensive)

5. 健康食品との違いがわからないから	16	2.6
---------------------	----	-----

Didn't know the difference from health foods

6. 原料がよくわからないから	41	7
-----------------	----	---

Didn't know about the raw materials

7. 原料が自然のものなので、品質が心配だから	5	0.8
-------------------------	---	-----

Worried about the quality because the raw materials are natural

8. 信用できないから	25	4.3
-------------	----	-----

Didn't trust

9. 自分向きではないと感じるから	27	4.6
Thought it was not suitable for me		
10. どれが漢方薬かわからないから	64	10.9
Didn't know which ones were Kampo medicines		
11. 何を飲めばいいのかわからないから	163	27.6
Didn't know which to take		
12. 量が多くて飲みにくそうだと感じるから	21	3.6
Because the amount is so large, it seemed difficult to take		
13. 不味くて飲みにくそうだと感じるから	86	14.6
Felt they wouldn't taste good and hard to drink		
14. 副作用が心配だから	33	5.6
Worried about side effects		
15. 本当に効くかわからないから	97	16.4
Didn't know whether they really worked		
16. できるだけ薬を飲みたくないから	97	16.4
Want to avoid taking medicines as much as possible		
17. ほかの薬と併用できるかわからないから	39	6.6
Didn't know whether they could be used with other medicines		

18. 西洋薬で十分だから(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	36	6.1
Western medicines are sufficient (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof.		
Example: ibuprofen)		
19. その他	11	1.9
Others		
<p>Q8S2: これまで漢方薬を飲んだことがない方にお聞きします。 回答数 %</p> <p>あなたが、今まで漢方薬を飲んだことがないのはなぜですか。</p> <p>以下の中から、あてはまるものをお答えください。その中で、</p> <p>飲んだことがない最大の理由（ひとつだけ）</p>		
This question is for those who have never taken Kampo medicines.	Number	
Why have you never taken Kampo medicines? Please select the main reason for never having taken Kampo medicines from the choices below. (Only one)		
1. 今まで機会がなかったから	162	27.4
Have had no chance until now		
2. 必要性を感じないから	94	15.9

Thought it was not necessary		
3. どこで入手できるかわからないから	11	1.9
Didn't know where to obtain them		
4. 値段が高いから（高そうだから）	35	6
Because the price is high (because it seems expensive)		
5. 健康食品との違いがわからないから	6	1.1
Didn't know the difference from health foods		
6. 原料がよくわからないから	10	1.7
Didn't know about the raw materials		
7. 原料が自然のものなので、品質が心配だから	1	0.1
Worried about the quality because the raw materials are natural		
8. 信用できないから	11	1.9
Didn't trust		
9. 自分向きではないと感じるから	13	2.3
Thought it was not suitable for me		
10. どれが漢方薬かわからないから	16	2.7
Didn't know which ones were Kampo medicines		
11. 何を飲めばいいのかわからないから	64	10.9

Didn't know which to take		
12. 量が多くて飲みにくそうだと感じるから	6	1.1
Because the amount is so large, it seemed difficult to take		
13. 不味くて飲みにくそうだと感じるから	34	5.8
Felt they wouldn't taste good and hard to take		
14. 副作用が心配だから	10	1.8
Worried about side effects		
15. 本当に効くのかわからないから	35	5.9
Didn't know whether they really worked		
16. できるだけ薬を飲みたくないから	49	8.3
Want to avoid taking medicines as much as possible		
17. ほかの薬と併用できるかわからないから	9	1.6
Didn't know whether they could be used with other medicines		
18. 西洋薬で十分だから(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	14	2.4
Western medicines are sufficient (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof. Example: ibuprofen)		

19. その他	8	1.4
Others		
<hr/> <p>Q9: あなたが、漢方薬に対して持っている良いイメージについて以下の中からあてはまるものをすべてお答えください。</p> <p>Regarding your positive impressions of Kampo medicines, please select all matching options from the choices below.</p>		
1. 値段が安い	84	4.1
Low price		
2. 日本人に合っている	190	9.2
Suitable for people in Japan		
3. 自然由来のものでできている	826	40.1
Made of natural materials		
4. 信用できる	211	10.3
Reliable		
5. 体質や症状などに合わせて使う薬を選べる	592	28.7
Can choose the medicine to use according to constitution or symptoms		
6. 香りに癒される	46	2.2

Healing scent		
7. 副作用が少ない	775	37.6
Fewer side effects		
8. 眠くなりにくい	241	11.7
Do not cause drowsiness		
9. 身体にやさしい	907	44
Gentle on the body		
10. 穏やかに効く	920	44.7
Work gently		
11. 速効性がある	63	3
Take effect quickly		
12. 体質改善できる	543	26.3
Can improve constitution		
13. 日常の健康管理に役立つ	288	14
Useful for daily health management		
14. 西洋薬と併用できる(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	242	11.8
Can be used with Western medicines (Western medicine: a		

medicine consisting mainly of one ingredient or a combination thereof. Example: ibuprofen)		
15. 現代医学で治療が難しい病気にも効きそう	197	9.6
Seem effective for diseases that are difficult to treat with modern medicine		
16. その他	8	0.4
Others		
17. 特に良いイメージはない	208	10.1
No particularly positive impression		
<hr/> <p>Q10: あなたが、漢方薬に対して持っている悪いイメージについて以下の中からあてはまるものをすべてお答えください。</p> <p>Regarding your negative impressions of Kampo medicines, please select all matching options from the choices below.</p>		
	回答数	%
1. 漢方に詳しい病院や薬局が少ない	303	14.7
Few hospitals or pharmacies are familiar with Kampo medicines		
2. 値段が高い	561	27.2
Expensive		
3. 原料が自然のものなので、品質が心配	65	3.1

Worried about the quality because the raw materials are natural		
4. 原料がよくわからない	219	10.6
Not sure about the raw materials		
5. 信用できない	49	2.4
Unreliable		
6. 自分にあった薬を選ぶのが難しそう	427	20.7
It seems difficult to choose a medicine that is suitable for me		
7. 飲む量が多いので飲みにくい	141	6.8
Difficult to take because of the large amount needed		
8. 不味くて飲みにくい	559	27.1
They taste bad and are hard to take		
9. 粉薬なので飲みにくい	301	14.6
Difficult to take because it is a powdered medicine		
10. 食前・食間服用なので飲み忘れる	190	9.2
Forget to take because it is taken before or between meals		
11. 嫌なにおいがする	481	23.4
They smell bad		
12. 副作用がある	80	3.9

Have side effects		
13. 速効性がない	586	28.4
Slow to take effect		
14. 長い間飲まないと効かない	555	26.9
They don't work unless you take them for a long time		
15. 効くのかよくわからない	507	24.6
Not sure whether they work or not		
16. 西洋薬と比べて効果が弱い(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	199	9.6
Less effective than Western medicines (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof. Example: ibuprofen)		
17. その他	9	0.4
Others		
18. 特に悪いイメージはない	292	14.2
No particularly negative impression		
Q11S1: あなたが、漢方薬について知りたいことはなんですか。 回答数 %		
以下の中から、あてはまるものをお答えください。また、その		

中で最もあてはまるものをひとつお答えください。知りたいこと（いくつでも）

What do you want to know about Kampo medicines? Please select all matching options from the choices below. The things you want to know (Any number)

1. 漢方薬に詳しい医師・薬剤師	496	24.1
Doctors or pharmacists who are familiar with Kampo medicines		
2. 入手方法	228	11.1
Acquisition method		
3. 主な漢方薬メーカー	180	8.7
Major Kampo medicines manufacturers		
4. 原料の産地	292	14.2
Source of raw materials		
5. 製造地	160	7.8
Place of manufacture		
6. 製造方法	160	7.8
Manufacturing method		
7. 品質管理方法	174	8.4

Quality control method		
8. 効く仕組み	539	26.1
Mechanism of action		
9. 安全性	582	28.3
Safety		
10. 含まれる成分	338	16.4
Ingredients included		
11. 自分に合った漢方薬の選び方	866	42.1
How to choose Kampo medicines that are suitable for me		
12. 他の薬（違う種類の漢方薬や西洋薬）との使い分け(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。 例：イブプロフェン)	312	15.1
How to make the correct choice among different Kampo medicines or Western medicines (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof. Example: ibuprofen)		
13. 使われる病気・症状	637	30.9
Diseases and symptoms treatable with Kampo medicines		

14. 副作用	791	38.4
Side effects		
15. 効果	891	43.3
Effect		
16. 他の薬などとの飲み合わせ	575	27.9
Whether Kampo medicines can be taken with other medicines		
17. 西洋薬より優れている点(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	411	20
Advantages compared with Western medicines (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof. Example: ibuprofen)		
18. 西洋薬より劣っている点(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	267	13
Disadvantages compared with Western medicines (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof. Example: ibuprofen)		
19. その他	3	0.2
Others		

20. 知りたいことはない	292	14.2
Nothing I want to know		
Q11S2: あなたが、漢方薬について知りたいことはなんですか。	回答数	%
以下の中から、あてはまるものをお答えください。また、その		
中で最もあてはまるものをひとつお答えください。その中で、		
最も知りたいこと（ひとつだけ）		
What do you want to know about Kampo medicines? Please select the	Number	
thing you want to know most from the choices below (Only one)		
1. 漢方薬に詳しい医師・薬剤師	127	6.2
Doctors or pharmacists who are familiar with Kampo medicines		
2. 入手方法	27	1.3
Acquisition method		
3. 主な漢方薬メーカー	20	1
Major Kampo medicines manufacturers		
4. 原料の産地	26	1.3
Source of raw materials		
5. 製造地	12	0.6
Place of manufacture		

