### Quotes illustrating theme 3 general barriers

**Internal factors**
- a. ‘I am very over allergic in many ways. I have bad eczema and have allergic reactions to plasters and even my own scratching’
- b. ‘The awkwardness in applying this medication (physical awkwardness)’ (In individual reporting restricted movement)

**External factors**
- c. ‘as long as I could have it at home.’
- d. ‘I have lived a long time with this and don’t believe in taking drugs of any kind I’ve got this far without and there is no more that can be done than that’.

### Quotes illustrating theme 4 insufficient knowledge

**Requires more information:**
- e. ‘I’m not sure about this one- I would need more info first, such as who would be doing this, qualifications.’
- f. ‘I do not know enough about hypnotherapy. I would have to be informed what would be involved in the treatment before I make a decision’

**Wants proof:**
- g. ‘I would want 100% guarantee of it working before using it.’
- h. ‘very unpleasant having a suppository- would want 100% guarantee of it working before using it’
- i. ‘only happy with strictly necessary medication that is proven’

**If recommended by clinician:**
- j. ‘I only use alternatives if the doctor says it’s ok to use them. I like to ask advice first, if the answer is no, then I don’t use them’