

### ***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'*