

Key Insights from the U.S. Pain Foundation Membership Survey on OTC Pain Reliever Use

In July 2016, the U.S. Pain Foundation surveyed¹ its membership to better understand their members' attitudes, perceptions, and behavior when it comes to the appropriate selection and use of over-the-counter (OTC) pain relievers.

Among those members who participated:

- Eight in 10 of those participating were women
- An overwhelming majority (92%) identify with having some kind of chronic pain (as compared to the 15% who completed companion consumer survey fielded at the national level)
- Nearly two thirds (63%) have arthritis (23% consumer survey)

A large majority of U.S. Pain Foundation members surveyed use OTC pain relievers to manage pain.

- Three of 4 (77%) use OTC pain relievers (94% consumer survey)

However, only half of U.S. Pain Foundation members who took the survey express they are very confident about which OTC pain reliever to take when they have pain

- Only 50% of U.S. Pain Foundation members who took the survey are very confident in choosing which OTC pain reliever to take (60% consumer survey).

U.S. Pain Foundation members surveyed show more responsible behavior when using OTC pain relievers when compared with the general public consumer survey.

- About seven out of 10 (71%) very often consider the impact of taking an OTC pain reliever with other prescription medicines (46% consumer survey)
- Over half (58%) consider it very harmful not seeking advice from a doctor or pharmacist when starting a new prescription (39% consumer survey)
- Three in 5 (61%) are very likely to consider personal health aspects important (45% consumer survey)
- Over half (51%) are very likely to be very concerned about causing interactions between prescription medicines and their OTC pain reliever (38% consumer survey)

Similar to the findings in the general public, U.S. Pain Foundation members who took the survey have confidence that they are taking the right dose. However, when it comes to other considerations, such as side-effects or health conditions, their confidence wanes.

- Seven in 10 (69%) are very confident they are taking the right dose (71% consumer survey)
- Nearly 6 in 10 (59%) are very confident that they understand potential side effects (54% consumer survey)
- Only about half (51%) are very confident that their OTC pain reliever is acceptable with their other medications or that it is safe with their current health conditions (48% consumer survey)

¹ From July 8-15, 2016, the U.S. Pain Foundation conducted an online Survey Monkey of 365 individuals from its members who have used an OTC pain reliever in the last 90 days.