

Simsurveys Validation Benchmark

Physician Sarcopenia Survey

Live vs Synthetic Results

Field date: December 2025

Live sample size: n=253

Simulated sample size: n=1,000

Executive Summary

This report compares live physician survey results from the Physician Sarcopenia Survey (December 2025) to a synthetic dataset generated using the Simsurveys platform. Synthetic results are produced from simulated physician respondents and compared to live distributions for each question using divergence metrics.

Targeting and quotas. Simulation was configured to generate physicians aligned to the study's population (primary care/general practice and internal medicine subspecialties) and eligibility criteria focused on older-patient exposure. The final synthetic run used for this report is n=1,000.

Interpreting divergence metrics. KL divergence measures the difference between two response distributions. Values below 0.15 indicate **Good** alignment; values below 0.10 indicate **Excellent** agreement. For multi-select questions, we also report RBO (rank-biased overlap; p=0.9), which measures similarity in the ranked ordering of selections (1.00 = identical).

Question-level divergence summary

Q5. How familiar are you with the term "sarcopenia"? Select one.

KL Divergence: 0.044

Q6. As a rough estimate what percentage of older Americans today do you expect have sarcopenia? Select one.

KL Divergence: 0.273

Q7. Before today which terminology would you most likely have used in their medical chart? Select one.

KL Divergence: 0.242

Q8. Which of the following people is most likely to express initial concern? Select one.

KL Divergence: 0.297

Q9. Which measures/tools do you typically use when screening? Select all that apply.

KL Divergence: — | RBO (p=0.9): 0.673

Q10. How much time is typically required to complete a screening? Select one.

KL Divergence: 0.080

Q11. Which life events would prompt you to screen? Select all that apply.

KL Divergence: — | RBO (p=0.9): 0.981

Q13. Which diagnoses would prompt you to screen a 65+ patient? Select all that apply.

KL Divergence: — | RBO (p=0.9): 0.809

Q14. For patients diagnosed with a condition that may cause sarcopenia how often do you perform screening?

Select one.

KL Divergence: 0.066

Q15. Once a patient has been diagnosed how often do you perform follow-up assessment? Select one.

KL Divergence: 0.208

Q16. How often do these characteristics apply - Depressive symptoms

KL Divergence: 0.166

Q16. How often do these characteristics apply - Low physical activity

KL Divergence: 0.081

Q16. How often do these characteristics apply - Low income

KL Divergence: 0.165

Q16. How often do these characteristics apply - Unhealthy diet

KL Divergence: 0.057

Q16. How often do these characteristics apply - Social isolation

KL Divergence: 0.111

Q16. How often do these characteristics apply - Former high-activity lifestyle/profession

KL Divergence: 0.257

Q16. How often do these characteristics apply - Recent loss of spouse/significant other
KL Divergence: 0.140

Q16. How often do these characteristics apply - Recent move into long-term care
KL Divergence: 0.134

Q16. How often do these characteristics apply - Recent hospitalization
KL Divergence: 0.287

Q16. How often do these characteristics apply - Other factor
KL Divergence: 1.905

Q17. What ICD-10 codes do you typically use? Select all that apply.
KL Divergence: — | RBO (p=0.9): 0.748

Q18. What measurements do you use to confirm diagnosis? Select all that apply.
KL Divergence: — | RBO (p=0.9): 0.773

Q19. What diagnostic criteria do you typically use? Select one.
KL Divergence: 0.527

Q20. What is your most common recommendation for treating? Select all that apply.
KL Divergence: — | RBO (p=0.9): 0.900

Q22. For how many patients is diet and exercise alone sufficient? Select one.
KL Divergence: 0.138

Q23. How many patients do you refer to a different provider? Select one.
KL Divergence: 0.112

Q24. What are your primary motivations to screen and treat? Select up to two.
KL Divergence: — | RBO (p=0.9): 0.882

Q25. What would encourage more physicians to screen? Select up to three.
KL Divergence: — | RBO (p=0.9): 0.761

Q26. What are the most common reasons patients fail to address? Select up to three.
KL Divergence: — | RBO (p=0.9): 1.000

Q28. What educational tools would be most helpful? Select one.
KL Divergence: 0.106

Q29. Where do you turn for authoritative information? Select up to three.
KL Divergence: — | RBO (p=0.9): 0.890

Q30. How long have you been practicing medicine? Select one.
KL Divergence: 0.142

Q31. What percentage of your 65+ patients are in long-term care? Select one.
KL Divergence: 0.222

Q32. Have you completed advanced training in geriatric medicine? Select one.
KL Divergence: 0.662

Q33. Where do the majority of your 65+ patients live? Select one.
KL Divergence: 0.027

Q34. Gender of majority of your 65+ patient population? Select one.
KL Divergence: 0.009

Q35. Military status of majority of your 65+ patients? Select one.
KL Divergence: 0.206

Q36. Annual household income of majority of your 65+ patients? Select one.
KL Divergence: 0.091

Q37. Living situation of majority of your 65+ patients? Select one.

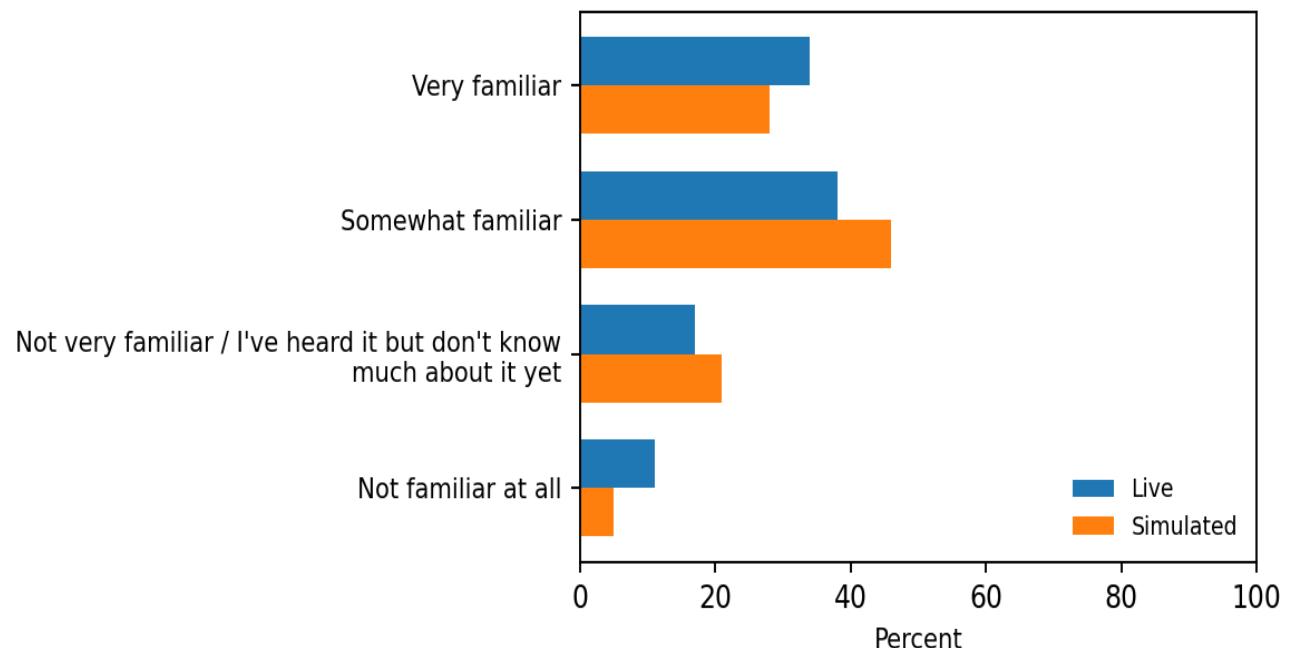
KL Divergence: 0.068

Q5

How familiar are you with the term "sarcopenia"? Select one.

KL Divergence (Live ■ Simulated): 0.044

Sample size: Live n=253 | Simulated n=1,000

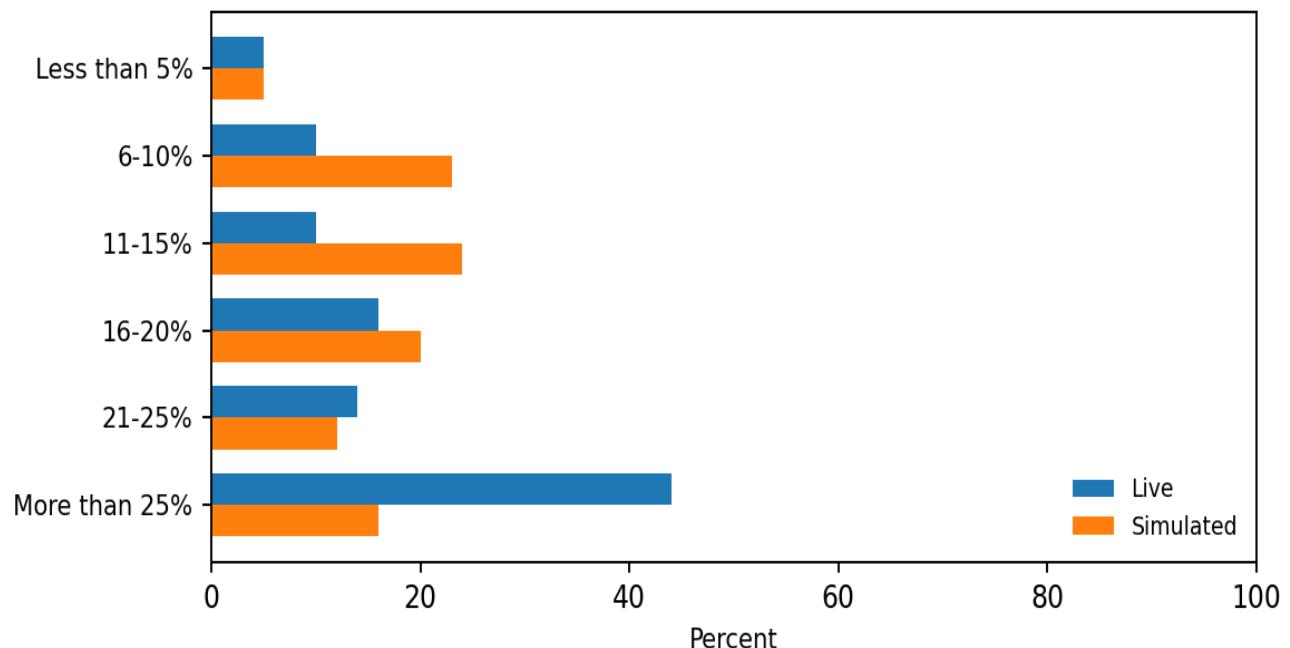


Q6

As a rough estimate what percentage of older Americans today do you expect have sarcopenia? Select one.