6. 製造方法	5	0.2
Manufacturing method		
7. 品質管理方法	8	0.4
Quality control method		
8. 効く仕組み	124	6
Mechanism of action		
9. 安全性	109	5.3
Safety		
10. 含まれる成分	21	1
Ingredients included		
11. 自分に合った漢方薬の選び方	427	20.7
How to choose Kampo medicines that are suitable for me		
12. 他の薬（違う種類の漢方薬や西洋薬）との使い分け(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。 例：イブプロフェン)	39	1.9
How to make the correct choice among different Kampo medicines or Western medicines (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof. Example:		

ibuprofen)		
13. 使われる病気・症状	117	5.7
Diseases and symptoms treatable with Kampo medicines		
14. 副作用	139	6.8
Side effects		
15. 効果	345	16.7
Effect		
16. 他の薬などとの飲み合わせ	103	5
Whether Kampo medicines can be taken with other medicines		
17. 西洋薬より優れている点(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	91	4.4
Advantages compared with Western medicines (Western medicine: a medicine consisting mainly of one ingredient or a combination thereof. Example: ibuprofen)		
18. 西洋薬より劣っている点(※西洋薬：おもに1つの成分またはその組み合わせからなるお薬。例：イブプロフェン)	26	1.3
Disadvantages compared with Western medicines (Western medicine: A medicine consisting mainly of one ingredient or a		

combination thereof. Example: ibuprofen)		
19. その他	3	0.1
Others		
20. 知りたいことはない	292	14.2
Nothing I want to know		
<p>Q12: あなたは日頃、どこで漢方薬の情報を見聞きしますか。以 回答数 %</p> <p>下の中から、あてはまるものをすべてお答えください。</p> <p>Where do you usually get information about Kampo medicines? Please Number</p> <p>select all matching options from the choices below.</p>		
1. 病院内のポスター・POP・リーフレット	146	7.1
Poster, POP, leaflets from a hospital		
2. 薬局内のポスター・POP・リーフレット	224	10.9
Poster, POP, leaflets from a pharmacy		
3. 薬局などのチラシ	286	13.9
Flyers from a pharmacy		
4. 薬局の店頭（製品を手にとって）	447	21.7
The storefront of a pharmacy (pick up the product)		
5. テレビ番組	255	12.4

TV program		
6. テレビ CM	482	23.4
TV CM		
7. 雑誌記事・雑誌広告	119	5.8
Magazine articles / magazine advertisements		
8. 新聞記事・新聞広告	136	6.6
Newspaper articles / newspaper advertisements		
9. 交通機関の広告（車内広告、駅構内のポスターなど）	21	1
Transportation advertisements (in-car advertisements, posters inside stations, etc.)		
10. 交通機関以外の屋外広告	13	0.6
Out-of-home advertising other than transportation		
11. Web サイト（製薬会社・医療機関のホームページ）	165	8
Website (homepage of pharmaceutical companies / medical institutions)		
12. Web サイト（製薬会社・医療機関のホームページを除く）	112	5.4
Website (excluding homepages of pharmaceutical companies and medical institutions)		

13. 講演会・勉強会	21	1
Lectures, study sessions		
14. 医療関係者（医師・薬剤師・登録販売者など）からの説明	306	14.8
Explanations from medical personnel (doctors, pharmacists, registered sellers, etc.)		
15. 書籍	69	3.3
Books		
16. SNS（Twitter、Facebook、Instagram など）	46	2.2
SNS (Twitter, Facebook, Instagram, etc.)		
17. 家族・知人のクチコミ	328	15.9
Word of mouth from family and acquaintances		
18. 有名人のクチコミ	18	0.9
Word of mouth from celebrities		
19. その他	7	0.3
Others		
20. 覚えていない	65	3.2
I don't remember		
21. 特に見聞きしていない	546	26.5

Do not particularly obtain or seek information

Q13: あなたが、今後漢方薬に期待することはなんですか。以下 回答数 %
の中から、あてはまるものをすべてお答えください。

What do you expect from Kampo medicines in the future? Please Number
select all matching options from the choices below.

1. 漢方薬に詳しい医師が増えること	560	27.2
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Increase the number of doctors familiar with Kampo medicines

2. 漢方薬に詳しい薬剤師が増えること	536	26
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Increase the number of pharmacists familiar with Kampo
medicines

3. 漢方薬の入手経路が増えること	373	18.1
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Increase the number of routes by which Kampo medicines can be
obtained

4. 品質は変わらずに、もっと値段が安くなること	689	33.4
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The quality remains the same, but the price is lower

5. 自分に合った漢方薬が選びやすくなること	874	42.4
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Make it easier to choose the Kampo medicines that are suitable for
me

6. 服用量が減る、錠剤が小さくなるなど、もっと飲みやすくなること	341	16.6
Make it easier to swallow, such as lower doses and smaller tablets		
7. 日々の健康増進・病気の予防に役立つこと	612	29.7
Help improve daily health and prevent diseases		
8. 医療の現場で病気の治療に役立つこと	439	21.3
Contribute to the treatment of diseases at medical institutions		
9. 現代医療での治療に苦慮している病気の治療に役立つこと	492	23.9
Help treat diseases intractable to modern medical treatment		
10. 漢方薬について学ぶ機会が増えること	338	16.4
More opportunities to learn about Kampo medicines		
11. 漢方薬に関する情報が幅広く収集できること	496	24.1
Can collect information about Kampo medicines from a wide variety of sources		
12. その他	6	0.3
Others		
13. 漢方薬に期待することはない	323	15.7
No expectations for Kampo medicines		

Q14. あなたが、今後漢方薬に期待することはないと考えるのは
なぜですか。お考えを自由にお書きください。

This question is for those who choose "No expectations for Kampo
medicines" in Q13. Why did you choose option?

典型的な回答

Typical answers

特に理由はありません

No particular reason

興味がない

Not interested

漢方薬を飲む必要がない

No need to take Kampo medicines

漢方薬を信用していない

Don't trust Kampo medicines

Q15S1: 以下の病気・症状の中で、あなたが現在悩んでいるもの・将来不安に感じるものをそれぞれ3つまでお答えください。現在悩んでいる病気・症状（3つまで）

Please answer up to 3 of the following illnesses / symptoms that you 回答数 %
Number

are currently suffering from and that you are worried about in the

future. Currently suffering from illness / symptoms (up to 3)

1. がん（肺・胃・大腸・腎臓・膵臓・乳・子宮・前立腺など各 80 3.9

種のがん）

Cancer (lung cancer, stomach cancer, colorectal cancer, kidney
cancer, pancreatic cancer, breast cancer, uterine cancer, prostate
cancer, etc.)

2. 心臓病（心不全、心筋梗塞、狭心症など） 89 4.3

Heart disease (heart failure, myocardial infarction, angina, etc.)

3. 脳血管疾患（脳梗塞、脳出血、くも膜下出血など） 34 1.6

Cerebrovascular disease (cerebral infarction, cerebral hemorrhage,
subarachnoid hemorrhage, etc.)

4. 胃腸の病気・症状（胃炎、逆流性食道炎、便秘、下痢、過敏 299 14.5

性腸症候群、痔など）

Gastrointestinal diseases / symptoms (gastritis, reflux esophagitis,
constipation, diarrhea, irritable bowel syndrome, hemorrhoids, etc.)

5. 認知症（アルツハイマー病など） 37 1.8

Dementia (Alzheimer's disease, etc.)

6. 呼吸器の病気・症状（COPD(慢性閉塞性肺疾患)、気管支炎、肺結核、肺炎など）	57	2.8
Respiratory diseases / symptoms (COPD (chronic obstructive pulmonary disease), bronchitis, tuberculosis, pneumonia, etc.)		
7. 高血圧症	359	17.4
Hypertension		
8. 高脂血症	167	8.1
Hyperlipidemia		
9. 膠原病・関節リウマチ	23	1.1
Collagen disease / rheumatoid arthritis		
10. 糖尿病（合併症である糖尿病性腎症・神経障害・網膜症を含む）	140	6.8
Diabetes (including complications of diabetic nephropathy, neuropathy, and retinopathy)		
11. メタボリックシンドローム・肥満症	226	11
Metabolic syndrome / obesity		
12. アレルギー性の疾患（花粉症、アトピー性鼻炎、気管支ぜんそくなど）	410	19.9

Allergic diseases (hay fever, allergic rhinitis, bronchial asthma, etc.)		
13. 老化に伴う疾患（筋力低下、フレイル(加齢により心身が衰えた状態)、サルコペニア(加齢や疾患により、筋力・身体機能の低下が起こること)、骨粗しょう症など)	199	9.7
Diseases related to aging (muscle weakness, weakness (a state of physical and mental weakness due to aging), sarcopenia (decreased muscle strength and physical function due to aging and disease), osteoporosis, etc.)		
14. 身体の痛み（腰痛、ひじやひざの痛み、五十肩などの肩の痛み、神経痛など）	440	21.4
Body pain (back pain, elbow and knee pain, shoulder pain such as frozen shoulder, neuralgia, etc.)		
15. ストレス性の病気（うつ病、不眠症など）	223	10.8
Stress-related diseases (depression, insomnia, etc.)		
16. 目の病気（白内障、緑内障、網膜色素変性症など）	164	7.9
Eye diseases (cataracts, glaucoma, retinitis pigmentosa, etc.)		
17. 泌尿器系の病気（前立腺肥大、尿管結石、男性不妊など）	58	2.8

Urinary system diseases (enlarged prostate, ureteral stones, male infertility, etc.)		
18. 女性に特有・多い病気（生理不順、生理痛、PMS(月経前症候群)、貧血、冷え性、骨粗しょう症など）	246	11.9
Many female-specific diseases (irregular menstruation, menstrual pain, PMS (premenstrual syndrome), anemia, poor blood circulation, osteoporosis, etc.)		
19. 不妊症（男性不妊、ED(勃起不全)なども含む）	25	1.2
Infertility (including male infertility, ED (erectile dysfunction), etc.)		
20. その他	47	2.3
Others		
21. 現在悩んでいる/将来不安に感じる病気・症状はない	482	23.4
No illness / symptoms currently suffering from / worried about in the future		
Q15S2: 以下の病気・症状の中で、あなたが現在悩んでいるもの・将来不安に感じるものをそれぞれ3つまでお答えください。将来不安に感じる病気・症状（3つまで）		
	回答数	%

Please answer up to 3 of the following illnesses / symptoms that you are currently suffering from and that you are worried about in the future. Worried about illnesses / symptoms in the future (up to 3)		Number
1. がん（肺・胃・大腸・腎臓・膵臓・乳・子宮・前立腺など各種のがん） Cancer (lung cancer, stomach cancer, colorectal cancer, kidney cancer, pancreatic cancer, breast cancer, uterine cancer, prostate cancer, etc.)	843	40.9
2. 心臓病（心不全、心筋梗塞、狭心症など） Heart disease (heart failure, myocardial infarction, angina, etc.)	388	18.9
3. 脳血管疾患（脳梗塞、脳出血、くも膜下出血など） Cerebrovascular disease (cerebral infarction, cerebral hemorrhage, subarachnoid hemorrhage, etc.)	469	22.8
4. 胃腸の病気・症状（胃炎、逆流性食道炎、便秘、下痢、過敏性腸症候群、痔など） Gastrointestinal diseases / symptoms (gastritis, reflux esophagitis, constipation, diarrhea, irritable bowel syndrome, hemorrhoids, etc.)	153	7.4
5. 認知症（アルツハイマー病など）	552	26.8

