








Appendix 1: Complete responses to the Intervention Frequency and Cost Survey (IFACS).

1. Since completion of the EMBARK study, did you receive massage therapy?

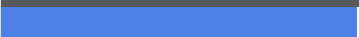




Answer		Response	%
Yes		71	61%
No		46	39%
Total		117	100%

2. Why not? (This question only seen by those who answered “No” to question 1.)





Answer		Response	%
Didn't feel massage therapy was significantly helpful		4	9%
Not enough time or difficulty scheduling		11	24%
Not conveniently located		5	11%
Cost too much		19	41%
Other		7	15%
Total		46	100%

Other			
• I have not schedule massages after the study because I am preparing for a trip. When I return home, I plan to schedule.			
• Not part of regular routine			
• Will schedule right away. Due to prior commitments needed to hold off but will do it ASAP			
• Been involved in other things			
• Been Busy..will though			
• I have had a succession of health issues that have occupied my time and attention. Haven't used my free massages yet, but hope to soon. I have been in a lot of physical therapy for strength and balance and now for hip pain.			

3. How many times per month did you receive massage therapy (on the average)?
(Seen by those who answered “Yes” to question 1.)

Answer		Response	%
1 time a month		53	75%
2 times a month		11	15%
3 times a month		3	4%
4 times a month		3	4%
more than 4 times a month		1	1%
Total		71	100%

4. How did you pay for the majority of your massage therapy sessions?
(Seen by those who answered “Yes” to question 1.)

Answer		Response	%
Insurance		2	3%
Out of pocket		31	44%
Other		2	3%
Gift Certificate		41	58%

5. How much did you pay for the majority of your massage therapy sessions?*

(Seen by those who answered “Yes” to question 1.)

Answer		Response	%
Nothing		36	51%
\$20		1	1%
\$30		0	0%
\$40		4	6%
\$60		18	25%
More than \$60		12	17%
Total		71	100%

6. Would you have scheduled more sessions if cost was not an issue?
(Seen by all respondents.)

Answer		Response	%
Yes		111	95%
No		6	5%
Total		117	100%

7. How many times per month would you receive a massage if cost was not an issue?
(Seen by those who answered “Yes” to question 6.)

Answer		Response	%
0		0	0%
1 time a month		11	10%
2 times a month		48	43%
3 times a month		3	3%
4 times a month		39	35%
> 4 times a month		10	9%
Total		111	100%

8. How much would you be willing to pay out of pocket for each massage session?
(Seen by those who answered “Yes” to question 6.)

Answer		Response	%
\$0		13	12%
\$20		36	32%
\$30		34	31%
\$40		17	15%
\$60		8	7%
More than \$60		3	3%
Total		111	100%