KL Divergence (Live ■ Simulated): 0.273

Sample size: Live n=253 | Simulated n=1,000

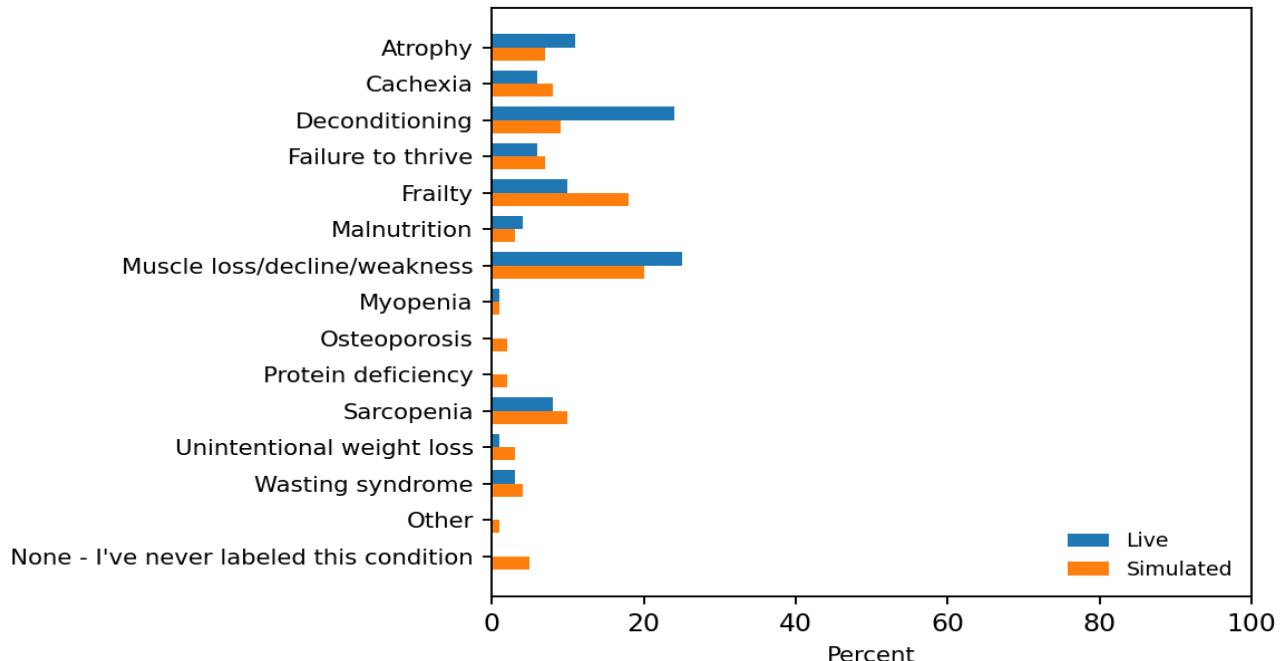


Q7

Before today which terminology would you most likely have used in their medical chart? Select one.

KL Divergence (Live ■ Simulated): 0.242

Sample size: Live n=253 | Simulated n=1,000

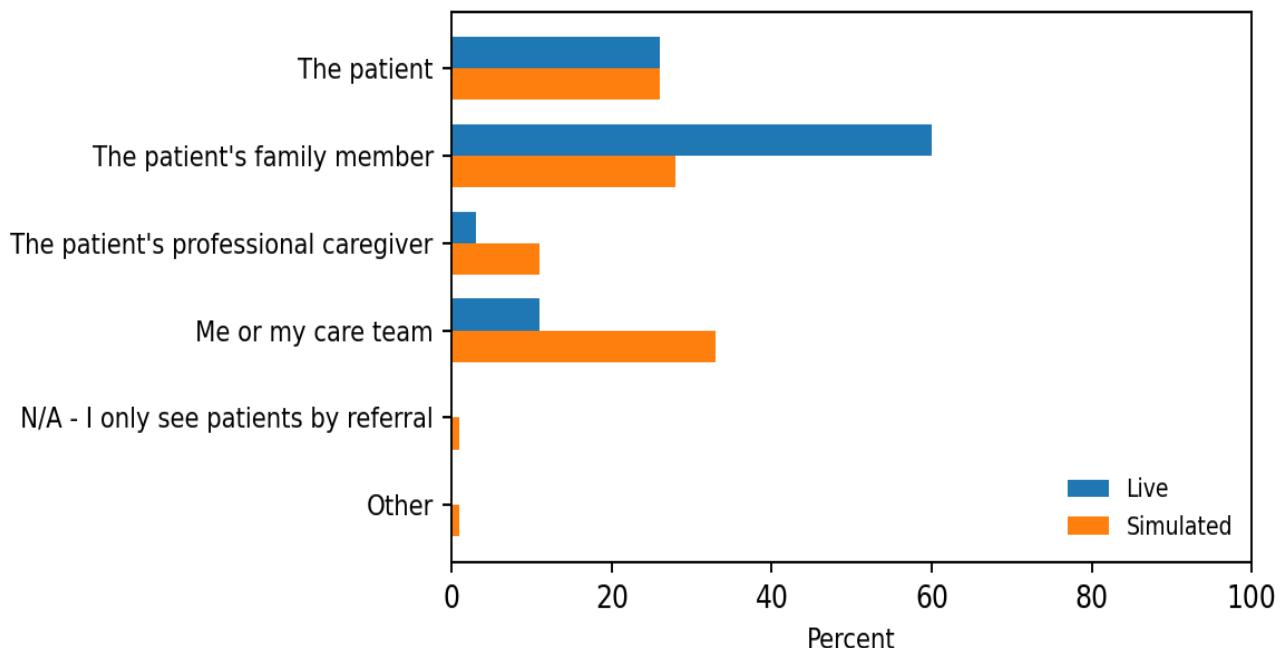


Q8

Which of the following people is most likely to express initial concern? Select one.

KL Divergence (Live ■ Simulated): 0.297

Sample size: Live n=253 | Simulated n=1,000

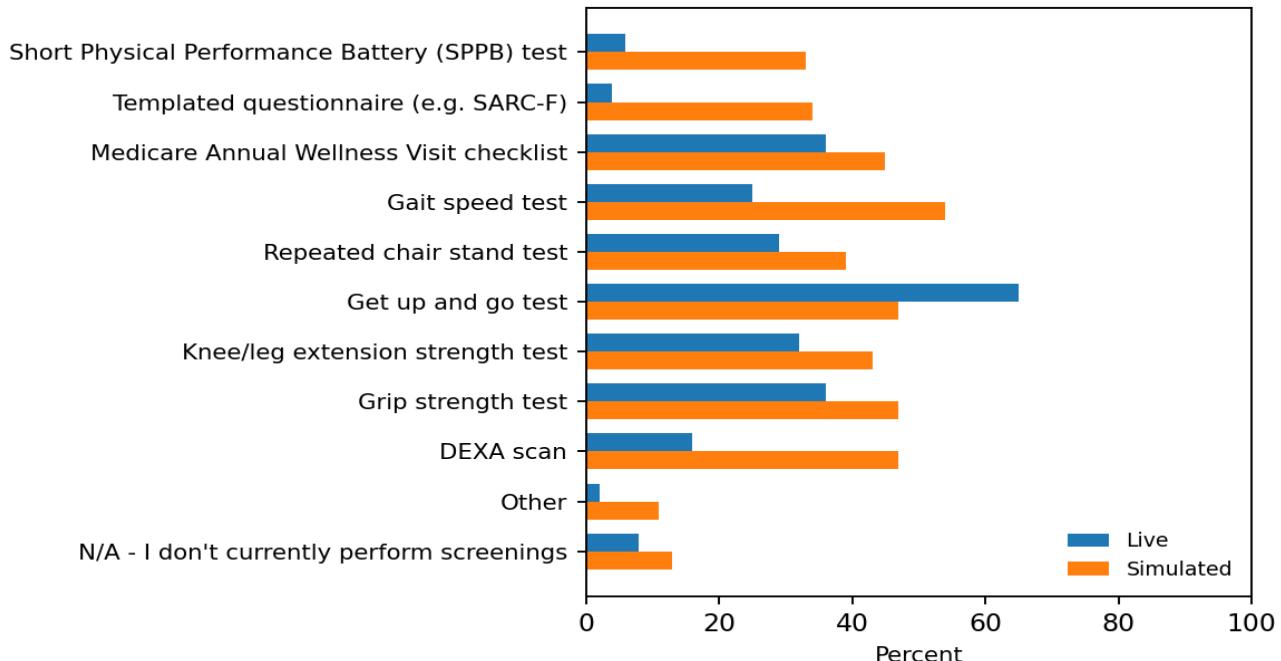


Q9

Which measures/tools do you typically use when screening? Select all that apply.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.673

Sample size: Live n=253 | Simulated n=1,000

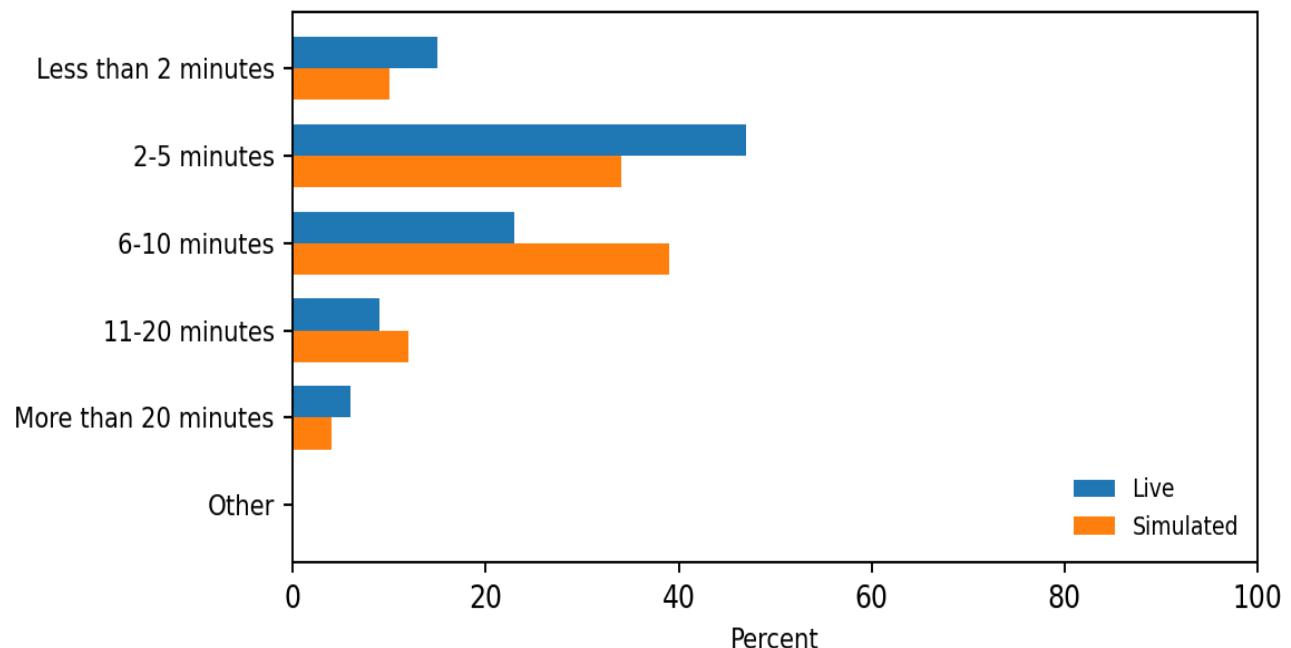


Q10

How much time is typically required to complete a screening? Select one.

