Examining the Level of Knowledge and Level of Acceptance of Complementary and Alternative Medical (CAM) Practices Among College-Age Students
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CAM use is on the rise throughout the world in light of new research being performed. While they are new studies being published regarding the efficacy and safety of CAM there are not many studies examining the level of knowledge and acceptance of CAM users to gauge if there is a correlation between the two. The aim of this study was to conduct a survey on college-aged students regarding their knowledge and acceptance of five specific CAM practices: chiropractic, massage therapy, acupuncture, herbal/dietary supplements, and yoga. An Internet based survey was sent out via school wide email for participants to complete regarding the knowledge, use, and acceptance of specific CAM practices as well as their health insurance coverage regarding CAM use. More than 2/3 of the 222 respondents were either “very familiar” or “somewhat familiar” with each of the CAM practices. Yoga and chiropractic care were the most well-known (86.1% and 82.5%, respectively). A majority of respondents currently use, have used, or are willing to try the practices regardless of their familiarity with them. However, of the 88.8% of participants who have health insurance about 50% of them were unsure if the CAM practices were covered and about 30% indicated that it was not covered. Some limitations for receiving treatments were fear of treatment, not easily accessible, and being too costly.