Dementia (Alzheimer's disease, etc.)		
6. 呼吸器の病気・症状（COPD(慢性閉塞性肺疾患)、気管支炎、肺結核、肺炎など）	75	3.6
Respiratory diseases / symptoms (COPD (chronic obstructive pulmonary disease), bronchitis, tuberculosis, pneumonia, etc.)		
7. 高血圧症	216	10.5
Hypertension		
8. 高脂血症	62	3
Hyperlipidemia		
9. 膠原病・関節リウマチ	25	1.2
Collagen disease / rheumatoid arthritis		
10. 糖尿病（合併症である糖尿病性腎症・神経障害・網膜症を含む）	191	9.3
Diabetes (including complications of diabetic nephropathy, neuropathy, and retinopathy)		
11. メタボリックシンドローム・肥満症	85	4.1
Metabolic syndrome / obesity		
12. アレルギー性の疾患（花粉症、アトピー性鼻炎、気管支ぜん	112	5.4

そくなど)		
Allergic diseases (hay fever, allergic rhinitis, bronchial asthma, etc.)		
13. 老化に伴う疾患（筋力低下、フレイル(加齢により心身が衰えた状態)、サルコペニア(加齢や疾患により、筋力・身体機能の低下が起こること)、骨粗しょう症など)	293	14.2
Diseases related to aging (muscle weakness, weakness (a state of physical and mental weakness due to aging), sarcopenia (decreased muscle strength and physical function due to aging and disease), osteoporosis, etc.)		
14. 身体の痛み（腰痛、ひじやひざの痛み、五十肩などの肩の痛み、神経痛など)	258	12.5
Body pain (back pain, elbow and knee pain, shoulder pain such as frozen shoulder, neuralgia, etc.)		
15. ストレス性の病気（うつ病、不眠症など)	144	7
Stress-related diseases (depression, insomnia, etc.)		
16. 目の病気（白内障、緑内障、網膜色素変性症など)	192	9.3
Eye diseases (cataracts, glaucoma, retinitis pigmentosa, etc.)		

17. 泌尿器系の病気（前立腺肥大、尿管結石、男性不妊など）	33	1.6
Urinary system diseases (enlarged prostate, ureteral stones, male infertility, etc.)		
18. 女性に特有・多い病気（生理不順、生理痛、PMS(月経前症候群)、貧血、冷え性、骨粗しょう症など）	127	6.2
Many female-specific diseases (irregular menstruation, menstrual pain, PMS (premenstrual syndrome), anemia, poor blood circulation, osteoporosis, etc.)		
19. 不妊症（男性不妊、ED(勃起不全)なども含む）	13	0.6
Infertility (including male infertility, ED (erectile dysfunction), etc.)		
20. その他	14	0.7
Others		
21. 現在悩んでいる/将来不安に感じる病気・症状はない	326	15.8
No illness / symptoms currently suffering from / worried about in the future		

Table S2

關於台灣中藥的問卷和調查回應

关于台湾中药的问卷和调查回应

日本における漢方薬に関するアンケートと調査回答

Questionnaire and survey responses related to TCMs in Taiwan.

Q1: 請選擇您對中藥的認識	回答數	%
请选择您对中药的认识	回答数	
中藥について、あなたが知っていることをすべてお答えください。	回答数	
Please select everything you know about traditional Chinese medicines.	Number	
1. 中醫師開出的處方	370	71.4
中医师开出的处方		
中医師が処方している		
Prescribed by Chinese medicine doctors		
2. 在藥局、藥妝店、互聯網上銷售	101	19.5
在药局、药妆店、互联网上销售		
薬局やドラッグストア、インターネットなどで販売している		

Sold at pharmacies, drug stores, and on the Internet, etc.		
3. 適用於健康保險	256	49.4
适用于健康保险		
健康保険が適用されている		
Eligible for national health insurance coverage		
4. 中藥是藥品	316	61.0
中药是药品		
中藥は医薬品である		
Traditional Chinese medicines are pharmaceutical products		
5. 中國的傳統藥物	375	72.4
中国的传统药物		
中国の伝統薬である		
They are medicines based on traditional Chinese medicinal theory		
6. 由多種生藥組合而成（*生藥：天然來源的藥物，如動植物和礦物）	314	60.6
由多种生药组合而成（*生药：天然来源的药物，如动植物和矿物）		

<p>複数の生薬の組み合わせでできている（※生薬：動植物や鉱物など天然由来の薬物）</p> <p>Made of a combination of several crude drugs (crude drugs are naturally-derived drugs from animals, plants and minerals)</p>		
7. 並不是所有用植物的藥物都是中藥	303	58.5
<p>并不是所有用植物的药物都是中药</p> <p>植物を使った薬がすべて中薬というわけではない</p> <p>Not all medicines that use crude drugs are traditional Chinese medicines</p>		
8. 銀杏不是中藥	51	9.8
<p>银杏不是中药</p> <p>銀杏は中薬ではない</p> <p>Ginkgo biloba is not a traditional Chinese medicine</p>		
9. 即使患有同一種疾病，人們也可能使用不同的藥物	355	68.5
<p>即使患有同一种疾病，人们也可能使用不同的药物</p> <p>同じ病気でも、人によって違う薬を使うことがある</p> <p>Use various medicines for one illness</p>		
10. 中藥有顆粒、片劑、膠囊、液體、煎藥等種類	374	72.2

<p>中药有颗粒、片剂、胶囊、液体、煎药等种类</p> <p>顆粒、錠剤、カプセル剤、液剤、煎じ薬などの種類がある</p> <p>Dosage forms include granules, tablets, capsules, liquids, and decoctions</p>		
11. 根據體質和症狀選擇適合自己的藥物	385	74.3
<p>根据体质和症状选择适合自己的药物</p> <p>体質や症状などに合わせて使う薬を選ぶ</p> <p>Which medicine to use is chosen according to the patient's constitution and symptoms</p>		
12. 中醫治療可能檢查脈搏和舌頭	365	70.5
<p>中医治疗可能检查脉搏和舌头</p> <p>中薬治療では、脈や舌を診たりすることがある</p> <p>In traditional Chinese therapy, the pulse or tongue are often checked</p>		
13. 中藥的味道和氣味因藥而異	379	73.2
<p>中药的味道和气味因药而异</p> <p>中薬によって味やにおいが異なる</p>		

The taste and odor differ depending on the traditional Chinese medicines		
14. 中藥也有副作用	338	65.3
中药也有副作用		
中藥にも副作用がある		
Traditional Chinese medicines also have side effects		
15. 以上這些都不知道	9	1.7
以上这些都不知道		
いずれも知らなかった		
Don't know anything about traditional Chinese medicines		
Q2: 您對中藥感興趣嗎？請從下列選取適合於您的選項。		
	回答數	%
您对中药感兴趣吗？请从下列选取适合于您的选项。	回答数	
あなたは、中藥に興味がありますか。以下の中で、あてはまるものを教えてください。	回答数	
Are you interested in traditional Chinese medicines? Please select the most appropriate option from the choices below.	Number	
1. 很感興趣	164	31.7

很感兴趣		
興味がある		
Very interested		
2. 有點興趣	225	43.4
有点兴趣		
やや興味がある		
Somewhat interested		
3. 普通	115	22.2
普通		
どちらともいえない		
Neutral		
4. 有點不感興趣	9	1.7
有点不感兴趣		
あまり興味がない		
Somewhat uninterested		
5. 非常不感興趣	5	1.0
非常不感兴趣		
興味がない		

Not at all interested		
Q3:您曾經服用過中藥嗎？請從下列選取適合於您的選項。	回答數	%
您曾经服用过中药吗？请从下列选取适合于您的选项。	回答数	
あなたは、これまで中薬を飲んだことがありますか。以下の中で、あてはまるものをお答えください。	回答数	
Have you ever taken traditional Chinese medicines? Please select the most appropriate option from the choices below.	Number	
1. 有服用過	497	95.9
有服用过		
飲んだことがある		
Have experience		
2. 從未服用過	21	4.1
从未服用过		
飲んだことはない		
No experience		
Q4: 請問服用過中藥的人，您是如何取得所服用的中藥？請從下列選取適合於您的選項。	回答數	%

请问服用过中药的人，您是如何取得所服用的中药？请从下列选取适合于您的选项。

これまで中薬を飲んだことがある方にお聞きます。あなたは、飲んだことがある中薬をどのように入手しましたか。以下の中から、あてはまるものをすべてお答えください。

This question is for those who have taken traditional Chinese medicines before. How did you obtain the traditional Chinese medicines you have taken? Please select all matching options from the choices below.

1. 由中醫師開出的處方籤後取得	435	87.5
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由中医师开出的处方籤后取得

中医師に処方してもらった

Prescribed by a Chinese medicine doctor

2. 由西醫師開出的處方籤後取得	24	4.8
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由西医师开出的处方签后取得

西洋医師に処方してもらった

Prescribed by a Western medicine doctor

3. 在藥局、藥妝店、網購和郵購處購買	73	14.7
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<p>在药局、药妆店、网购和邮购处购买</p> <p>薬局やドラッグストア、インターネット、通信販売で購入した</p> <p>Purchased through a pharmacy, drug store, over the Internet or by mail order</p>		
4. 在專賣中藥的藥局購買	240	48.3
<p>在专卖中药的药局购买</p> <p>中薬の専門薬局で購入した</p> <p>Purchased at a traditional Chinese medicine pharmacy</p>		
5. 其他	2	0.4
<p>其他</p> <p>その他</p> <p>Others</p>		
6. 不知道／不記得	9	1.8
<p>不知道／不记得</p> <p>わからない・覚えていない</p> <p>I don't know / I don't remember</p>		

Q5: 請問曾經在藥局、藥妝店、網購、郵購和中藥專賣店購買和 回答數 %

服用過中藥的人，請在下面回答您在上述地方購買和服用的所有中藥。

请问曾经在药局、药妆店、网购、邮购和中药专卖店购买和服用 回答数

过中药的人，请在下面回答您在上述地方购买和服用的所有中药。

これまで薬局、ドラッグストア、インターネット、通信販売、 回答数

中藥の専門薬局で中藥を入手して飲んだことのある方にお聞きます。以下の中で、あなたが上記の場所で入手して飲んだことがある漢方薬をすべてお答えください。

This question is for those who have purchased traditional Chinese Number

medicines at a pharmacy, drug store, over the Internet, by mail order,

or at a traditional Chinese medicine pharmacy. Please indicate all

traditional Chinese medicines that you have obtained from the above

locations from the choices below.

