

| Study/Author: | Year: | Surveyed Population: | Population size: | Method: | Use of CAM (%) | Used types of CAM | Note/Comment: |
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| Alternative medicine in a sample of 655 community-dwelling elderly [18]. | 1997 | Adult | 655 | Interview | 30% | Herbs/Phytotherapeutics 47% (chamomile; valerian; hawthorn; propolis; ginseng and others); Acupuncture 34%; Relaxation Techniques 15%; Homeopathy 3%. | Approximated mean cost per year per person was 483 Euro. |
| Characteristics of unconventional medicine users and their households in Italy [19]. | 1999 | Adult/All | 140.000 families | Face to face interview | 28% of all families residing in Italy South Italy 14;5% Insular Italy 19;2% Central Italy 29;1% North-West Italy 32;6% North-East Italy 40;5% | Homeopathy 27% (of all CAM users); Manual Treatments 20%; Herbal Medicine 10%; Acupuncture 6%; other 2% | Acupuncture and Manual Treatments were used for pain (59;3% and 63;8%). Herbal remedies were used principally to improve the quality of life (44;1%). |
| Use of unconventional medicine in Italy: a nation-wide survey [19]. | 1999 | Children (0- 14 years) | 30.000 families 70;898 individuals | Face to face interview | 15;6% used at least one unconventional therapy during the period 1997-1999 | 65.7% of all CAM users had applied only one type of therapy: homeopathy (27.3%); manipulative treatments (20.5%); herbal medicine (10.5%); acupuncture (5.8%); other unconventional therapy (1.6%); while 3% of users had used all types of unconventional medicine. | Homeopathy was the most frequently used (8.2% of the population); followed by manual treatments (7%); herbal medicine (4.8%) and acupuncture (2.9%). Homeopathy was also quite commonly used by children (7.7% of Italian children) |

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| Uso delle Medicine Non Convenzionali nella popolazione pediatrica dell'Italia Nord-Occidentale [27]. | 2000 | Children | 3057 | Questionnaire | 46%; male: 56;1%; female: 43;3% (0-2 years 31%; 3-5 years 31%; 6-10 years 26%; 11-14 years 11%) | Homeopathy 72%; Phytotherapy 17%; Acupuncture 5%; Anthroposophic Medicine 2%; Chiropractic 2%; Oriental Medicine and Osteopathy 1% (respectively) | 90% expressed a positive opinion about efficacy. ENT 33%; allergy 12%; dermatologic diseases 10%; sleep disorders 9%; lung diseases 8% ; enteric disease 7%; eating disorders 4% |
| Indagine nella Regione Liguria sull'uso delle Medicine Non Convenzionali in Pediatria [29]. | 2000 | Children | 1219 | Questionnaire | 66% (0-2 years 42%; 3-6 years 54%; 7-10 years 47%; > 10 years 36% | Homeopathy 73%; Herbal Medicine 15%; Anthroposophic Medicine 4%; Manual Treatment 5% (Chiropractic 3%; Osteopathy 2%); Acupuncture 2%; Oriental Medicine 2% | 90% of respondents expressed a positive opinion about efficacy. Diseases: ENT 32%; allergy 11%; dermatologic diseases 11%; sleep disorders 9%; lung diseases 7% |
| Indagine nella regione Piemonte sull'uso delle medicine non convenzionali in pediatria [29]. | 2000 | Children | 832 | Questionnaire | 54% use CAM 28% (0-2 years); 36% (3-6 years); 23% (7-10 years); 13% (>10 years). | Homeopathy 79%; Phytotherapy 13%; Chiropractic 3%; Oriental Medicine 2%; Acupuncture 1%; Osteopathy 1%; Anthroposophic Medicine 1%. | Diseases: ENT 35;5%; allergy 9;6%; dermatologic 10;3%; sleep and behaviour disorders 10;9%; respiratory diseases 5;1%; osteo-art. diseases 7;6%. |
| Indagine sull'uso delle Medicine Non Convenzionale in Pediatria [29]. | 2000 | Children | 500 | Questionnaire | 48;6% of children used CAM; male: 68;6%; female: 31;4% | Homeopathy 75%; Herbal Medicine 13%; Acupuncture 8%; Anthroposophic Medicine 3%. Mean age of users : 1-9 years | 75% of respondents expressed a positive opinion. Treated diseases: ENT 30%; lung diseases |