KL Divergence (Live ■ Simulated): 0.080

Sample size: Live n=253 | Simulated n=1,000

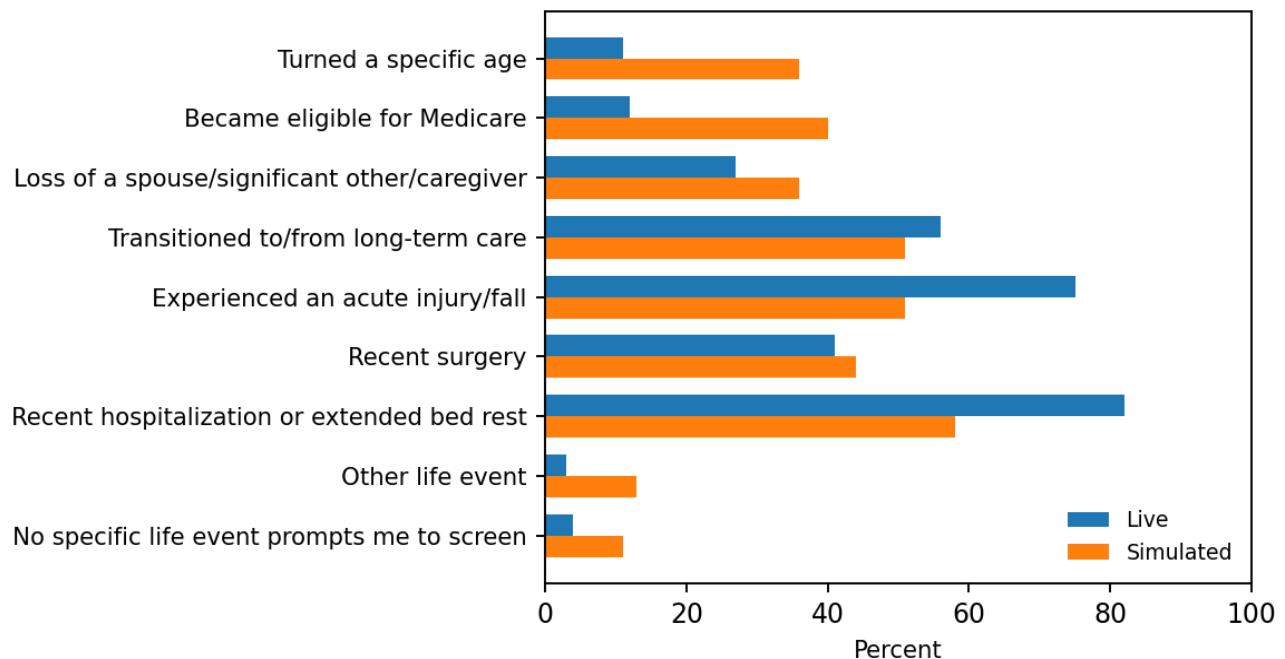


Q11

Which life events would prompt you to screen? Select all that apply.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.981

Sample size: Live n=253 | Simulated n=1,000

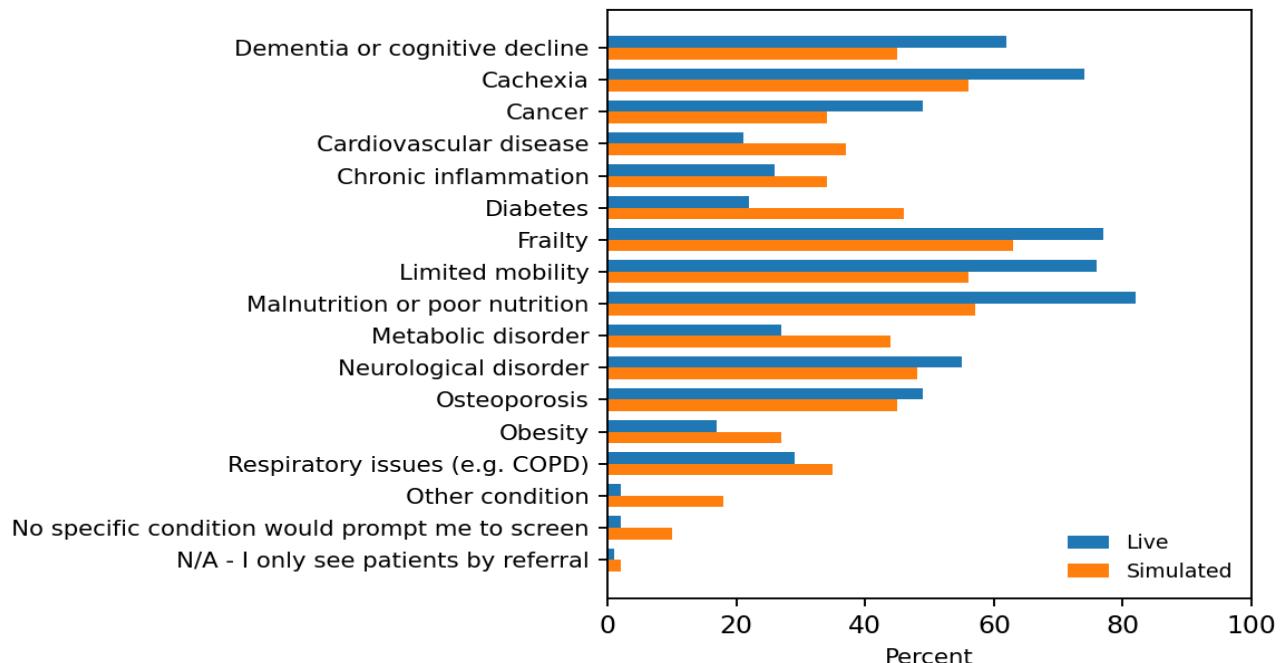


Q13

Which diagnoses would prompt you to screen a 65+ patient? Select all that apply.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.809

Sample size: Live n=253 | Simulated n=1,000

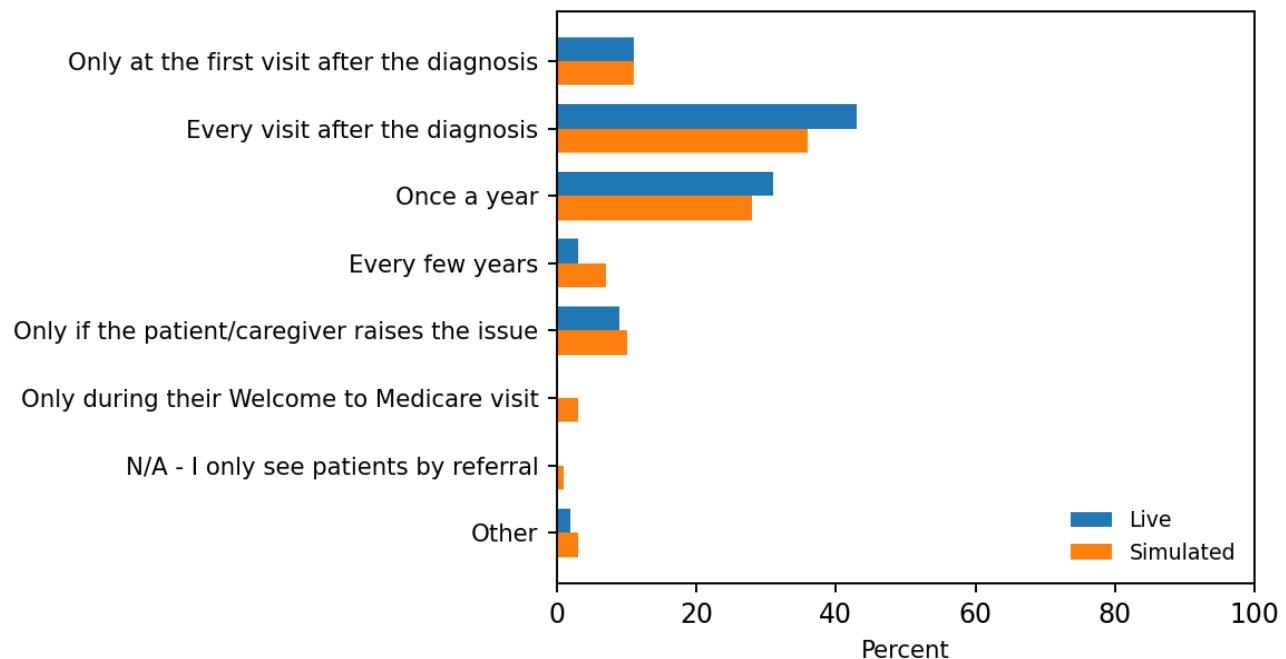


Q14

For patients diagnosed with a condition that may cause sarcopenia how often do you perform screening?
Select one.