1. 葛根湯	57	21.5
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葛根湯

葛根湯

Kakkonto		
2. 防風通聖散	19	7.2
防風通聖散		
防風通聖散		
Bofutsushosan		
3. 八味地黄丸	46	17.4
八味地黄丸		
八味地黄丸		
Hachimijiogan		
4. 當歸芍藥散	63	23.8
当归芍药散		
当歸芍藥散		
Tokishakuyakusan		
5. 小青龍湯	26	9.8
小青龙汤		
小青龍湯		
Shoseiryuto		
6. 麦門冬湯	37	14.0

麦门冬汤		
麦門冬湯		
Bakumondoto		
7. 麻黄汤	30	11.3
麻黄汤		
麻黄湯		
Maoto		
8. 柴胡桂枝汤	25	9.4
柴胡桂枝汤		
柴胡桂枝湯		
Saikokeishito		
9. 猪苓汤	15	5.7
猪苓汤		
猪苓湯		
Choreito		
10. 加味逍遥散（加味逍遥丸）	72	27.2
加味逍遥散（加味逍遥丸）		
加味逍遙散（加味逍遙丸）		

Kamishoyosan		
11. 桂枝茯苓丸	41	15.5
桂枝茯苓丸		
桂枝茯苓丸		
Keishibukuryogan		
12. 芍薬甘草湯	45	17.0
芍药甘草汤		
芍薬甘草湯		
Shakuyakukanzoto		
13. 酸棗仁湯	55	20.8
酸枣仁汤		
酸棗仁湯		
Sansoninto		
14. 四物湯（四物飲、四物丸）	181	68.3
四物汤（四物饮、四物丸）		
四物湯（四物飲、四物丸）		
Shimotsuto		
15. 小柴胡湯	45	17.0

小柴胡汤		
小柴胡湯		
Shosaikoto		
16. 辛夷散	17	6.4
辛夷散		
辛夷散		
Shin'isan		
17. 川芎茶調散	38	14.3
川芎茶调散		
川芎茶調散		
Senkyuchachosan		
18. 疏經活血湯	58	21.9
疏经活血汤		
疏經活血湯		
Sokeikakketsuto		
19. 知柏地黄丸	21	7.9
知柏地黄丸		
知柏地黄丸		

Chibakujiogan		
20. 天王補心丹（天王補心丸）	38	14.3
天王补心丹（天王补心丸）		
天王補心丹（天王補心丸）		
Ten'nohoshingan		
21. 半夏瀉心湯	24	9.1
半夏泻心汤		
半夏瀉心湯		
Hangeshashinto		
22. 半夏厚朴湯	15	5.7
半夏厚朴汤		
半夏厚朴湯		
Hangekobokuto		
23. 平胃散（平胃丸）	66	24.9
平胃散（平胃丸）		
平胃散（平胃丸）		
Heiisan		
24. 補中益氣湯（補中益氣丸）	100	37.7

补中益气汤（补中益气丸）		
補中益氣湯（補中益氣丸）		
Hochuekkito		
25. 六味地黄丸	77	29.1
六味地黄丸		
六味地黄丸		
Rokumijogan		
26. 杞菊地黄丸	55	20.8
杞菊地黄丸		
杞菊地黄丸		
Kogikujiogan		
27. 獨活寄生湯	9	3.4
独活寄生汤		
獨活寄生湯		
Dokkatsukiseito		
28. 龜鹿二仙膠	116	43.8
龟鹿二仙胶		
龜鹿二仙膠		

Kirokunisentokyo		
29. 黃蓮解毒丸	118	44.5
黃蓮解毒丸		
黃蓮解毒丸		
Orengedokugan		
30. 其他	10	3.8
其他		
その他		
Others		

Q6S1: 請問曾經在藥局、藥妝店、網購、郵購和中藥專賣店購買	回答數	%
和服用過中藥的人，為什麼想在這些地方買中藥？在藥局、藥妝		
店、網購、郵購或中藥專賣店購買中藥的理由？請從下列選取適		
合於您的選項。（複選）		
请问曾经在药局、药妆店、网购、邮购和中药专卖店购买和服用	回答数	
过中药的人，为什么想在这些地方买中药？在药局、药妆店、网		
购、邮购或中药专卖店购买中药的理由？请从下列选取适合于您		
的选项。（复选）		

これまで薬局、ドラッグストア、インターネット、通信販売、回答数

中薬の専門薬局で中薬を入手して飲んだことのある方にお聞
きます。あなたが、中薬を上記の場所で入手しようと思った理
由はなんですか。以下の中で、あてはまるものをお答えくださ
い。（複数選択可）

This question is for those who have purchased traditional Chinese Number
medicines at a pharmacy, drug store, over the Internet, by mail order,
or at a traditional Chinese medicine pharmacy. Why did you decide to
obtain traditional Chinese medicines from the above locations? Please
select all matching options from the choices below. Reasons for
obtaining traditional Chinese medicines at a pharmacy, drug store, over
the Internet, by mail order, or at a traditional Chinese medicine
pharmacy. (Any number)

1. 我不知道這些藥是由中醫師開出的處方	28	10.6
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我不知道这些药是由中医师开出的处方

中醫師に処方されることを知らなかったから

Didn't know that they could be prescribed by Chinese medicine
doctors

2. 我太忙了，沒有時間去中醫醫院或中醫診所	43	16.2
我太忙了，没有时间去中医医院或中医诊所		
忙しくて中医病院や中医クリニックに行く暇がないから		
Too busy to go to a Chinese medicine hospital or clinic		
3. 覺得這還沒有到要看中醫的程度	98	37.0
觉得这还没有到要看中医的程度		
中医師に相談するほどではないと思うから		
Thought that there was no need to discuss with the Chinese		
medicine doctor at the time		
4. 可以很容易取得與嘗試	130	49.1
可以很容易取得与尝试		
手輕に試せるから		
Can easily try it		
5. 藥局的推薦	63	23.8
药局的推荐		
藥局で勧められたから		
Recommended by a pharmacy		
6. 不喜歡服用西藥	42	15.8

不喜欢服用西药		
西洋薬を飲むのが嫌だから		
Don't like taking Western medicines		
7. 在電視廣告和平面廣告上看起來不錯	50	18.9
在电视广告和平面广告上看起来不错		
テレビ CM や広告を見て良さそうだったから		
Seems good from the TV CM or advertisement		
8. 因為家人或朋友的推薦	126	47.5
因为家人或朋友的推荐		
家族・知人に勧められたから		
Recommended by family or acquaintances		
9. 其他	5	1.9
其他		
その他		
Others		
Q6S2: 請問曾經在藥局、藥妝店、網購、郵購和中藥專賣店購買		
	回答數	%
和服用過中藥的人，為什麼想在所述地方買中藥？在藥局、藥妝		

店、網購、郵購或中藥專賣店購買中藥的理由？請從下列選取最

適合於您的選項。（單選）

回答數

請問曾經在藥局、藥妝店、網購、郵購和中药专卖店購買和服用

过中药的人，为什么想在所述地方买中药？在藥局、藥妝店、網

購、郵購或中药专卖店購買中藥的理由？請從下列選取最適合于

您的选项。（单选）

回答數

これまで藥局、ドラッグストア、インターネット、通信販売、

中藥の専門藥局で中藥を入手して飲んだことのある方にお聞き

します。あなたが、中藥を上記の場所で入手しようと思った理

由はなんですか。以下の中で、あてはまるものをお答えくださ

い。（1つ選択）

Number

This question is for those who have purchased traditional Chinese

medicines at a pharmacy, drug store, over the Internet, by mail order,

or at a traditional Chinese medicine pharmacy. Why did you decide to

obtain traditional Chinese medicines at the above locations? Please

select the main reason for obtaining traditional Chinese medicines at

these locations. (Only one)

1. 我不知道這些藥是由中醫師開出的處方

15

5.7

<p>我不知道这些药是由中医师开出的处方</p> <p>中醫師に処方されることを知らなかったから</p> <p>Didn't know that they would be prescribed by Chinese medicine doctors</p>		
2. 我太忙了，沒有時間去中醫醫院或中醫診所	16	6.0
<p>我太忙了，没有时间去中医医院或中医诊所</p> <p>忙しくて中医病院や中医クリニックに行く暇がないから</p> <p>Too busy to go to a Chinese medicine hospital or clinic</p>		
3. 覺得這還沒有到要看中醫師的程度	36	13.6
<p>觉得这还没有到要看中医师的程度</p> <p>中醫師に相談するほどではないと思うから</p> <p>Thought that there was no need to discuss with the Chinese medicine doctor at the time</p>		
4. 可以很容易取得與嘗試	75	28.3
<p>可以很容易取得与尝试</p> <p>手輕に試せるから</p> <p>Can easily try it</p>		
5. 藥局的推薦	23	8.7

薬局的推荐		
薬局で勧められたから		
Recommended by a pharmacy		
6. 不喜歡服用西藥	19	7.2
不喜欢服用西药		
西洋薬を飲むのが嫌だから		
Don't like taking Western medicines		
7. 在電視廣告和平面廣告上看起來不錯	13	4.9
在电视广告和平面广告上看起来不错		
テレビ CM や広告を見て良さそうだったから		
Seems good from the TV CM or advertisement		
8. 因為家人或朋友的推薦	63	23.8
因为家人或朋友的推荐		
家族・知人に勧められたから		
Recommended by family or acquaintances		
9. 其他	5	1.9
其他		
その他		

Others		
Q7S1: 請問從未服用過中藥的人，為什麼您從未服用過中藥？	回答數	%
從未服用過中藥的原因，請從下列選取適合於您的選項。（複選）		
請問從未服用過中藥的人，為什麼您從未服用過中藥？	回答數	
從未服用過中藥的原因，請從下列選取適合於您的選項。（複選）		
これまで中薬を飲んだことがない方にお聞きします。あなたが、今まで中薬を飲んだことがないのはなぜですか。以下の中から、あてはまるものをお答えください。（複数選択可）	回答数	
This question is for those who have never taken traditional Chinese medicines. Why have you never taken traditional Chinese medicines?	Number	
Please select all matching options from the choices below. Reasons for never take traditional Chinese medicines. (Any number)		
1. 到現在為止還沒有機會	6	28.6
到現在為止還沒有機會		
今まで機会がなかったから		
Have had no chance until now		

