**Appendix A: Questions related to AAIM use**

1. **Have you ever in your running career used medicines to treat injuries in the week before or during a race – including anti-inflammatory drugs, cortisone (pills, or injection), or pain killers?**

Yes

No

1. **Which of the following medicines have you used in the past to treat an injury in the week just BEFORE a race?**

Paracetamol (e.g. Panado, Tylenol)

Non-steroidal anti-inflammatories (e.g. Voltaren, Cataflam)

Cortisone (pills)

Cortisone injection

Codeine

Anti-inflammatory gels/creams/patches

Any other pain killers

1. **Which of the following medicines have you used in the past to treat an injury DURING a race?**

Paracetamol (e.g. Panado, Tylenol)

Non-steroidal anti-inflammatories (e.g. Voltaren, Cataflam)

Cortisone (pills)

Cortisone injection

Codeine

Anti-inflammatory gels/creams/patches

Any other pain killers