KL Divergence (Live ■ Simulated): 0.066

Sample size: Live n=253 | Simulated n=1,000

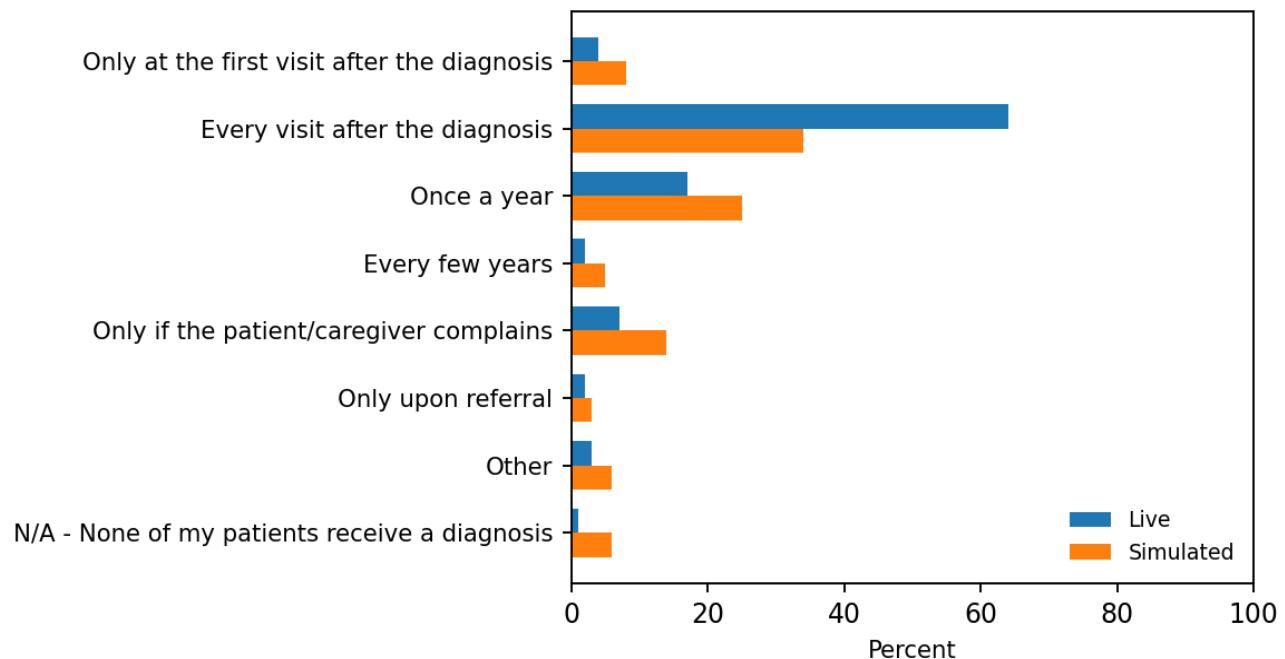


Q15

Once a patient has been diagnosed how often do you perform follow-up assessment? Select one.