2. 覺得沒有必要	4	19.0
覺得沒有必要		
必要性を感じないから		
Thought it was not necessary		
3. 不知道在哪裡可以買到它	1	4.8
不知道在哪里可以买到它		
どこで入手できるかわからないから		
Didn't know where to obtain them		
4. 價格很貴（因為價格似乎很貴）	1	4.8
价格很贵（因为价格似乎很贵）		
値段が高いから（高そうだから）		
Because the price is high (because it seems expensive)		
5. 不知道與保健食品的區別	0	0.0
不知道与保健食品的区别		
健康食品との違いがわからないから		
Didn't know the difference from health foods		
6. 不知道裡面的原料	1	4.8
不知道里面的原料		

原料がよくわからないから		
Didn't know about the raw materials		
7. 因為原料是天然的，所以品質是令人擔憂的	1	4.8
因为原料是天然的，所以品质是令人担忧的		
原料が自然のものなので、品質が心配だから		
Worried about the quality because the raw materials are natural		
8. 不相信有用	1	4.8
不相信有用		
信用できないから		
Didn't trust		
9. 覺得這不適合自己	3	14.3
觉得这不适合自己		
自分向きではないと感じるから		
Thought it was not suitable for me		
10. 不知道服用的是中藥	0	0.0
不知道服用的是中药		
どれが中藥かわからないから		
Didn't know which ones were traditional Chinese medicines		

11. 不知道該服用哪種中藥好	2	9.5
不知道该服用哪种中药好		
何を飲めばいいのかわからないから		
Didn't know which to take		
12. 覺得服用的量太多，很難服用	0	0.0
觉得服用的量太多，很难服用		
量が多くて飲みにくそうだと感じるから		
Because the amount is so large, it seemed difficult to take		
13. 覺得味道不好，很難服用	4	19.0
觉得味道不好，很难服用		
不味くて飲みにくそうだと感じるから		
Felt they wouldn't taste good and hard to drink		
14. 擔心副作用	1	4.8
担心副作用		
副作用が心配だから		
Worried about side effects		
15. 我不知道它是否真的有效	7	33.3
我不知道它是否真的有效		

本当に効くのかわからないから		
Didn't know whether they really worked		
16. 盡可能不想吃藥	7	33.3
尽可能不想吃药		
できるだけ薬を飲みたくないから		
Want to avoid taking medicines as much as possible		
17. 不知道它與其他藥物能否同時服用	1	4.8
不知道它与其他药物能否同时服用		
ほかの薬と併用できるかわからないから		
Didn't know whether they could be used with other medicines		
18. 西藥就夠了	7	33.3
西药就够了		
西洋薬で十分だから		
Western medicines are sufficient		
19. 其他	0	0.0
其他		
その他		
Others		

Q7S2: 請問從未服用過中藥的人，為什麼您從未服用過中藥？ 回答數 %

從未服用過中藥的原因，請從下列選取**最**適合於您的選項。(單選)

请问从未服用过中药的人，为什么您从未服用过中药？ 回答数

从未服用过中药的原因，请从下列选取最适合于您的选项。（单选）

これまで中薬を飲んだことがない方にお聞きます。あなた 回答数

が、今まで中薬を飲んだことがないのはなぜですか。以下の中から、あてはまるものをお答えください。（1つ選択）

This question is for those who have never taken traditional Chinese Number

medicines. Why have you never taken traditional Chinese medicines?

Please select the main reason for never having taken traditional

Chinese medicines from the choices below. (Only one)

1. 到現在為止還沒有機會	5	23.8
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到現在為止还没有机会

今まで機会がなかったから

Have had no chance until now

2. 覺得沒有必要	2	9.5
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觉得没有必要		
必要性を感じないから		
Thought it was not necessary		
3. 不知道在哪裡可以買到它	1	4.8
不知道在哪里可以买到它		
どこで入手できるかわからないから		
Didn't know where to obtain them		
4. 價格很貴（因為價格似乎很貴）	0	0.0
价格很贵（因为价格似乎很贵）		
値段が高いから（高そうだから）		
Because the price is high (because it seems expensive)		
5. 不知道與保健食品的區別	0	0.0
不知道与保健食品的区别		
健康食品との違いがわからないから		
Didn't know the difference from health foods		
6. 不知道裡面的原料	1	4.8
不知道里面的原料		
原料がよくわからないから		

Didn't know about the raw materials		
7. 因為原料是天然的，所以品質是令人擔憂的	0	0.0
因为原料是天然的，所以品质是令人担忧的		
原料が自然のものなので、品質が心配だから		
Worried about the quality because the raw materials are natural		
8. 不相信有用	0	0.0
不相信有用		
信用できないから		
Didn't trust		
9. 覺得這不適合自己	0	0.0
觉得这不适合自己		
自分向きではないと感じるから		
Thought it was not suitable for me		
10. 不知道服用的是中藥	0	0.0
不知道服用的是中药		
どれが中薬かわからないから		
Didn't know which ones were traditional Chinese medicines		
11. 不知道該服用哪種中藥好	1	4.8

不知道该服用哪种中药好		
何を飲めばいいのかわからないから		
Didn't know which to take		
12. 覺得服用的量太多，很難服用	0	0.0
觉得服用的量太多，很难服用		
量が多くて飲みにくそうだと感じるから		
Because the amount is so large, it seemed difficult to take		
13. 覺得味道不好，很難服用	3	14.3
觉得味道不好，很难服用		
不味くて飲みにくそうだと感じるから		
Felt they wouldn't taste good and hard to take		
14. 擔心副作用	0	0.0
担心副作用		
副作用が心配だから		
Worried about side effects		
15. 我不知道它是否真的有效	2	9.5
我不知道它是否真的有效		
本当に効くかわからないから		

Didn't know whether they really worked		
16. 盡可能不想吃藥	4	19.0
盡可能不想吃药		
できるだけ薬を飲みたくないから		
Want to avoid taking medicines as much as possible		
17. 不知道它與其他藥物能否同時服用	0	0.0
不知道它与其他药物能否同时服用		
ほかの薬と併用できるかわからないから		
Didn't know whether they could be used with other medicines		
18. 西藥就夠了	2	9.5
西药就够了		
西洋薬で十分だから		
Western medicines are sufficient		
19. 其他	0	0.0
其他		
その他		
Others		
Q8: 請選擇下面所有關於您對中藥的良好形象的看法。		
	回答數	%

请选择下面所有关于您对中药的良好形象的看法。 回答数

あなたが、中薬に対して持っている良いイメージについて以下 回答数

の中からあてはまるものをすべてお答えください。

Regarding your positive impressions of traditional Chinese medicines, Number

please select all matching options from the choices below.

1. 價格便宜	41	7.9
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价格便宜

値段が安い

Low price

2. 適合臺灣人	138	26.6
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适合台湾人

台湾人に合っている

Suitable for people in Taiwan

3. 由天然產品製成	249	48.1
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由天然产品制成

自然由来のものでできている

Made of natural materials

4. 可以信任的	180	34.7
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可以信任的		
信用できる		
Reliable		
5. 可以選擇最適合自己病情和症狀的藥物	253	48.8
可以选择最适合自己的病情和症状的药物		
体質や症状などに合わせて使う薬を選べる		
Can choose the medicine to use according to constitution or symptoms		
6. 味道很好	57	11.0
味道很好		
香りに癒される		
Healing scent		
7. 較少的副作用	310	59.8
较少的副作用		
副作用が少ない		
Fewer side effects		
8. 比較不易感到嗜睡	100	19.3
比较不易感到嗜睡		

眠くなりにくい		
Do not cause drowsiness		
9. 對身體有益	246	47.5
对身体有益		
身体にやさしい		
Gentle on the body		
10. 作用溫和有效	369	71.2
作用温和有效		
穏やかに効く		
Work gently		
11. 有快速效果	26	5.0
有快速效果		
速効性がある		
Take effect quickly		
12. 可以改善體質	367	70.8
可以改善体质		
体質改善できる		
Can improve constitution		

13. 對日常健康管理有用	227	43.8
対日常健康管理有用		
日常の健康管理に役立つ		
Useful for daily health management		
14. 可與西藥結合使用	96	18.5
可与西药结合使用		
西洋薬と併用できる		
Can be used with Western medicines		
15. 對現代醫學難以治療的疾病也有效	162	31.3
对现代医学难以治疗的疾病也有效		
現代医学で治療が難しい病気にも効きそう		
Seem effective for diseases that are difficult to treat with modern medicine		
16. 其他	2	0.4
其他		
その他		
Others		
17. 沒有特別好的形象	8	1.5

没有特别好的形象		
特に良いイメージはない		
No particularly positive impression		
<hr/>		
Q9: 請選擇下面所有關於您對中藥的不良形象的看法。	回答數	%
请选择下面所有关于您对中药的不良形象的看法。	回答数	
あなたが、中薬に対して持っている悪いイメージについて以下	回答数	
の中からあてはまるものをすべてお答えください。		
Regarding your negative impressions of traditional Chinese medicines,	Number	
please select all matching options from the choices below.		
<hr/>		
1. 熟悉中醫的醫院和藥房很少	102	19.7
熟悉中医的医院和药房很少		
中薬に詳しい病院や薬局が少ない		
Few hospitals or pharmacies are familiar with traditional Chinese		
medicines		
<hr/>		
2. 價格很高	92	17.8
价格很高		
値段が高い		
Expensive		
<hr/>		

3. 因為原料是天然的，我擔心品質	73	14.1
因为原料是天然的，我担心品质		
原料が自然のものなので、品質が心配		
Worried about the quality because the raw materials are natural		
4. 不太確定原料是什麼東西	130	25.1
不太确定原料是什么东西		
原料がよくわからない		
Not sure about the raw materials		
5. 不相信中藥	6	1.2
不相信中药		
信用できない		
Unreliable		
6. 似乎很難選擇適合我的藥物	31	6.0
似乎很难选择适合我的药物		
自分にあった薬を選ぶのが難しそう		
It seems difficult to choose a medicine that is suitable for me		
7. 因為喝的量很大，很難服用	78	15.1
因为喝的量很大，很难服用		