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| | | | | | | | 25%; allergies 20%; eating disorders 5%. |
| Giannelli M; Cuttini M; Arnaini S; Baldi P; Buiatti E: le medicine non convenzionanli in Toscana: attitudini e utilizzo nella popolazione [34]. | 2000 | Adult | 5670 subjects >20 years | Questionnaire | 45% considered useful at least one type of CAM; and 20% had used CAM at least once in the three years prior to the interview | Manipulative therapies and homeopathy were most used remedies. | Most frequent users were middle-aged women with higher educational levels. |
| Prevalence; pattern and predictors of use of complementary and alternative medicine (CAM) in migraine patients attending a headache clinic in Italy [20]. | 2003 | Migraine patients | 481 | Physician-administered structured interview | 31% (17% during the previous year) | Acupuncture (27% of all CAM users); Homeopathy 22%; Massage 10%; Chiropractic 9%; Exercise 5%; Therapeutic Touch 4%; Diet 4% and others. | 39,5% of users considered CAM as useful(above of all patients with episodic migraine). Approximately 61% of CAM users had not informed their medical doctors of their CAM use. |
| Why physicians need to look more closely at the use of complementary and alternative medicine by multiple sclerosis patients. | 2003 | Adults with multiple sclerosis | 109 | Semi-structured questionnaire | 36% | Homeopathy 12% (of all); Diets 12%; Therapeutic Touch 12%; Acupuncture 4%; Massage 4%; and others | 39.4% had a positive attitude towards CAM. 61.5% perceived benefit |

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| Herbal products: behaviors and beliefs among Italian women [21]. | 2004 | Adult (women) | 1044 | Pre-structured questionnaire | 47% | Herbal products: ten most frequently used herbal products reported were propolis; aloe; valerian root; blueberry; fennel; dandelion; mallow; arnica; thyme; and echinacea. | 9.5% side effects. The majority of our women did not obtain information about this kind of therapy from a health care provider (72.71%). |
| National Institute of Statistic (ISTAT): Complementary and Alternative Medicine (CAM) among adults in Italy: Use and related satisfaction [26]. | 2005 | Adult/All (aged > 18) | 104;544 | Questionnaire by National Institute of Statistics (ISTAT) | 14.4% of sample used at least one CAM typology in last three years | Manual treatments (7.6%); followed by Homeopathy (7.0%); herbal medicine (4.1%); and acupuncture (2.1%). | Most CAM users reported complete satisfaction (60.6% acupuncture; 69.2% herbal medicine; 70.8% homeopathy; 77.8% manual treatments). Use was more frequent among women; middle-aged; highly educated and upper-middle class persons; living in Northern Italy. |
| In Italia ISTAT“ Ltnc: Anno 2005. Statistiche in breve [17]. | 2005 | Children (aged < 18) | 104544 | Questionnaire by National Institute of Statistic (ISTAT) | 9.6% (0-14 years). Age group 3-5 years: 10.7%; other age groups: 6.2%. | Homeopathy 7.9%; Phytotherapy 2;1% | The survey has assessed in detail only Homeopathy; Herbal Medicine; Acupuncture and Manual Treatments. Other methods from CAM have not been considered. |

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| Use; Attitudes and Knowledge of Complementary and Alternative Drugs (CADs) Among Pregnant Women: a Preliminary Survey in Tuscany [22]. | 2006 | Adult pregnant women | 172 | Semi-structured questionnaire | 48% were using or had used CAM during pregnancy. 68% used CAM during the life; | 59.1 % wasn't able to correctly indicate what kind of CAM had been used. Almond oil 20%; propolis 14%; fennel and mouve (malva) tea 6%; arnica 3%; St. Johns Wort 3% and others. | The majority of women resorted to gynaecologists as the primary information source for CAMs during pregnancy; while they mainly referred to herbalists when not pregnant. |
| Prevalence in the use of complementary medicine among cancer patients in Tuscany; Italy [33]. | 2006 | Adult cancer patients | 132 | Questionnaire | CAM use after cancer diagnosis among Tuscan cancer patients was 17% | Herbal medicine 52%; Homeopathy 30% ; Acupuncture 13% | The Tuscan use of complementary medicines for cancer does; however; resemble the general European use in that it is higher among women and persons living in urban areas and/or with higher education; and that herbal medicine and homeopathy are the most commonly used forms of CAM |
| Use of complementary and alternative medicine by patients with cluster headache: | 2006 | Patients with cluster headache | 100 | physician-administered structured interview | 29% (10% during the previous year) | Acupuncture 15%; Homeopathy 7%; Acupressure 6%; Chiropractic 6%; Therapeutic Touch 5% | Only 8% of the CAM was considered effective. Partial effectiveness was reported in 28%. Approximately 62% of CAM users had not |