KL Divergence (Live ■ Simulated): 0.208

Sample size: Live n=253 | Simulated n=1,000

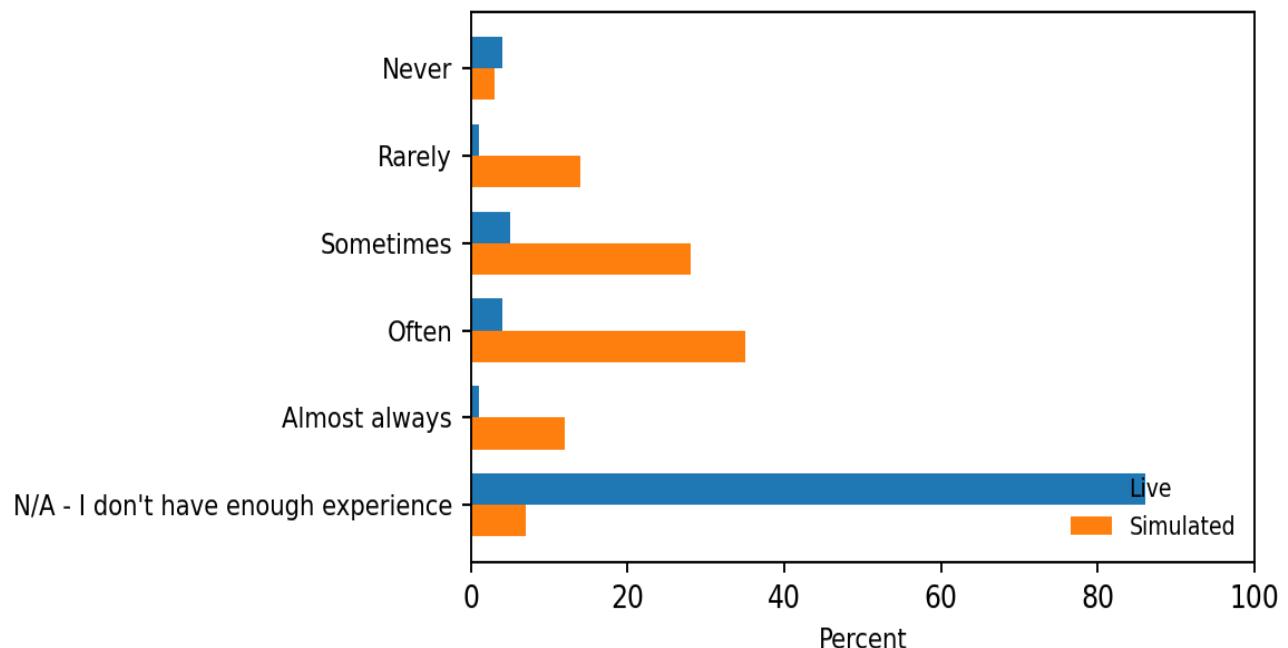


Q16

How often do these characteristics apply - Depressive symptoms

KL Divergence (Live ■ Simulated): 0.166

Sample size: Live n=253 | Simulated n=1,000

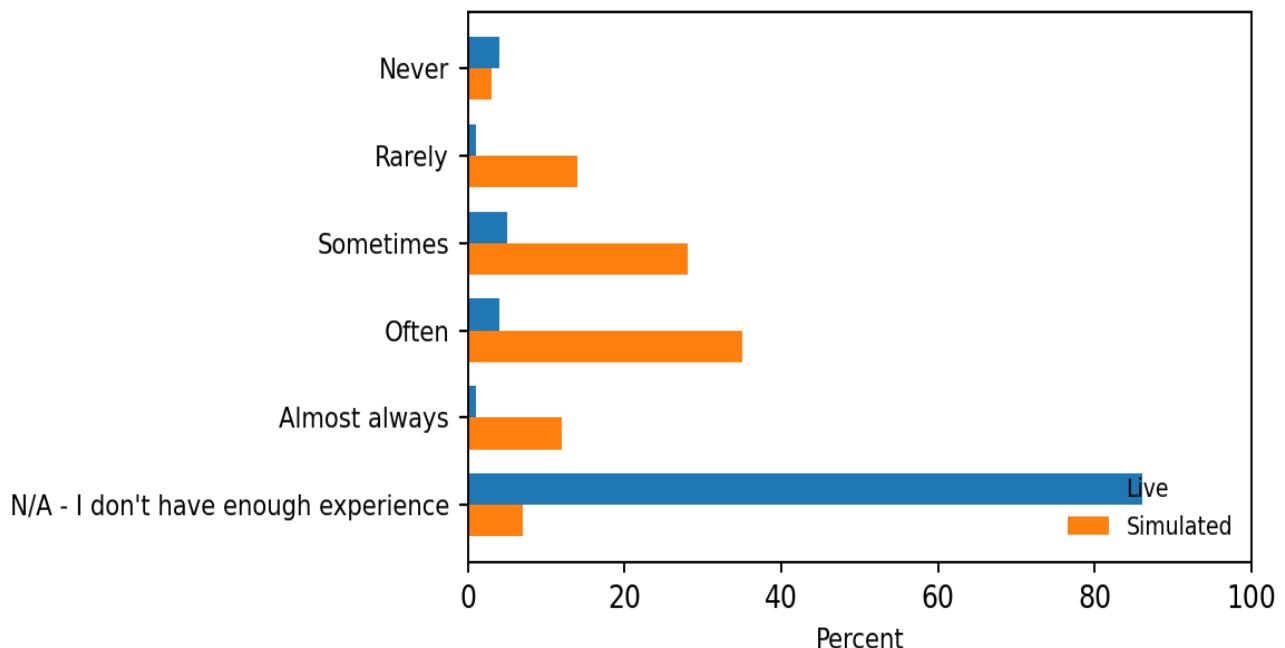


Q16

How often do these characteristics apply - Low physical activity

KL Divergence (Live ■ Simulated): 0.081

Sample size: Live n=253 | Simulated n=1,000

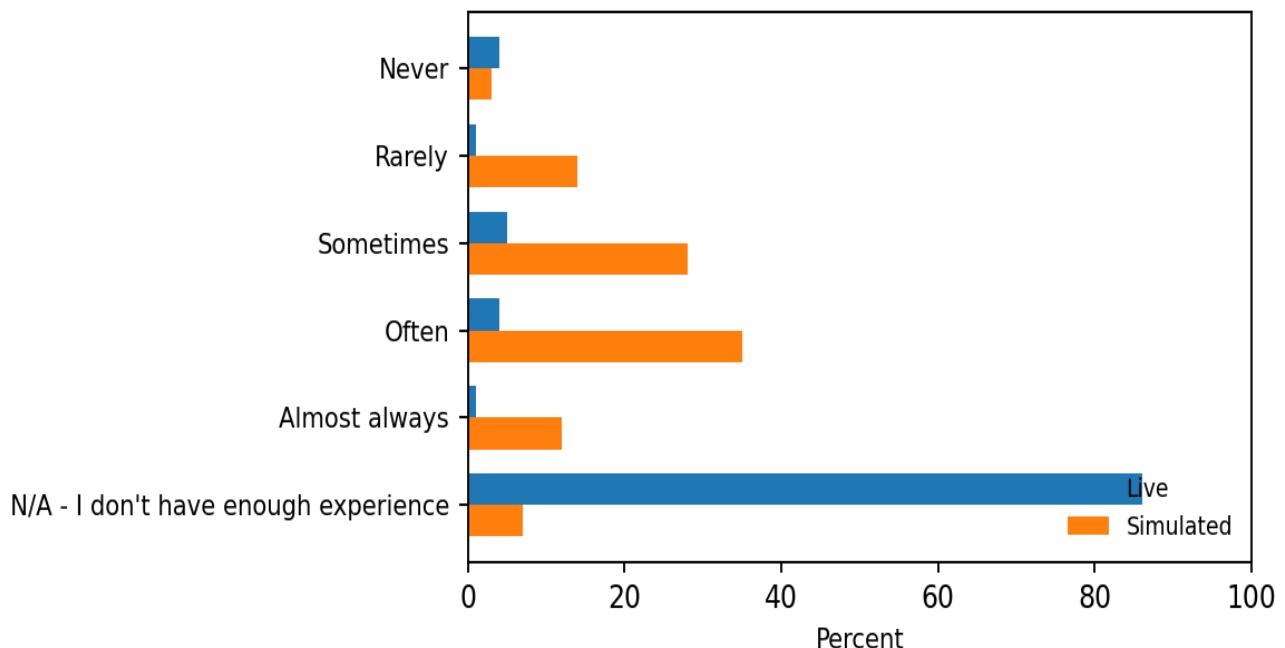


Q16

How often do these characteristics apply - Low income

KL Divergence (Live ■ Simulated): 0.165

Sample size: Live n=253 | Simulated n=1,000

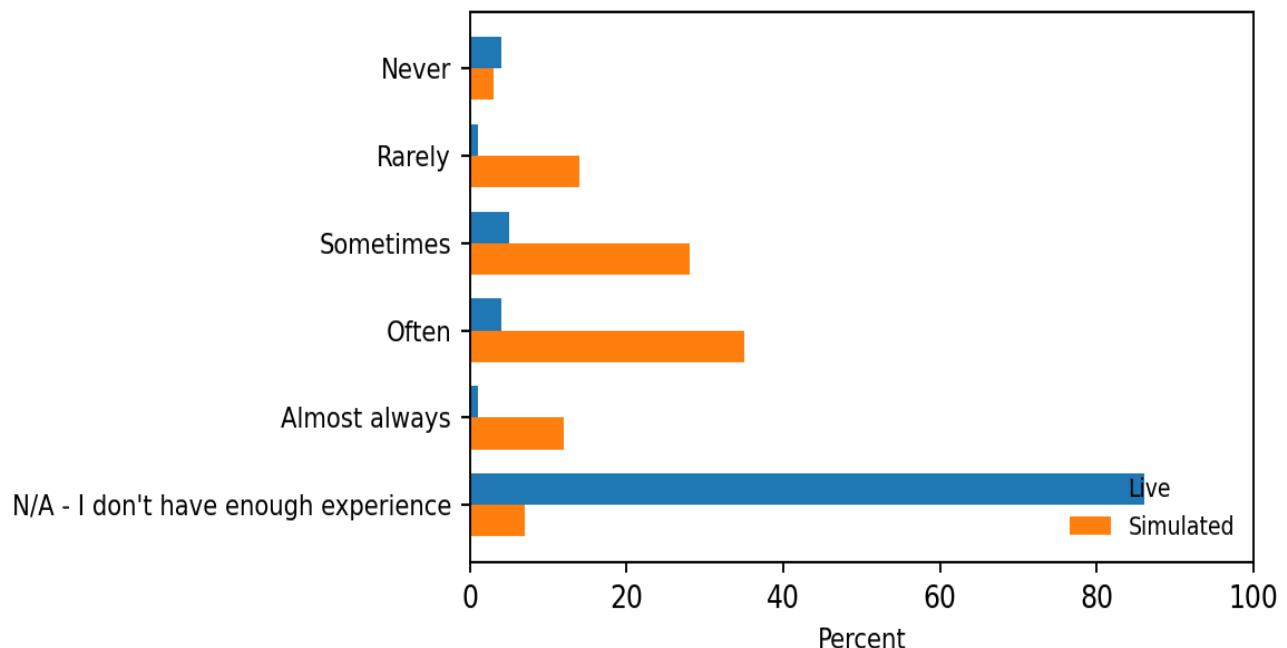


Q16

How often do these characteristics apply - Unhealthy diet

KL Divergence (Live ■ Simulated): 0.057

Sample size: Live n=253 | Simulated n=1,000

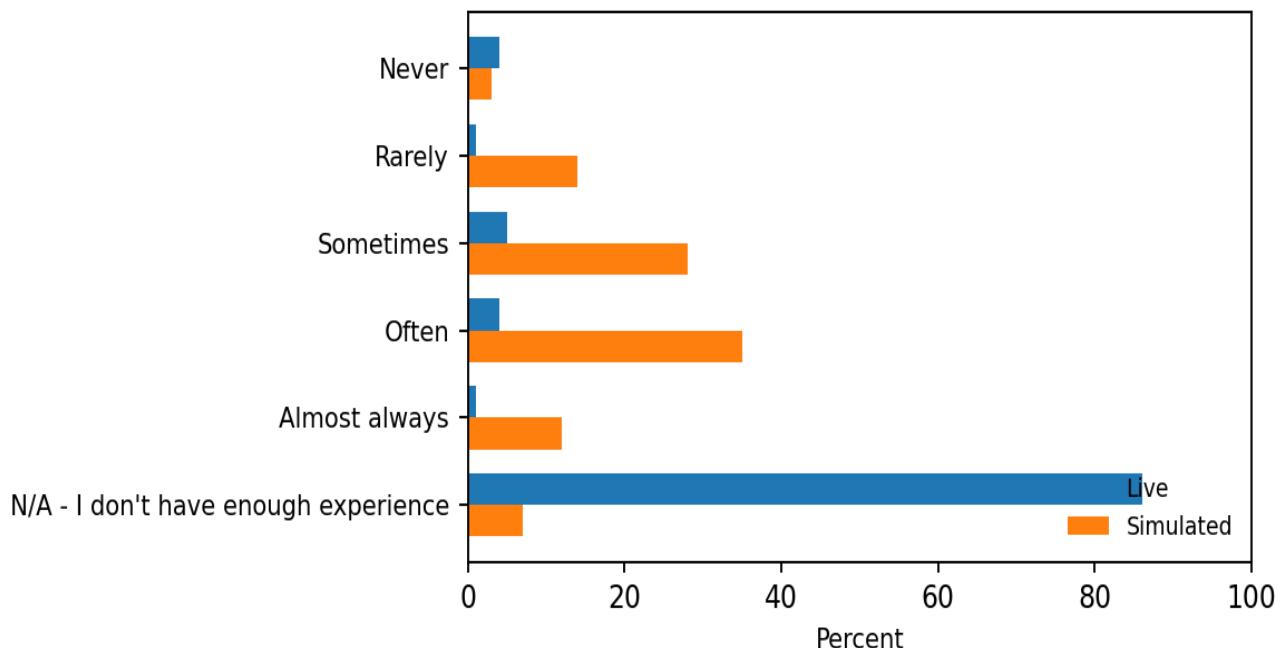


Q16

How often do these characteristics apply - Social isolation

KL Divergence (Live ■ Simulated): 0.111

Sample size: Live n=253 | Simulated n=1,000

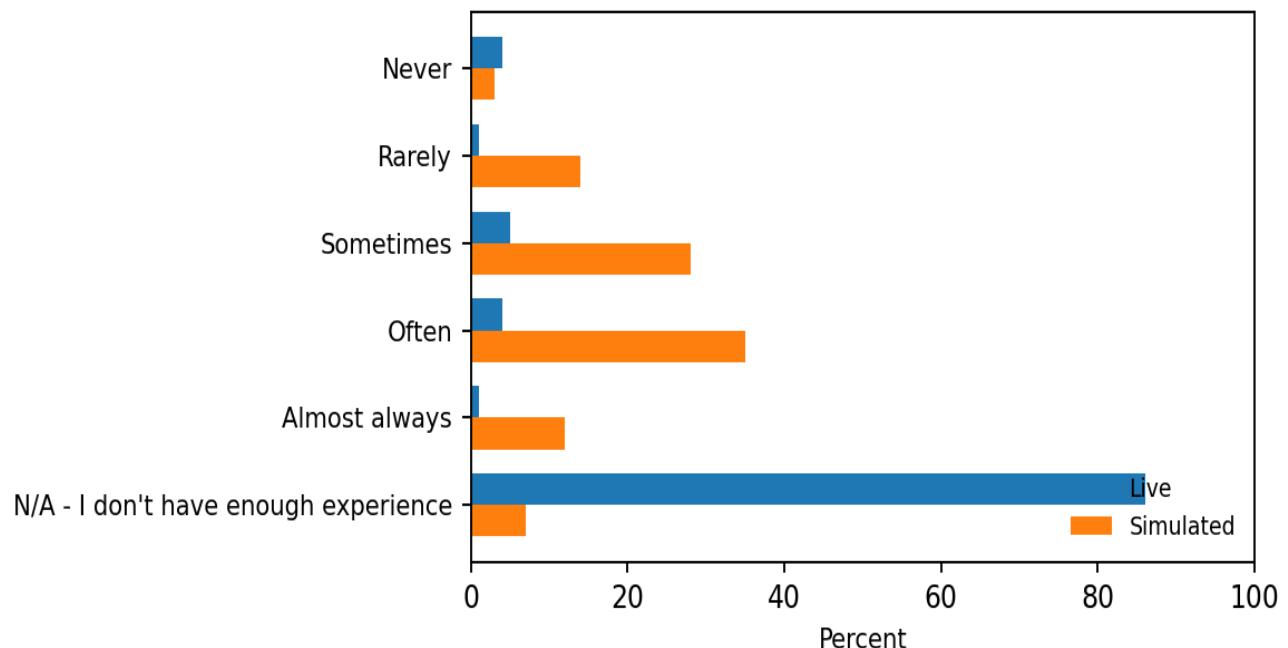


Q16

How often do these characteristics apply - Former high-activity lifestyle/profession

KL Divergence (Live ■ Simulated): 0.257

Sample size: Live n=253 | Simulated n=1,000

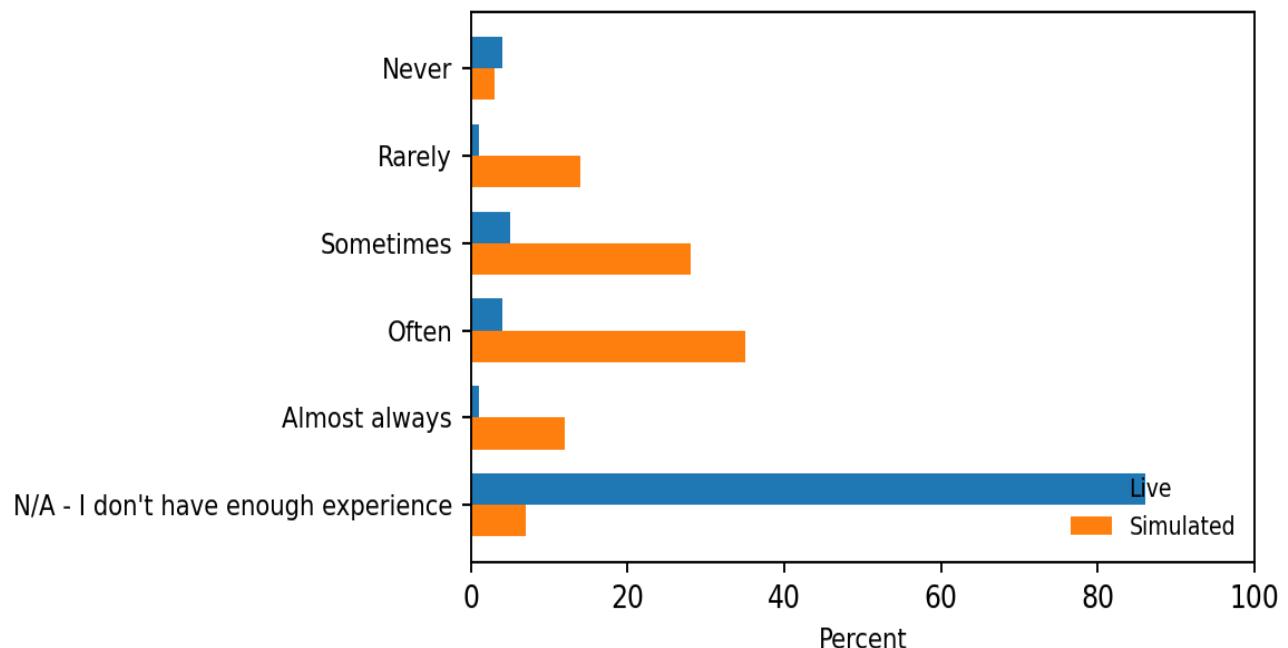


Q16

How often do these characteristics apply - Recent loss of spouse/significant other