飲む量が多いので飲みにくい		
Difficult to take because of the large amount needed		
8. 因為它味道很難喝，很難服用	134	25.9
因为它味道很难喝，很难服用		
不味くて飲みにくい		
They taste bad and are hard to take		
9. 因為它是粉末藥，很難服用	63	12.2
因为它是粉末药，很难服用		
粉薬なので飲みにくい		
Difficult to take because it is a powdered medicine		
10. 因為我在飯前和兩餐之間常忘了服用	53	10.2
因为我在饭前和两餐之间常忘了服用		
食前・食間服用なので飲み忘れる		
Forget to take because it is taken before or between meals		
11. 聞起來很臭	70	13.5
闻起来很臭		
嫌なにおいがする		
They smell bad		

12. 有副作用	11	2.1
有副作用		
副作用がある		
Have side effects		
13. 沒有速效性	242	46.7
没有速效性		
速効性がない		
Slow to take effect		
14. 長時間不服用就沒有效果	131	25.3
长时间不服用就没有效果		
長い間飲まないと効かない		
They don't work unless you take them for a long time		
15. 不確定它是否真的有效	155	29.9
不确定它是否真的有效		
効くのかよくわからない		
Not sure whether they work or not		
16. 與西藥相比效果較差	82	15.8
与西药相比效果较差		

西洋薬と比べて効果が弱い		
Less effective than Western medicines		
17. 其他	6	1.2
其他		
その他		
Others		
18. 沒有特別不好的形象	48	9.3
没有特別不好的形象		
特に悪いイメージはない		
No particularly negative impression		
Q10S1: 關於中藥，您想知道什麼？請從下列選取適合於您的選項。(複選)		
关于中药，您想知道什么？请从下列选取适合于您的选项。（复选）		
あなたが、中薬について知りたいことはなんですか。以下の中から、あてはまるものをお答えください。また、その中で最もあてはまるものをひとつお答えください。（複数選択可）		
	回答數	%
	回答数	
	回答数	
	Number	

What do you want to know about traditional Chinese medicines?

Please select all matching options from the choices below. The things

you want to know (Any number)

1. 如何找到熟悉中藥的醫生和藥師	193	37.3
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如何找到熟悉中药的医生和药师

中藥に詳しい医師・薬剤師

Doctors or pharmacists who are familiar with traditional Chinese
medicines

2. 如何得到它	86	16.6
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如何得到它

入手方法

Acquisition method

3. 以中藥為主的製造商	92	17.8
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以中药为主的制造商

主な中藥メーカー

Major traditional Chinese medicine manufacturers

4. 原料產地	195	37.6
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原料产地

原料の産地		
Source of raw materials		
5. 製造地	168	32.4
製造地		
製造地		
Place of manufacture		
6. 生産方法	127	24.5
生産方法		
製造方法		
Manufacturing method		
7. 品質管理方法	189	36.5
品質管理方法		
品質管理方法		
Quality control method		
8. 效用如何運作	179	34.6
效用如何运作		
効く仕組み		
Mechanism of action		

9. 安全性	271	52.3
安全性		
安全性		
Safety		
10. 包含哪些成分	216	41.7
包含哪些成分		
含まれる成分		
Ingredients included		
11. 如何選擇適合自己的中藥	297	57.3
如何选择适合自己的中药		
自分に合った中薬の選び方		
How to choose traditional Chinese medicines that are suitable for me		
12. 如何與其他藥物（不同類型的中藥和西藥）分開使用	186	35.9
如何与其他药物（不同类型的中药和西药）分开使用		
他の薬（違う種類の中薬や西洋薬）との使い分け		
How to make the correct choice among different traditional Chinese medicines or Western medicines		

13. 使用的疾病和症状	229	44.2
使用的疾病和症状		
使われる病気・症状		
Diseases and symptoms treatable with traditional Chinese medicines		
14. 副作用	206	39.8
副作用		
副作用		
Side effects		
15. 效果	271	52.3
效果		
効果		
Effect		
16. 如何與其他藥物混合使用	164	31.7
如何与其他药物混合使用		
他の薬などとの飲み合わせ		
Whether traditional Chinese medicines can be taken with other medicines		

17. 中藥與西藥相比的優點	167	32.2
中药与西药相比的优点		
西洋薬より優れている点		
Advantages compared with Western medicines		
18. 中藥與西藥相比的缺點	158	30.5
中药与西药相比的缺点		
西洋薬より劣っている点		
Disadvantages compared with Western medicines		
19. 其他	1	0.2
其他		
その他		
Others		
20. 沒有想要知道的問題	16	3.1
没有想要知道的问题		
知りたいことはない		
Nothing I want to know		

Q10S2: 關於中藥，您最想知道什麼？請從下列選取**最**適合於您的 回答數 %
選項。(單選)

关于中药，您最想知道什么？请从下列选取最适合于您的选项。 回答数
(单选)

あなたが、中薬について知りたいことはなんですか。以下の中 回答数
から、あてはまるものをお答えください。また、その中で最も
あてはまるものをひとつお答えください。(1つ選択)

What do you want to know about traditional Chinese medicines? Number

Please select the thing you want to know most from the choices below

(Only one)

1. 如何找到熟悉中藥的醫生和藥師	31	6.0
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如何找到熟悉中药的医生和药师

中薬に詳しい医師・薬剤師

Doctors or pharmacists who are familiar with traditional Chinese
medicines

2. 如何得到它	1	0.2
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如何得到它

入手方法

Acquisition method		
3. 以中藥為主的製造商	2	0.4
以中药为主的制造商		
主な中薬メーカー		
Major traditional Chinese medicine manufacturers		
4. 原料產地	17	3.3
原料产地		
原料の産地		
Source of raw materials		
5. 製造地	4	0.8
制造地		
製造地		
Place of manufacture		
6. 生産方法	7	1.4
生产方法		
製造方法		
Manufacturing method		
7. 品質管理方法	17	3.3

品質管理方法		
品質管理方法		
Quality control method		
8. 效用如何運作	24	4.6
效用如何运作		
効く仕組み		
Mechanism of action		
9. 安全性	67	12.9
安全性		
安全性		
Safety		
10. 包含哪些成分	20	3.9
包含哪些成分		
含まれる成分		
Ingredients included		
11. 如何選擇適合自己的中藥	124	23.9
如何选择适合自己的中药		
自分に合った中薬の選び方		

How to choose traditional Chinese medicines that are suitable for me		
12. 如何與其他藥物（不同類型的中藥和西藥）分開使用	14	2.7
如何与其他药物（不同类型的中药和西药）分开使用		
他の薬（違う種類の中薬や西洋薬）との使い分け		
How to make the correct choice among different traditional Chinese medicines or Western medicines		
13. 使用的疾病和症狀	42	8.1
使用的疾病和症状		
使われる病気・症状		
Diseases and symptoms treatable with traditional Chinese medicines		
14. 副作用	20	3.9
副作用		
副作用		
Side effects		
15. 效果	66	12.7
效果		

効果		
Effect		
16. 如何與其他藥物混合使用	12	2.3
如何与其他药物混合使用		
他の薬などとの飲み合わせ		
Whether traditional Chinese medicines can be taken with other medicines		
17. 中藥與西藥相比的優點	19	3.7
中药与西药相比的优点		
西洋薬より優れている点		
Advantages compared with Western medicines		
18. 中藥與西藥相比的缺點	15	2.9
中药与西药相比的缺点		
西洋薬より劣っている点		
Diadvantages compared with Western medicines		
19. 其他	0	0.0
其他		
その他		

Others		
20. 沒有想要知道的問題	16	3.1
没有想要知道的问题		
知りたいことはない		
Nothing I want to know		
Q11: 您通常從哪裡找到有關於中藥的資訊？請從下列選取所有適合於您的選項。		
您通常从哪里找到有关于中药的资讯？请从下列选取所有适合于您的选项。	回答數	%
あなたは日頃、どこで中薬の情報を見聞きしますか。以下の中から、あてはまるものをすべてお答えください。		
Where do you usually get information about traditional Chinese medicines? Please select all matching options from the choices below.	回答数	Number
1. 醫院海報、廣告傳單、小冊子	58	11.2
医院海报、广告传单、小册子		
病院内のポスター・POP・リーフレット		
Poster, POP, leaflets from a hospital		
2. 藥房海報、廣告傳單、小冊子	69	13.3

<p>薬房海报、广告传单、小册子</p> <p>薬局内のポスター・POP・リーフレット</p> <p>Poster, POP, leaflets from a pharmacy</p>		
3. 薬局等的傳單	85	16.4
<p>药局等的传单</p> <p>薬局などのチラシ</p> <p>Flyers from a pharmacy</p>		
4. 非處方簽藥局（產品購買信息）	51	9.8
<p>非处方签药局（产品购买信息）</p> <p>薬局の店頭（製品を手にとって）</p> <p>The storefront of a pharmacy (pick up the product)</p>		
5. 電視節目	108	20.8
<p>电视节目</p> <p>テレビ番組</p> <p>TV program</p>		
6. 電視廣告	97	18.7
<p>电视广告</p> <p>テレビ CM</p>		

TV CM		
7. 雑誌文章和雑誌廣告	71	13.7
雑誌文章和杂志广告		
雑誌記事・雑誌広告		
Magazine articles / magazine advertisements		
8. 報紙文章和報紙廣告	64	12.4
报纸文章和报纸广告		
新聞記事・新聞広告		
Newspaper articles / newspaper advertisements		
9. 交通廣告（車内廣告、車站海報等）	26	5.0
交通广告（车内广告、车站海报等）		
交通機関の広告（車内広告、駅構内のポスターなど）		
Transportation advertisements (in-car advertisements, posters inside stations, etc.)		
10. 非交通戶外廣告	14	2.7
非交通户外广告		
交通機関以外の屋外広告		
Out-of-home advertising other than transportation		

11. 網站（製藥公司和醫療機構的網頁）	140	27.0
网站（制药公司和医疗机构的网页）		
Web サイト（製薬会社・医療機関のホームページ）		
Website (homepage of pharmaceutical companies / medical institutions)		
12. 網站（製藥公司和醫療機構網頁除外）	98	18.9
网站（制药公司和医疗机构网页除外）		
Web サイト（製薬会社・医療機関のホームページを除く）		
Website (excluding homepages of pharmaceutical companies and medical institutions)		
13. 講座和學習會議	59	11.4
讲座和学习会议		
講演会・勉強会		
Lectures, study sessions		
14. 醫務人員（醫生、藥劑師、藥師等）的解釋	254	49.0
医务人员（医生、药剂师、药师等）的解释		
医療関係者（医師・薬剤師・登録販売者など）からの説明		