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| results of a multi-centre headache clinic survey [20]. | | | | | | | informed their medical doctors of their CAM use. |
| Complementary and alternative medical therapies used by children with cancer treated at an Italian pediatric oncology unit [31]. | 2008 | Children with cancer | | Questionnaire | 12% | Homeopathy was most used CAM; followed by Herbal Therapies. | 83% of respondent considered CAM effective (in reducing side effects of chemotherapy) |
| Regional variations in the use of complementary and alternative medicines (CAM) for inflammatory bowel disease patients in Italy: an IG-IBD study [23]. | 2009 | Adult (inflammatory bowel disease patients) | 2011 patients (909 Crohn's D.; 1087 Ulcerative Colitis; 15 indeterminate) | Questionnaire | 24% | South: Significantly more use of dietary changes and supplements and prayer. North: Significantly more Homeopathy; Herbal Medicine and physical exercises. | More money is spent on CAM in Northern Italy. |
| Use of complementary and alternative medicine in children with recurrent acute otitis media in Italy [28]. | 2009 | Children (1-7 years) | 840 with recurrent acute otitis media (> 3 episodes in six months) | Face to face questionnaire | 46% | The study considered only Homeopathy (46% of all) and Herbal Medicine (26%). Echinacea purpura was most used herb (84%). | Reasons for CAM: 40% use CAM due to fear of adverse effects of conventional medicine; 20% to increase immune defence. 95% of users considered CAM as |

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| | | | | | | | safe. 68% of users considered CAM highly effective. 50% prescribed by paediatrician; 23% self-administered. 81% declared that their paediatrician knows that the patient uses CAM. |
| Use of herbal products among 392 Italian pregnant women: focus on pregnancy outcome [40]. | 2009 | Adult pregnant women | 392 | Face to face interview on questionnaire | 28% (thereof 37% of the users; consumed herbal products throughout whole pregnancy) | The study considered only Herbal products. Most used were chamomile; liquorice; fennel; aloe; valerian; echinacea; almond oil; propolis; and cranberry. | Four out of 109 women (3.7%) reported side-effects: constipation after a tisane containing a mix of herbs; rash and itching after local application of aloe or almond oil. |
| The use of Complementary and Alternative Medicine by women experiencing menopausal symptoms in Bologna [24]. | 2010 | Adult (women) | 1106 | Questionnaire | 33.5% reported to have used CAM | Most popular products were herbal products (which included Cimicifuga and phytoestrogens extracted from Discorea; soy or other plants in the form of pills or decoctions) (41.4%) and additional soy in the diet (26.2%). Homeopathy 11%. | One third of CAM users did not disclose the use of CAM to their physician |

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| Use of alternative-complementary-medicine (CAM) in Calabrian children [30] | 2012 | Children | 1366 parents | Questionnaire | From 18% to 38% depending on the 5 provinces of the region | Phytotherapy (53%-80%) was preferred to homeopathy (17%-47%) | The most common illnesses treated with CAM were gastrointestinal; upper respiratory tract and dermatological diseases |
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Table 1: Use of CAM in Adults and Children: Surveys in Italy from 1995 to 2011.

