

# Questionnaire

## Consumer's attitudes to herbal products in Ukraine

Dear Sir / Madam,

This survey is a part of my Master Thesis, which I am doing at The Czech University of Life Sciences in Prague, Czech Republic. It is about familiarity of inhabitants of Khmel'nitska oblast in Ukraine with different herbal products and specificity of their usage. The survey is completely anonymous and takes just few minutes of your time.

Thank you in advance for your attention and cooperation!

**1. Do you know term “herbal product”?**

Yes       No

**2. Do you use herbal products?**

Yes       No

**3. If yes, please, indicate which ones and how often:**

Name of herbal product	Frequency of usage			
	I do not know	I know, but I do not use	I use sometimes	I use regularly
Peppermint				
Lemon balm				
Pot marigold				
Ribwort plantain				
Camomile				
Common nettle				
Absinth wormwood				
Kitchen sage				
Garden valerian				
St. John's wort				
Common marsh-mallow				
Red clover				
Blowball				
Fireweed				
Celandine				
Other: _____				

**4. For which reasons do you consume them (choose one or several and write your own variant if needed):**

Name of herbal product	Consumption reasons														
	Immune system and defensive capacity	Body's resistance against fatigue and stress	Mental activity and performance (concentration, memory)	Healthy skin, hair and nails	Gastrointestinal tract (activity of bowels, digestion, liver, gall bladder)	Musculoskeletal system (health and regeneration of joints, bones, tendons, muscles)	Physical and sport performance	Weight loss or control body weight	Healthy sleep and relaxation	Respiratory system (to facilitate coughing, clearing air passages)	Cardiovascular system (level of cholesterol, sugar, blood pressure, vascular health)	Excretory system (kidneys, bladder, urinary tract)	Ophthalmic health and support of eyesight	Reproductive and sexual health (prostate, fertility, sexual activity)	Premenstrual and menopausal comfort
Peppermint															
Lemon balm															
Pot marigold															
Ribwort plantain															
Camomile															
Common nettle															
Absinth wormwood															
Kitchen sage															
Garden valerian															
St. John's wort															
Common marsh-mallow															
Red clover															
Blowball															
Fireweed															
Celandine															
Other: _____															

5. Do you agree, that herbal products are:

	I totally agree	I partly agree	Neutral	I partly disagree	I totally disagree
Cheaper, than chemical drugs					
Safer alternative to chemical drugs					
More efficient, than chemical drugs					
Not substitutes of chemical drugs, but should be used together with them to receive better results in therapy					
Less efficient, than chemical drugs					
Not efficient at all, therefore they should not be consumed					

6. Do you agree, that consumption of herbal products depend on some season of the year:

	I totally agree	I partly agree	Neutral	I partly disagree	I totally disagree
Spring					
Summer					
Autumn					
Winter					

7. Where do you usually buy herbal products? (Choose one)

- Specialized shops
- Supermarkets
- Open-air markets
- E-shops
- Drug store
- I do not buy it, because I collect it by myself (or my family collects it)
- I do not use

8. In which form do you prefer to use herbal products? (Choose one):

- Raw herb
- Capsules
- Pastilles
- Tablets
- Essential oil
- Herbal infusion
- I do not use

**9. Where do you get information about most of herbal products? (Choose one ):**

- Internet
- Friends or colleagues
- Family
- Advertisement
- Literature (books, scientific journals etc.)
- Mass-media
- Medical receipts
- I am not interested in it

**10. Gender:**

- male
- female

**11. Age:**

- 18-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- Over 60 years

**12. Educational level:**

- Primary
- Vocational
- Secondary
- University

**13. Occupation:**

- Student
- Employed
- Entrepreneur
- Unemployed
- Retired
- Maternity leave

**14. Marital status:**

- Single / divorced / widowed /
- Married / living with a partner

**15. Residential area:**

- Rural
- Urban

**16. Income:**

- 1,000 – 3,000 hrivnias
- 3,001 – 5,000 hrivnias
- 5,001 – 10,000 hrivnias
- 10,001 – 20,000 hrivnias
- More than 20,001 hrivnias