KL Divergence (Live ■ Simulated): 0.140

Sample size: Live n=253 | Simulated n=1,000

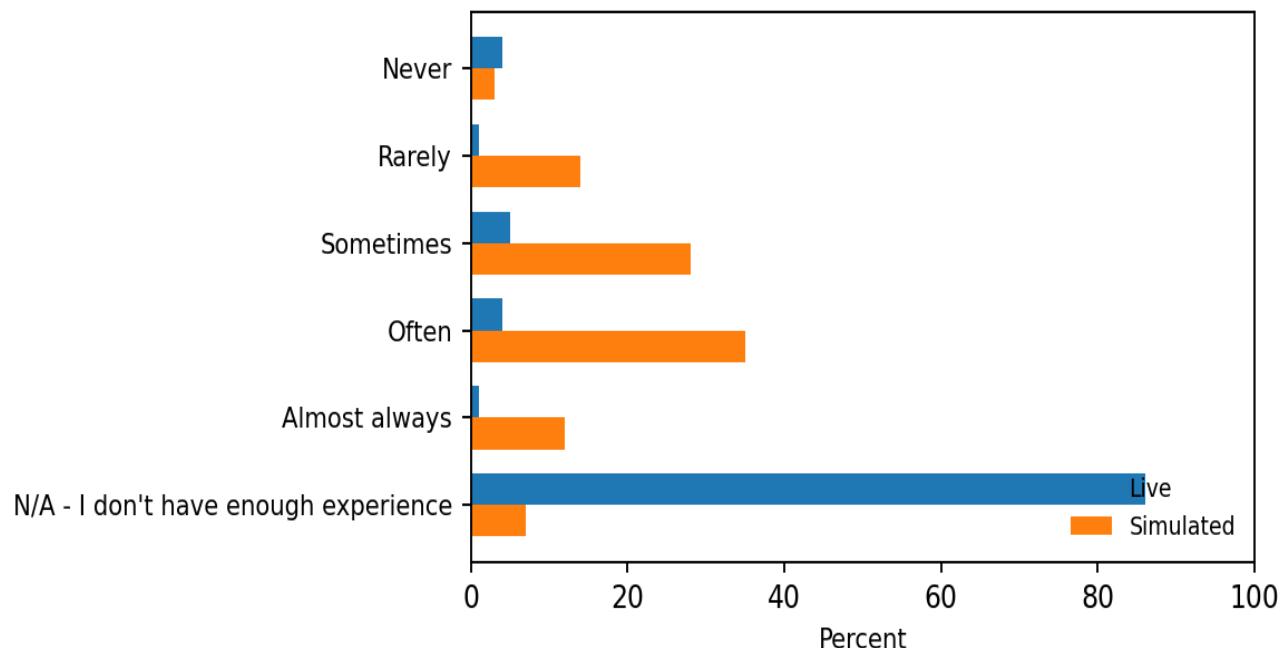


Q16

How often do these characteristics apply - Recent move into long-term care

KL Divergence (Live ■ Simulated): 0.134

Sample size: Live n=253 | Simulated n=1,000

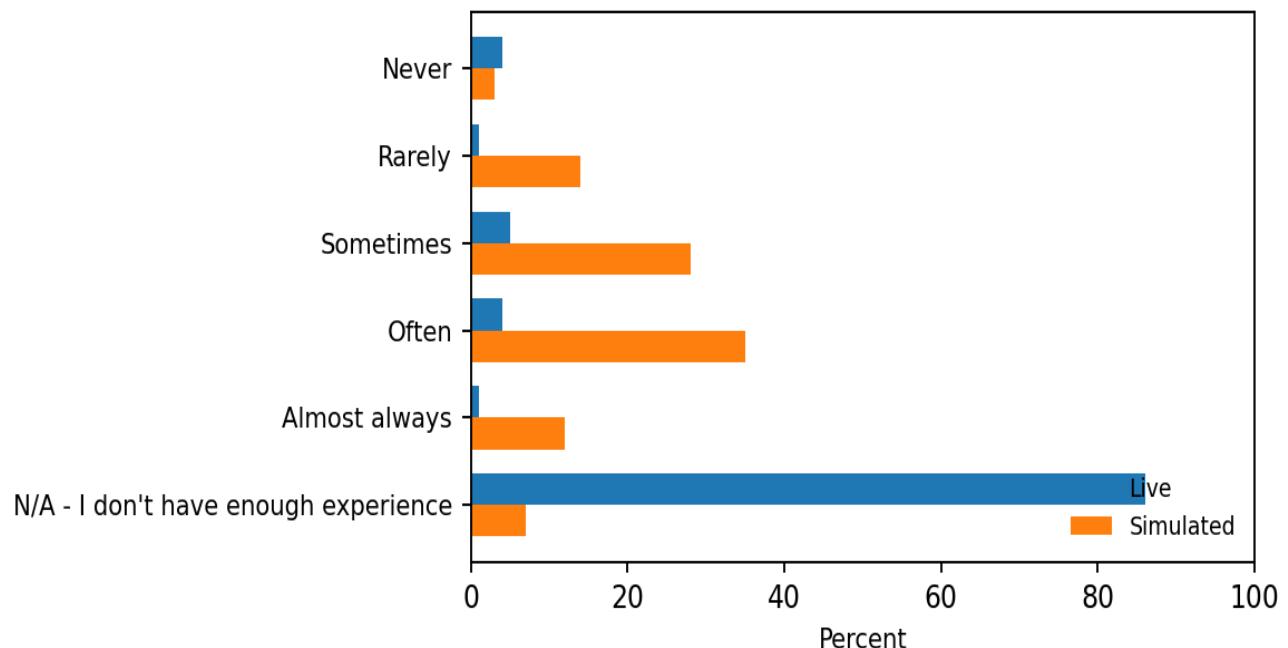


Q16

How often do these characteristics apply - Recent hospitalization

KL Divergence (Live ■ Simulated): 0.287

Sample size: Live n=253 | Simulated n=1,000

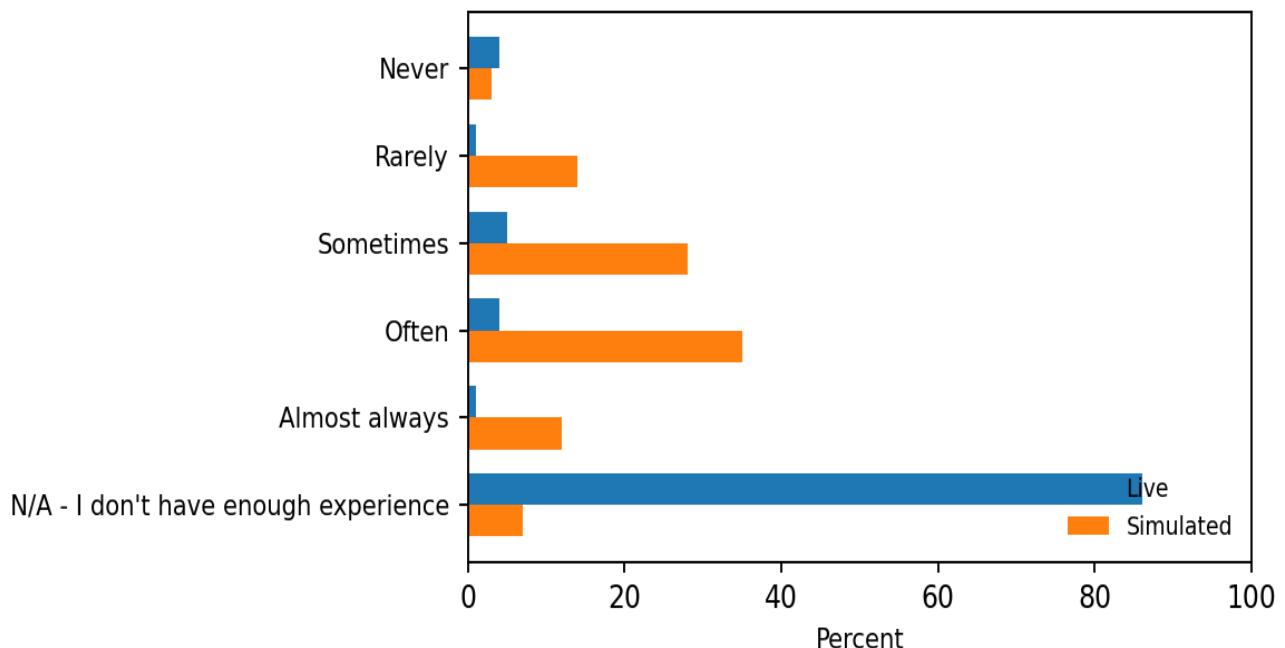


Q16

How often do these characteristics apply - Other factor

KL Divergence (Live ■ Simulated): 1.905

Sample size: Live n=253 | Simulated n=1,000

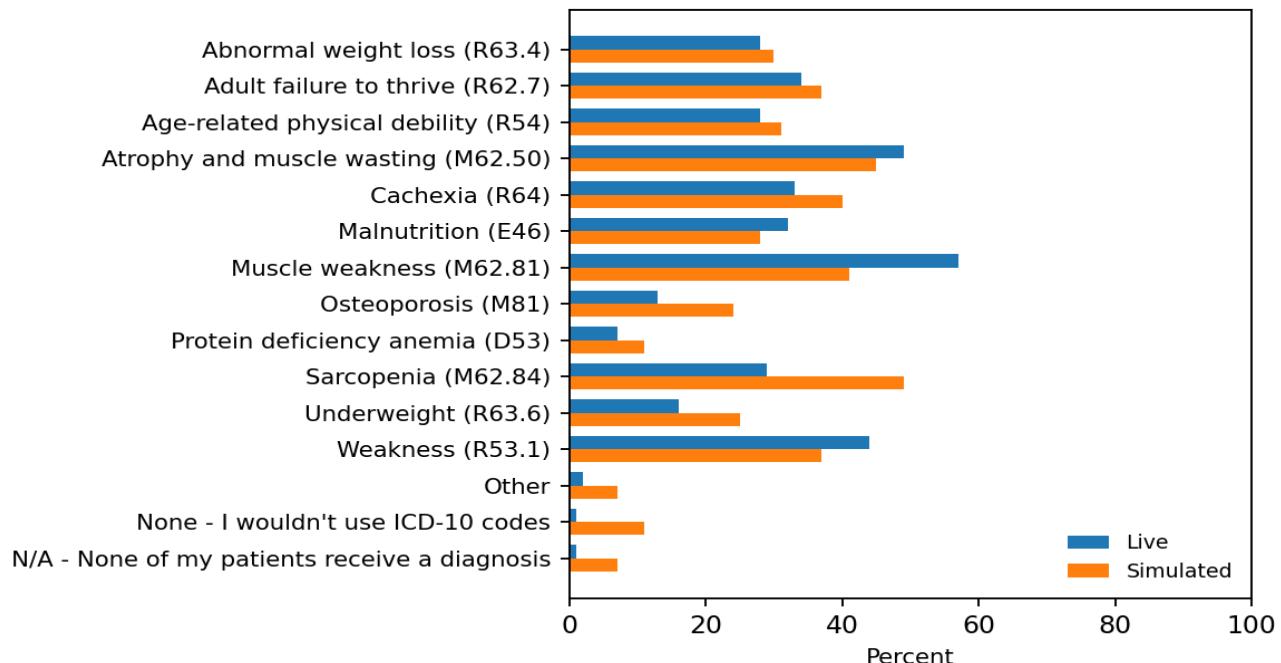


Q17

What ICD-10 codes do you typically use? Select all that apply.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.748