| No. | Region | City | Hospital | Department | CAM |
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| 1 | Piedmont | TURIN | Regional Hospital of St. Anne | Obstetrics and Gynecology Clinic - Women's Headache Center | Acupuncture |
| 2 | | | Mauritian Hospital Umberto I ° | General Medicine Division II; Diagnosis and treatment of headaches | Acupuncture |
| 3 | | | Maria Vittoria Hospital | ASL 3; Analgesic Therapy Service | Acupuncture |
| 4 | | | Natural and Physical Therapy Center Studies | ASL 3; Women's Headache Center | Acupuncture |
| 5 | | CIRIÉ | Local Health Services 6; Anesthesia and Resuscitation | Analgesic Therapy Clinic | Acupuncture |
| 6 | | MONCALIERI | Service recovery and functional rehabilitation | | Acupuncture |
| 7 | Lombardy | MILAN | Luigi Sacco University Hospital | Second Division of Infectious Diseases | Acupuncture |
| 8 | | | Luigi Sacco University Hospital | Recovery and re-education; c/o ASC | Acupuncture |
| 9 | | | Luigi Sacco University Dermatology Hospital | | Acupuncture |
| 10 | | | Clinical Specialist Institutes and Pain Therapy | | Acupuncture |
| 11 | | PAVIA | University of Pavia | Clinic of Infectious Diseases | Acupuncture |
| 12 | | VIGEVANO | Civil Hospital of Vigevano | general medicine; outpatient treatment of pain | Acupuncture |

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| 13 | | BRESCIA | Local Health Service | | Homeopathy |
| 14 | Veneto | PADUA | geriatric hospital | 2nd division surgery | Acupuncture |
| 15 | | | University of Padua | anaesthesia and resuscitation | Acupuncture |
| 16 | Friuli | PORDENONE | "S.M degli angeli"; Civic Hospital | general medicine | Acupuncture |
| 17 | Liguria | GENOA | Cancer Institute of Genoa | functional rehabilitation service | Acupuncture |
| 18 | Tuscany | | Hospital of Santa Maria Nuova | anesthesiology and resuscitation department | Acupuncture; Kinesiology and Homeopathy |
| 19 | | FLORENCE | "Fiore di Prugna"; Local Health Service in Florence | Center of Traditional Chinese Medicine | Acupuncture |
| 20 | | | "New Hospital of S. Giovanni di Dio" Local Health Service in Florence | Algology (pain therapy) | Acupuncture and Spinal Manipulation |
| 21 | | | "Hospital of Borgo San Lorenzo"; Local Health Service in Florence | Functional Recovery Clinic | Acupuncture |
| 22 | | | Clinic of Fiesole; Local Health Service in Florence | | Herbal Medicine |
| 23 | | PITIGLIANO | Hospital: Center for Integrated Medicine | | Homeopathy and Herbal Medicine |
| 24 | | EMPOLI | St. Joseph Hospital | Local Health Unit 11 | Herbal medicine |
| 25 | Emilia Romagna | BOLOGNA | "Maggiore Hospital" | service algology; outpatient geriatric pathology | Acupuncture |
| 26 | | | Local Health Service in Bologna | Clinic for Geriatric Disease | Acupuncture |
| 27 | | LUGO | Local Health Service | | Acupuncture |
| 28 | Marche | RAVENNA | "Civil Hospital" | ambulatory | Acupuncture |
| 29 | | | Local Health Unit 8 | | Acupuncture |
| 30 | Abruzzo | AQUILA | "Aquila Hospital" | Division of Dermatology | Acupuncture |

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| 31 | Lazio | ROME | IRCCS "monti di creta" | Italian Dermatological Institute | Acupuncture |
| 32 | | | "S. Eugenio Hospital" | outpatient treatment of pain | Acupuncture |
| 33 | | | Fatebenefratelli Hospital; Tiber Island | Ambulatory | Acupuncture |
| 34 | | | San Camillo Hospital | General medical practice | Homeopathy |
| 35 | Campany | NAPLES | University "Federico II" | Faculty of Medicine and Surgery | Homeopathy |
| 36 | | | St. Paul's Hospital | Local Health service Naples 1 ambulatory | Homeopathy and Herbal Medicine |
| 37 | | | C.T.O. Hospital | Local Health Service Naples 1 | Acupuncture |
| 38 | | | Ascalesi Hospital | Local Health Service Naples 1 | Homeopathy |
| 39 | Sicily | PALERMO | Civic Hospital Pensatelli | Analgesic Therapy Clinic | Acupuncture |
| 40 | | | "V. Cervello Hospital" | Department of Anesthesia and Resuscitation | Acupuncture |
| 41 | | | Ingrassia Hospital | Pain Therapy | Acupuncture |
| 42 | | | Civic Hospital of Palermo | Pain Therapy | Acupuncture |
| 43 | | | University Hospital of the University of Palermo | | Acupuncture |
| 44 | | TRAPANI | Local Health Unit 10 | | Acupuncture |
| 45 | | MESSINA | "Gioiosa Marea and Patti" | Local Health Service 5 | Acupuncture |