Explanations from medical personnel (doctors, pharmacists, registered sellers, etc.)		
15. 書籍	92	17.8
書籍		
書籍		
Books		
16. SNS（推特、臉書、Instagram 等）	39	7.5
SNS（推特、脸书、Instagram 等）		
SNS（Twitter、Facebook、Instagram など）		
SNS (Twitter, Facebook, Instagram, etc.)		
17. 家庭和朋友的推薦	229	44.2
家庭和朋友的推荐		
家族・知人のクチコミ		
Word of mouth from family and acquaintances		
18. 名人推薦	60	11.6
名人推荐		
有名人のクチコミ		
Word of mouth from celebrities		

19. 其他	2	0.4
其他		
その他		
Others		
20. 不記得了	8	1.5
不记得了		
覚えていない		
I don't remember		
21. 沒有特別看到或是聽到相關訊息	32	6.2
没有特别看到或是听到相关讯息		
特に見聞きしていない		
Do not particularly obtain or seek information		
<hr/>		
Q12: 您對中藥有什麼樣的期望？請從下列選取所有適合於您的選項。	回答數	%
您对中药有什么样的期望？请从下列选取所有适合于您的选项。	回答数	
あなたが、今後中薬に期待することはなんですか。以下の中から、あてはまるものをすべてお答えください。	回答数	

What do you expect from traditional Chinese medicines in the future?

Please select all matching options from the choices below.

1. 更多熟悉中藥的中醫師	179	34.6
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更多熟悉中药的中医师

中藥に詳しい中医師が増えること

Increase the number of Chinese medicine doctors familiar with
traditional Chinese medicines

2. 更多熟悉中藥的藥師	121	23.4
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更多熟悉中药的药师

中藥に詳しい薬剤師が増えること

Increase the number of pharmacists familiar with traditional
Chinese medicines

3. 更多取得中藥的管道	118	22.8
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更多取得中药的管道

中藥の入手経路が増えること

Increase the number of routes by which traditional Chinese
medicines can be obtained

4. 品質保持不變，但價格更低	178	34.4
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品質保持不变，但价格更低		
品質は変わらずに、もっと値段が安くなること		
The quality remains the same, but the price is lower		
<hr/>		
5. 更容易選擇適合自己的中藥	277	53.5
更容易选择适合自己的中药		
自分に合った中藥が選びやすくなること		
Make it easier to choose the traditional Chinese medicines that are		
suitable for me		
<hr/>		
6. 服用量減少、片劑變小等，使中藥更容易服用	159	30.7
服用量減少、片剂变小等，使中药更容易服用		
服用量が減る、錠剤が小さくなるなど、もっと飲みやすくなること		
Make it easier to swallow, such as lower doses and smaller tablets		
<hr/>		
7. 幫助改善健康和預防疾病	348	67.2
帮助改善健康和预防疾病		
日々の健康増進・病気の予防に役立つこと		
Help improve daily health and prevent diseases		
<hr/>		
8. 幫助治療疾病	282	54.4
<hr/>		

幫助治療疾病		
医療の現場で病気の治療に役立つこと		
Contribute to the treatment of diseases at medical institutions		
9. 幫助治療現代醫學難以治療的疾病	224	43.2
幫助治療现代医学难以治疗的疾病		
現代医療での治療に苦慮している病気の治療に役立つこと		
Help treat diseases intractable to modern medical treatment		
10. 有更多的機會學習中藥知識	188	36.3
有更多的机会学习中药知识		
中藥について学ぶ機会が増えること		
More opportunities to learn about traditional Chinese medicines		
11. 能夠更容易獲得有關中藥的資訊	205	39.6
能够更容易获得有关中药的资讯		
中藥に関する情報が幅広く収集できること		
Can collect information about traditional Chinese medicines from a		
wide variety of sources		
12. 其他	2	0.4
其他		

その他		
Others		
13. 對中藥沒有期望	12	2.3
对中药没有期望		
中藥に期待することはない		
No expectations for traditional Chinese medicines		
<hr/>		
Q13S1: 請從以下的疾病和症狀中，選擇您目前或未來可能感到擔心的三種疾病或症狀。目前擔心的疾病和症狀（最多 3 個）	回答數	%
请从以下的疾病和症状中，选择您目前或未来可能感到担心的三种疾病或症状。目前担心的疾病和症状（最多 3 个）	回答数	
以下の病気・症状の中で、あなたが現在悩んでいるもの・将来不安に感じるものをそれぞれ 3 つまでお答えください。（3 つまで選択可）	回答数	
Please answer up to 3 of the following illnesses / symptoms that you are currently suffering from and that you are worried about in the future. Currently suffering from illness / symptoms (up to 3)	Number	

1. 癌症（各種癌症，如肺癌、胃癌、結腸癌、腎臓癌、膵腺癌、 乳腺癌、子宮癌、前列腺癌等） 癌症（各种癌症，如肺癌、胃癌、结肠癌、肾脏癌、胰腺癌、 乳腺癌、子宫癌、前列腺癌等） がん（肺・胃・大腸・腎臓・膵臓・乳・子宮・前立腺など各 種のがん） Cancer (lung cancer, stomach cancer, colorectal cancer, kidney cancer, pancreatic cancer, breast cancer, uterine cancer, prostate cancer, etc.)	106	20.5
2. 心臓病（心力衰竭、心肌梗塞、心絞痛等） 心脏病（心力衰竭、心肌梗塞、心绞痛等） 心臓病（心不全、心筋梗塞、狭心症など） Heart disease (heart failure, myocardial infarction, angina, etc.)	72	13.9
3. 脳血管疾病（脳梗塞、脳出血、蛛網膜下腔出血等） 脑血管疾病（脑梗塞、脑出血、蛛网膜下腔出血等） 脑血管疾患（脑梗塞、脑出血、くも膜下出血など） Cerebrovascular disease (cerebral infarction, cerebral hemorrhage, subarachnoid hemorrhage, etc.)	46	8.9

4. 胃腸道疾病和症状（胃炎、逆流性食管炎、便秘、腹瀉、腸易 激綜合症、痔瘡等） 胃腸道疾病和症状（胃炎、逆流性食管炎、便秘、腹瀉、腸易 激綜合症、痔瘡等） 胃腸の病気・症状（胃炎、逆流性食道炎、便秘、下痢、過敏 性腸症候群、痔など） Gastrointestinal diseases / symptoms (gastritis, reflux esophagitis, constipation, diarrhea, irritable bowel syndrome, hemorrhoids, etc.)	101	19.5
5. 癡呆症（阿爾茨海默氏症等） 痴呆症（阿尔茨海默氏症等） 認知症（アルツハイマー病など） Dementia (Alzheimer's disease, etc.)	57	11.0
6. 呼吸系統疾病和症状（COPD（慢性阻塞性肺病）、支氣管 炎、肺結核、肺炎等） 呼吸系统疾病和症状（COPD（慢性阻塞性肺病）、支气管 炎、肺结核、肺炎等） 呼吸器の病気・症状（COPD(慢性閉塞性肺疾患)、気管支 炎、肺結核、肺炎など）	57	11.0

Respiratory diseases / symptoms (COPD (chronic obstructive pulmonary disease), bronchitis, tuberculosis, pneumonia, etc.)		
7. 高血圧	75	14.5
高血圧		
高血圧症		
Hypertension		
8. 高脂血症	37	7.1
高脂血症		
高脂血症		
Hyperlipidemia		
9. 膠原病和風濕性關節炎	5	1.0
膠原病和风湿性关节炎		
膠原病・関節リウマチ		
Collagen disease / rheumatoid arthritis		
10. 糖尿病（包括併發症糖尿病腎病、神經病變和視網膜病變）	72	13.9
糖尿病（包括并发症糖尿病肾病、神经病变和视网膜病变）		
糖尿病（合併症である糖尿病性腎症・神經障害・網膜症を含む）		

Diabetes (including complications of diabetic nephropathy, neuropathy, and retinopathy)		
11. 代謝綜合征和肥胖症	66	12.7
代谢综合征和肥胖症 メタボリックシンドローム・肥満症 Metabolic syndrome / obesity		
12. 過敏性疾病（花粉熱、過敏性鼻炎、支氣管哮喘等）	49	9.5
过敏性疾病（花粉热、过敏性鼻炎、支气管哮喘等） アレルギー性の疾患（花粉症、アトピー性鼻炎、気管支ぜんそくなど） Allergic diseases (hay fever, allergic rhinitis, bronchial asthma, etc.)		
13. 與衰老相關的疾病（肌肉無力、虛弱（隨著年齡的增長而身體和精神衰退）、肌少症（由於年齡和疾病導致的肌肉力量和身體功能下降）、骨質疏鬆症等）	95	18.3
与衰老相关的疾病（肌肉无力、虚弱（随着年龄的增长而身体和精神衰退）、肌少症（由于年龄和疾病导致的肌肉力量和身体功能下降）、骨质疏松症等）		

<p>老化に伴う疾患（筋力低下、フレイル(加齢により心身が衰えた状態)、サルコペニア(加齢や疾患により、筋力・身体機能の低下が起こること)、骨粗しょう症など)</p> <p>Diseases related to aging (muscle weakness, weakness (a state of physical and mental weakness due to aging), sarcopenia (decreased muscle strength and physical function due to aging and disease), osteoporosis, etc.)</p>		
14. 身体疼痛（腰痛、肘部和膝蓋疼痛、肩部疼痛（如肩部疼痛、神経痛等）	111	21.4
<p>身体疼痛（腰痛、肘部和膝蓋疼痛、肩部疼痛（如肩部疼痛、神経痛等）</p> <p>身体の痛み（腰痛、ひじやひざの痛み、五十肩などの肩の痛み、神経痛など）</p> <p>Body pain (back pain, elbow and knee pain, shoulder pain such as frozen shoulder, neuralgia, etc.)</p>		
15. 圧力性疾病（抑鬱症、失眠等）	67	12.9
<p>圧力性疾病（抑鬱症、失眠等）</p> <p>ストレス性の病気（うつ病、不眠症など）</p>		

