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## Complementary medicine use and health literacy in older Australians

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**Table 4** Levels of health literacy and decision making efficacy by use of over the counter products vs practitioner delivered CAM.

	Over the counter (OTC) products (mean SD)		Practitioner provided CAM (mean SD)		Use of both OTC and practitioner CAM (mean SD)		p value
<b>Decision making self-efficacy (n=36/19/35)</b>	73.8	12.0	71.29	17.52	74.41	12.84	0.71
<b>Health literacy domain (n=46/22/46)</b>							
Feeling understood and supported by health care providers	3.37	0.47	3.15	0.39	3.33	0.55	0.23
Having sufficient information to manage my health	3.04	0.60	2.78	0.56	3.00	0.50	0.18
Actively managing my health	3.19	0.52	2.90	0.42	3.15	0.52	0.14
Social support for health	3.19 <sup>a</sup>	0.53	2.81	0.50	3.13	0.52	0.02 <sup>a,b</sup>
Appraisal of health information	3.00	0.47	2.70	0.40	3.09	0.46	0.006 <sup>c,d</sup>
Ability to actively engage with health care providers	4.14	0.47	3.74	0.70	4.03	0.54	0.01 <sup>e,f</sup>
Navigating the health care system	3.96	0.54	3.65	0.70	3.85	0.58	0.15

Ability to find good information	3.86	0.57	3.68	0.58	3.93	0.48	0.19
Understand health information well enough to know	4.16	0.54	3.93	0.58	4.13	0.52	0.24

Adjusted analyses using LSD undertaken for multiple comparisons. Social support for health: <sup>a</sup>OTC vs practitioner provided CAM p=0.007, <sup>b</sup>OTC plus practitioner provided CAM vs practitioner provided CAM p=0.021. Appraisal of health information: <sup>c</sup>OTC vs practitioner provided CAM p=0.13, <sup>d</sup>OTC plus practitioner provided CAM vs practitioner provided CAM p=0.001. Ability to actively engage with health care providers: <sup>e</sup>OTC vs practitioner provided CAM p=0.005, <sup>f</sup>OTC plus practitioner provided CAM vs practitioner provided CAM p=0.048