Table 2: Italian Outpatient Clinics and Inpatient Wards offering CAM.

| No. | CAM | Master's | Name of Institution; City and Web-Address |
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| | Discipline | Degree (University) | |
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| 1 | Homeopathy | Yes | SMB Italy (Italian Society Biotherapy Medicine); Advanced Course in Homeopathy - Guglielmo Marconi - Telematic University (www.smbitalia.org) |
| 2 | | No | School of Homeopathic Medicine; Three-Year Course of Basic Training in Homeopathy; VERONA (www.omeopatia.org) |
| 3 | | No | SMB Italy (Italian Society Biotherapy Medicine) School of Homeopathy (www.smbitalia.org) |
| 4 | | No | National School of Clinical Homeopathy; Italian Society of Homeopathy and Integrated Medicine (www.siomi.it) |
| 5 | | No | CSOA Courses (Homeopathy Applied Studies Centre) www.csoa-milano.it |
| 6 | | No | IRMSO - Homeopathic Medical Scientific Research Institute; 24th Three Year Course Homeopathic Medicine (www.irmso.it) |
| 7 | | No | "MARCHIGIANA" HOMEOPATHIC Hahnemannian Academy Macerata |
| 8 | | No | HOMEOPATHIC Sardinian Academy; School of Homeopathic Medicine; CAGLIARI |
| 9 | | No | C.D.O - CENTER FOR HOMEOPATHY; www.centrodiomeopatia.it |
| 10 | | No | C.I.M.I. - Italian Centre of Integrated Medicine; Rome |
| 11 | | No | HOMEOPATHIC GROUP DULCAMARA; GENOVA; www.dulcamara.org |
| 12 | | No | KOIN - Italian School of Classical Homeopathy; Solignano Nuovo MODENA |
| 13 | | No | Hahnemannian Homeopathic School of Turin; Turi; www.omeoto.it |
| 14 | | No | Homeopathy Center of Catania; Catania; www.centrodiomeopatia.it |
| 15 | | No | A.F.M.O. - Training School in Homeopathy; Lamezia Terme CATANZARO; www.afmo.eu |
| 16 | | No | School of Classical Homeopathy "Mario Garlasco"; Florence; www.lycopodium.it |
| 17 | | No | International School of Veterinary Homeopathy; Cortona AREZZO; www.omeovet.net |
| 18 | | No | Three-Year Course Basic Training in Hahnemannian Homeopathy; www.omeopatiasimoh.net |
| 19 | Acupuncture | Yes | Second Level Master's degree of CAM to 3 addresses: "Traditional Chinese Medicine with Acupuncture; Homeopathy; Herbal |

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| | (TCM) | | Medicine"; University of Rome and Bologna FIAMO (Italian Federation Associations and Homeopathic Doctors) |
| 20 | | Yes | Second Level Master's Degree in Clinical Acupuncture; University of Rome "Tor Vergata"; www.uniroma2.it |
| 21 | | No | Studies Centre Xin Shu; Medical Association for the Study of Acupuncture; Italian-Chinese School of Acupuncture; Rome and Palermo; www.xinshu.it |
| 22 | | No | School of Traditional Acupuncture; City of Florence; FISA (Italian Federation of Acupuncture Society); www.agopuntura-fisa.it |
| 23 | | No | First Advanced Course in Acupuncture and Chinese Medicine; So Wen Study Center; www.sowen.it |
| 24 | Herbal medicine | Yes | Second Level Master's Degree in Applied Phytotherapy; Italian Society of Phytotherapy; University of Siena; www.unisi.it/postlaurea/master.htm |
| 25 | | Yes | Second Level International Master's Degree in Phytotherapy; University of Madrid; Trieste and Cagliari; www.masterfitoterapia.eu |
| 26 | | Yes | Second Level University Master in "Acupuncture - Herbal Medicine (Integration of Traditional Chinese Medicine and Western Medicine)"; Faculty of Medicine and Surgery; University of Rome "La Sapienza"; http://www.emagister.it/corso_agopuntura_fitoterapia_integrazione_tra_medicina_tradizionale_cinese_e_medicina_occidentale2375866.htm |
| 27 | | Yes | First Level University Master "Complementary Medicine and Integrated Therapies" University of Siena |

Table 3: Italian Education Programs and University Master Degrees for CAM.