Sample size: Live n=253 | Simulated n=1,000

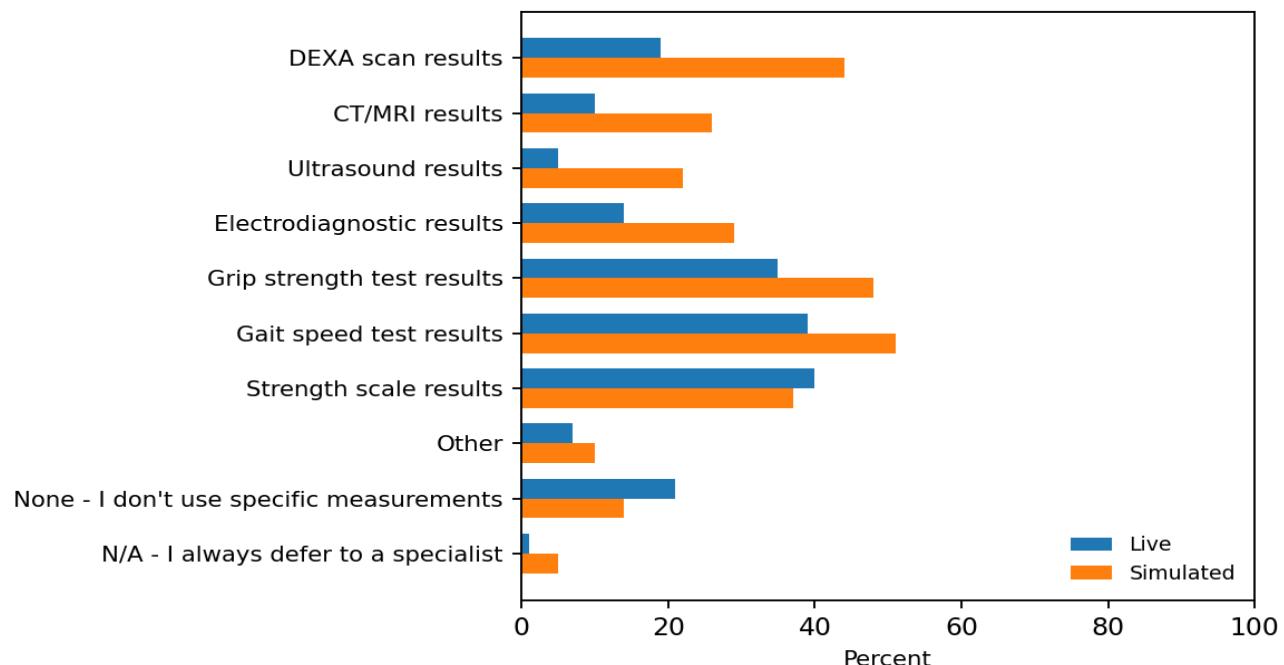


Q18

What measurements do you use to confirm diagnosis? Select all that apply.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.773

Sample size: Live n=253 | Simulated n=1,000

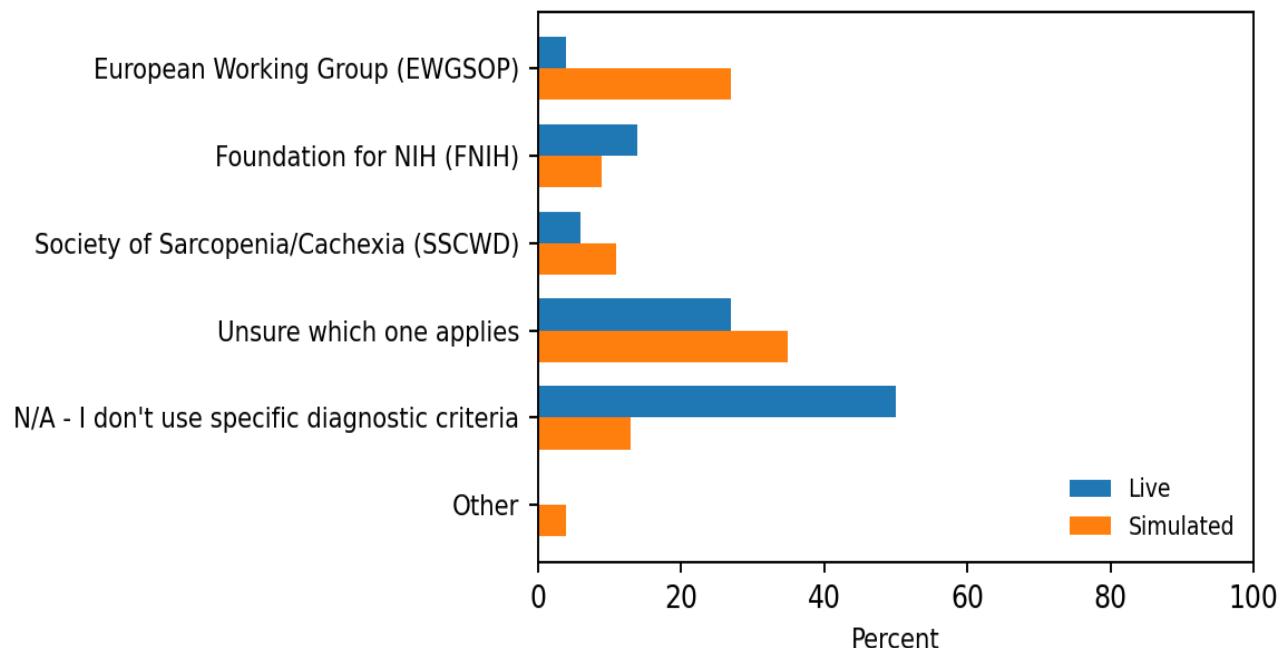


Q19

What diagnostic criteria do you typically use? Select one.

KL Divergence (Live ■ Simulated): 0.527

Sample size: Live n=253 | Simulated n=1,000

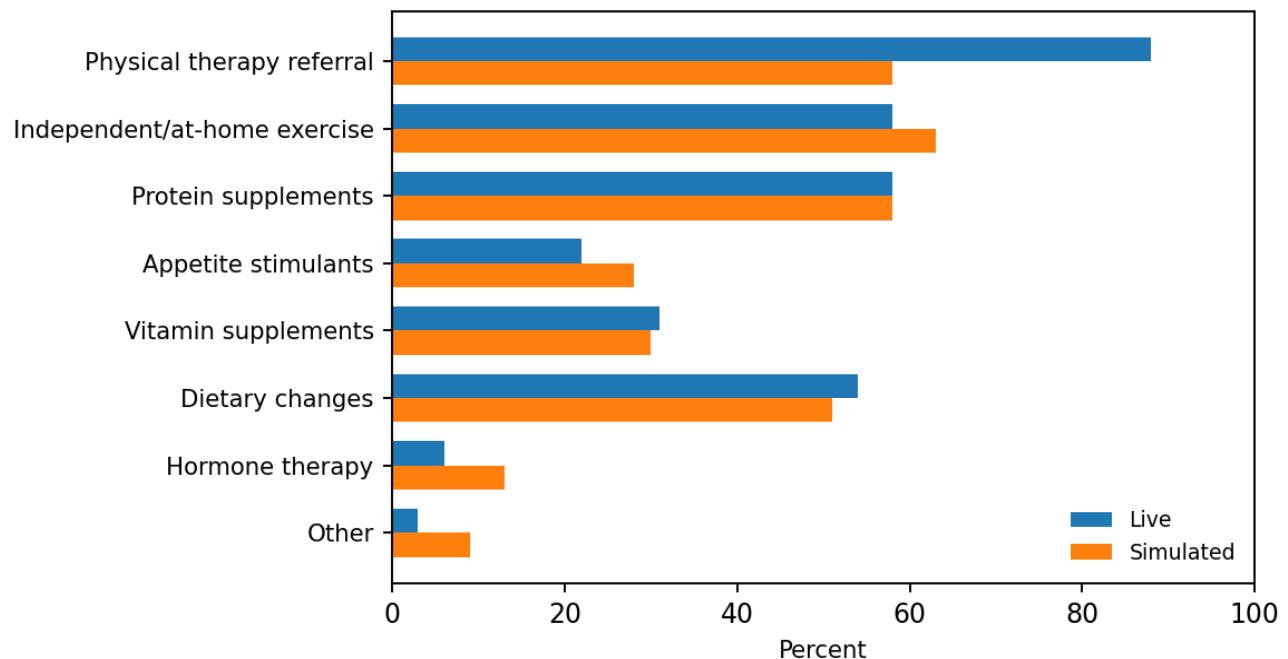


Q20

What is your most common recommendation for treating? Select all that apply.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.900