Stress-related diseases (depression, insomnia, etc.)		
16. 眼部疾病（白内障、青光眼、視網膜色素變性等）	93	18.0
<p>眼部疾病（白内障、青光眼、视网膜色素变性等）</p> <p>目の病気（白内障、緑内障、網膜色素変性症など）</p>		
Eye diseases (cataracts, glaucoma, retinitis pigmentosa, etc.)		
17. 泌尿系統疾病（前列腺肥大、輸尿管結石、男性不孕症等）	41	7.9
<p>泌尿系统疾病（前列腺肥大、输尿管结石、男性不孕症等）</p> <p>泌尿器系の病気（前立腺肥大、尿管結石、男性不妊など）</p>		
Urinary system diseases (enlarged prostate, ureteral stones, male infertility, etc.)		
18. 婦女特有的多種疾病（月經失調、經痛、PMS（經前綜合症）、貧血、畏寒、骨質疏鬆症等）	81	15.6
<p>妇女特有的多种疾病（月经失调、经痛、PMS（经前综合症）、贫血、畏寒、骨质疏松症等）</p> <p>女性に特有・多い病気（生理不順、生理痛、PMS(月経前症候群)、貧血、冷え性、骨粗しょう症など）</p>		

Many female-specific diseases (irregular menstruation, menstrual pain, PMS (premenstrual syndrome), anemia, poor blood circulation, osteoporosis, etc.)		
19. 不孕症（包括男性不孕症、ED（勃起功能障碍）等）	7	1.4
不孕症（包括男性不孕症、ED（勃起功能障碍）等）		
不妊症（男性不妊、ED(勃起不全)なども含む）		
Infertility (including male infertility, ED (erectile dysfunction), etc.)		
20. 新型冠狀病毒肺炎（COVID-19）	116	22.4
新型冠狀病毒肺炎（COVID-19）		
新型コロナ感染症		
COVID-19		
21. 其他	1	0.2
其他		
その他		
Others		
22. 現在沒有讓我感到擔心/焦慮的疾病或症狀	21	4.1
现在没有让我感到担心/焦虑的疾病或症状		

現在悩んでいる/将来不安に感じる病気・症状はない

No illness / symptoms currently suffering from / worried about in
the future

Q13S2: 請從以下的疾病和症狀中，選擇讓您目前或未來可能感到 回答數 %

擔心的三種疾病和症狀。未來讓你擔心的疾病和症狀（最多 3
個）

請從以下的疾病和症狀中，選擇讓您目前或未來可能感到擔心的 回答數
三種疾病和症狀。未來讓你擔心的疾病和症狀（最多 3 個）

以下の病気・症状の中で、あなたが現在悩んでいるもの・将来 回答数
不安に感じるものをそれぞれ 3 つまでお答えください。（3 つま
で選択可）

Please answer up to 3 of the following illnesses / symptoms that you Number
are currently suffering from and that you are worried about in the
future. Worried about illnesses / symptoms in the future (up to 3)

1. 癌症（各種癌症，如肺癌、胃癌、結腸癌、腎臓癌、膵腺癌、
135 26.1
乳腺癌、子宮癌、前列腺癌等）
がん（肺・胃・大腸・腎臓・膵臓・乳・子宮・前立腺など各
種のがん）

Cancer (lung cancer, stomach cancer, colorectal cancer, kidney cancer, pancreatic cancer, breast cancer, uterine cancer, prostate cancer, etc.)		
2. 心臓病（心力衰竭、心肌梗塞、心绞痛等）	81	15.6
心脏病（心力衰竭、心肌梗塞、心绞痛等）		
心臓病（心不全、心筋梗塞、狭心症など）		
Heart disease (heart failure, myocardial infarction, angina, etc.)		
3. 脳血管疾病（脳梗塞、脳出血、蛛網膜下腔出血等）	48	9.3
脑血管疾病（脑梗塞、脑出血、蛛网膜下腔出血等）		
脑血管疾患（脑梗塞、脑出血、くも膜下出血など）		
Cerebrovascular disease (cerebral infarction, cerebral hemorrhage, subarachnoid hemorrhage, etc.)		
4. 胃腸道疾病和症状（胃炎、逆流性食管炎、便秘、腹瀉、腸易激綜合症、痔瘡等）	69	13.3
胃肠道疾病和症状（胃炎、逆流性食管炎、便秘、腹泻、肠易激综合症、痔疮等）		
胃腸の病気・症状（胃炎、逆流性食道炎、便秘、下痢、過敏性腸症候群、痔など）		

Gastrointestinal diseases / symptoms (gastritis, reflux esophagitis, constipation, diarrhea, irritable bowel syndrome, hemorrhoids, etc.)		
5. 癡呆症（阿爾茨海默氏症等）	75	14.5
痴呆症（阿尔茨海默氏症等）		
認知症（アルツハイマー病など）		
Dementia (Alzheimer's disease, etc.)		
6. 呼吸系統疾病和症狀（C O P D（慢性阻塞性肺病）、支氣管炎、肺結核、肺炎等）	46	8.9
呼吸系统疾病和症状（C O P D（慢性阻塞性肺病）、支气管		
炎、肺结核、肺炎等）		
呼吸器の病気・症状（COPD(慢性閉塞性肺疾患)、気管支		
炎、肺结核、肺炎など）		
Respiratory diseases / symptoms (COPD (chronic obstructive pulmonary disease), bronchitis, tuberculosis, pneumonia, etc.)		
7. 高血壓	75	14.5
高血压		
高血压症		
Hypertension		

8. 高脂血症	38	7.3
高脂血症		
高脂血症		
Hyperlipidemia		
9. 膠原病和風濕性關節炎	14	2.7
胶原病和风湿性关节炎		
膠原病・関節リウマチ		
Collagen disease / rheumatoid arthritis		
10. 糖尿病（包括併發症糖尿病腎病、神經病變和視網膜病變）	87	16.8
糖尿病（包括并发症糖尿病肾病、神经病变和视网膜病变）		
糖尿病（合併症である糖尿病性腎症・神經障害・網膜症を含む）		
Diabetes (including complications of diabetic nephropathy, neuropathy, and retinopathy)		
11. 代謝綜合征和肥胖症	46	8.9
代谢综合征和肥胖症		
メタボリックシンドローム・肥満症		
Metabolic syndrome / obesity		

12. 過敏性疾病（花粉熱、過敏性鼻炎、支氣管哮喘等）	33	6.4
<p>過敏性疾病（花粉熱、過敏性鼻炎、支氣管哮喘等）</p> <p>アレルギー性の疾患（花粉症、アトピー性鼻炎、気管支ぜんそくなど）</p> <p>Allergic diseases (hay fever, allergic rhinitis, bronchial asthma, etc.)</p>		
13. 與衰老相關的疾病（肌肉無力、虛弱（隨著年齡的增長而身體和精神衰退）、肌少症（由於年齡和疾病導致的肌肉力量和身體功能下降）、骨質疏鬆症等）	114	22.0
<p>与衰老相关的疾病（肌肉无力、虚弱（随着年龄的增长而身体和精神衰退）、肌少症（由于年龄和疾病导致的肌肉力量和身体功能下降）、骨质疏松症等）</p> <p>老化に伴う疾患（筋力低下、フレイル(加齢により心身が衰えた状態)、サルコペニア(加齢や疾患により、筋力・身体機能の低下が起こること)、骨粗しょう症など）</p> <p>Diseases related to aging (muscle weakness, weakness (a state of physical and mental weakness due to aging), sarcopenia (decreased</p>		

muscle strength and physical function due to aging and disease), osteoporosis, etc.)		
14. 身體疼痛（腰痛、肘部和膝蓋疼痛、肩部疼痛（如肩部疼痛、 神經痛等） 身体疼痛（腰痛、肘部和膝蓋疼痛、肩部疼痛（如肩部疼痛、 神经痛等） 身体の痛み（腰痛、ひじやひざの痛み、五十肩などの肩の痛 み、神経痛など） Body pain (back pain, elbow and knee pain, shoulder pain such as frozen shoulder, neuralgia, etc.)	96	18.5
15. 壓力性疾病（抑鬱症、失眠等） 压力性疾病（抑郁症、失眠等） ストレス性の病気（うつ病、不眠症など） Stress-related diseases (depression, insomnia, etc.)	47	9.1
16. 眼部疾病（白內障、青光眼、視網膜色素變性等） 眼部疾病（白内障、青光眼、视网膜色素变性等） 目の病気（白内障、緑内障、網膜色素変性症など） Eye diseases (cataracts, glaucoma, retinitis pigmentosa, etc.)	103	19.9

17. 泌尿系統疾病（前列腺肥大、輸尿管結石、男性不孕症等）	36	6.9
泌尿系統疾病（前列腺肥大、輸尿管結石、男性不孕症等）		
泌尿器系の病気（前立腺肥大、尿管結石、男性不妊など）		
Urinary system diseases (enlarged prostate, ureteral stones, male infertility, etc.)		
18. 婦女特有的多種疾病（月經失調、經痛、PMS（經前綜合症）、貧血、畏寒、骨質疏鬆症等）	60	11.6
婦女特有的多种疾病（月经失调、经痛、PMS（经前綜合症）、貧血、畏寒、骨質疏鬆症等）		
妇女特有的多种疾病（月经失调、经痛、PMS（经前綜合症）、貧血、畏寒、骨質疏鬆症等）		
女性に特有・多い病気（生理不順、生理痛、PMS(月經前症候群)、貧血、冷え性、骨粗しょう症など）		
Many female-specific diseases (irregular menstruation, menstrual pain, PMS (premenstrual syndrome), anemia, poor blood circulation, osteoporosis, etc.)		
19. 不孕症（包括男性不孕症、ED（勃起功能障礙）等）	12	2.3
不孕症（包括男性不孕症、ED（勃起功能障礙）等）		
不妊症（男性不妊、ED(勃起不全)なども含む）		

Infertility (including male infertility, ED (erectile dysfunction), etc.)		
20. 新型冠狀病毒肺炎（COVID-19）	121	23.4
新型冠狀病毒肺炎（COVID-19） 新型コロナ感染症 COVID-19		
21. 其他	0	0.0
其他 その他 Others		
22. 現在沒有讓我感到擔心/焦慮的疾病或症狀	19	3.7
现在没有让我感到担心/焦虑的疾病或症状 現在悩んでいる/将来不安に感じる病気・症状はない No illness / symptoms currently suffering from / worried about in the future		