Alternative behandlingsformer inkludert i de ulike undersøkelsene og deres prosentvise bruk i perioden (2012-2024)

	Antall ganger dette er undersøkt	2012	2014	2016	2018	2020	2022	2024
Behandlerbaserte metoder								
Gestaltterapi	2		0.2%					0.6%
Naturterapi	1	2.0%						
Tankefeltterapi	1		0.9%					
Psykoterapi (utover psykolog/psykiater)	3	2.0%					2.8%	0.9%
Kopping	4			1.3%	0.5%	0.7%	1.5%	1.5%
Osteopati	4			1.4%	1.1%	1.4%	3.4%	
Naprapati	5		4.6%	2.7%	2.7%	2.9%	5.1%	
Akupunktur	7	9.9%	7.1%	5.5%	4.7%	4.8%	5.3%	7.3%
Homeopati	7	3.0%	1.8%	0.9%	0.7%	0.4%	1.3%	1.3%
Fotsoneterapi	7	4.2%	3.1%	2.2%	1.2%	1.2%	1.7%	2.4%
Healing	7	3.8 %	2.8%	1.2%	2.3%	1.4%	2.3%	3.4%
Kinesiologi	6	1.7%	1.1%	0.7%	0.3%	0.4%		1.9%
Massasje	7	22.2%	20.3%	14.3%	14.1%	14.0%	17.4%	18.1%
Aromaterapi	1							3.7%
Folkemedisin	1							4.5%
Rosenterapi	1							0.3%
Andre alternative behandlere	7	3.2%	2.5%	4.9%	5.8%	3.3%	5.1%	3.7%
Natur(lege)midler	6	12.0%	10.7%	10.8%	9.6%	9.3%	13.8%	
Ingefær								14,9%
Hvitløk								6,7%
gurkemeie								5,9%
Kamille								5.3%
Linfrø								4.9%
Lavendel								4.4%

Rød solhatt (Echinacea)							3.6%
Tetreolje							2.6%
Ginseng							2.4%
Salvie							2.0%
Medisinske sopper							1.4%
Grapefruktekstrakt							1.3%
Kveldslysolje							0.5%
Ginkgo							0.4%
Andre urter/naturlige midler							9.8%
Selvhjelpsteknikker	6	12.4%	14.4%	14.3%	16.9%	21.8%	18.1%
Yoga							10.6%
Meditasjon							9.6%
Visualisering							6.2%
Tankefeltterapi							1.2%
Qi gong							1.1%
Tai chi,							1.3%
Neurolingvistisk programmering (NLP)							0.9%
Lightning process							0.4%
Feldenkrais-metoden							0.4%
Alexander-teknikken							0.2%
Andre selvhjelpsmetoder							6.3%