Sample size: Live n=253 | Simulated n=1,000

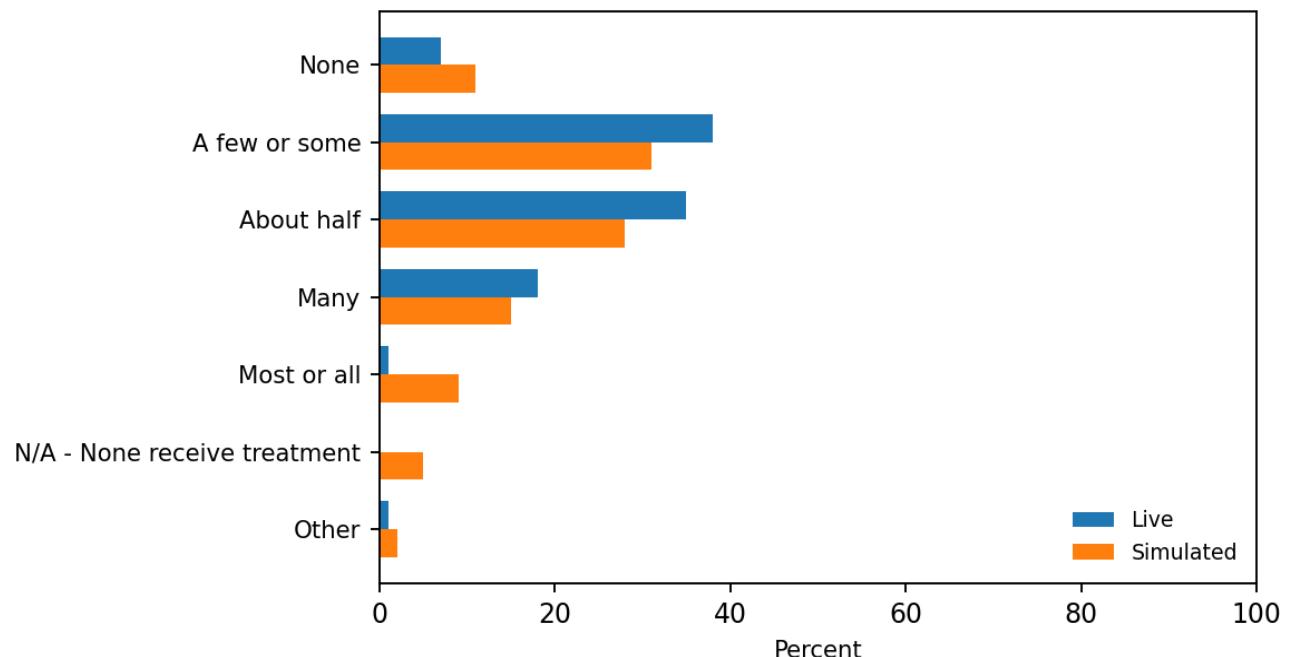


Q22

For how many patients is diet and exercise alone sufficient? Select one.

KL Divergence (Live ■ Simulated): 0.138

Sample size: Live n=253 | Simulated n=1,000

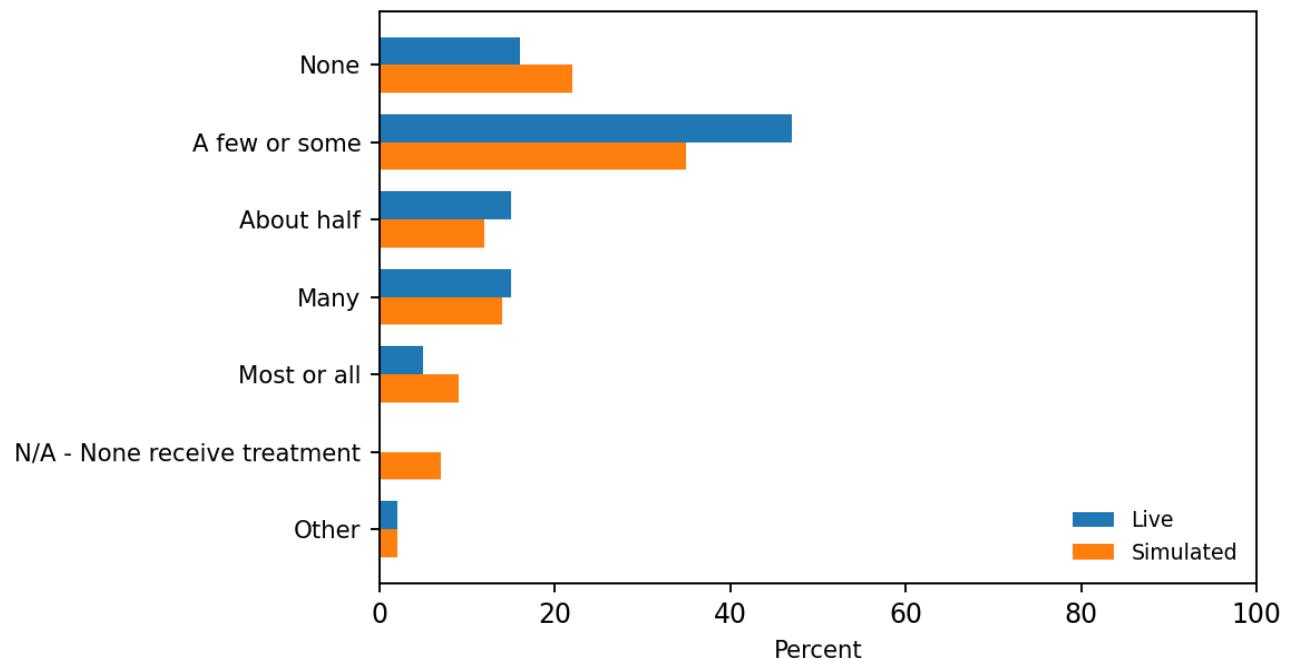


Q23

How many patients do you refer to a different provider? Select one.

KL Divergence (Live ■ Simulated): 0.112

Sample size: Live n=253 | Simulated n=1,000

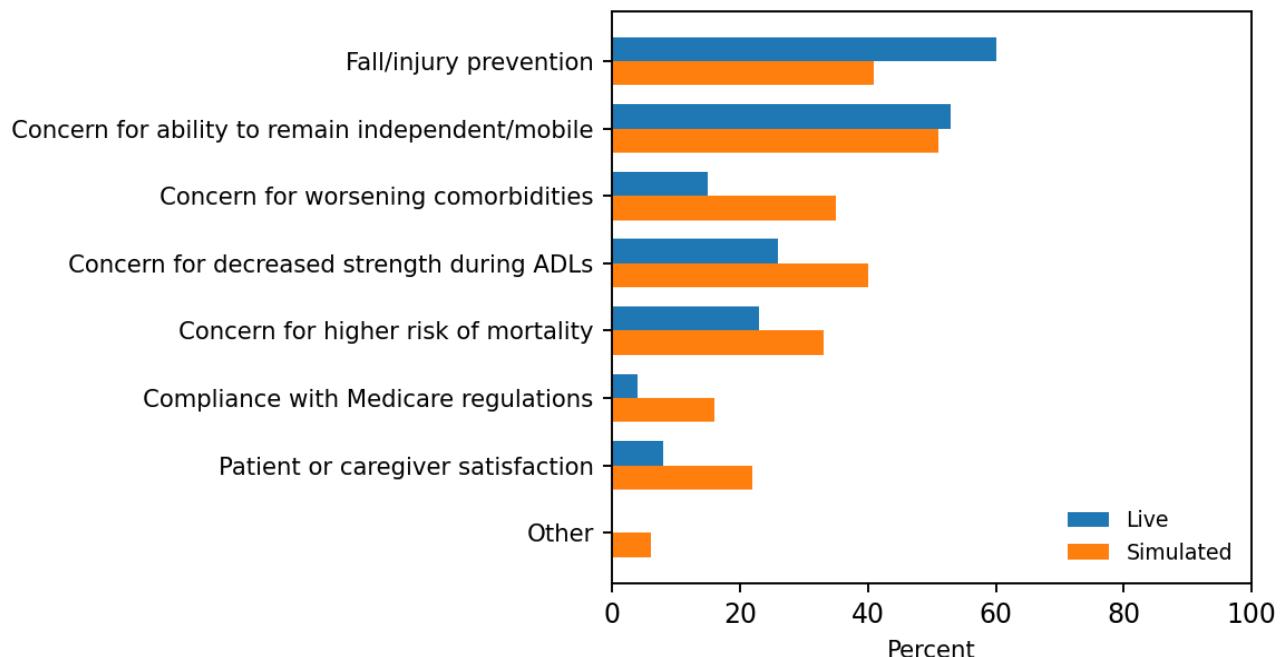


Q24

What are your primary motivations to screen and treat? Select up to two.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.882

Sample size: Live n=253 | Simulated n=1,000

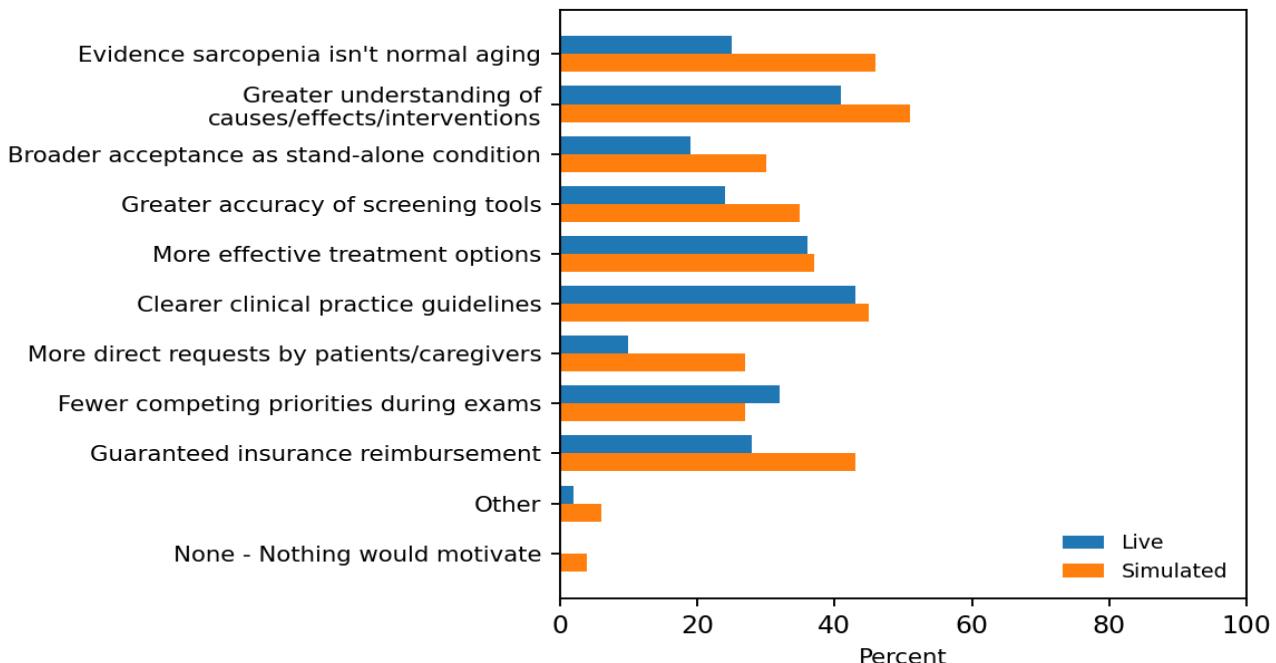


Q25

What would encourage more physicians to screen? Select up to three.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.761

Sample size: Live n=253 | Simulated n=1,000

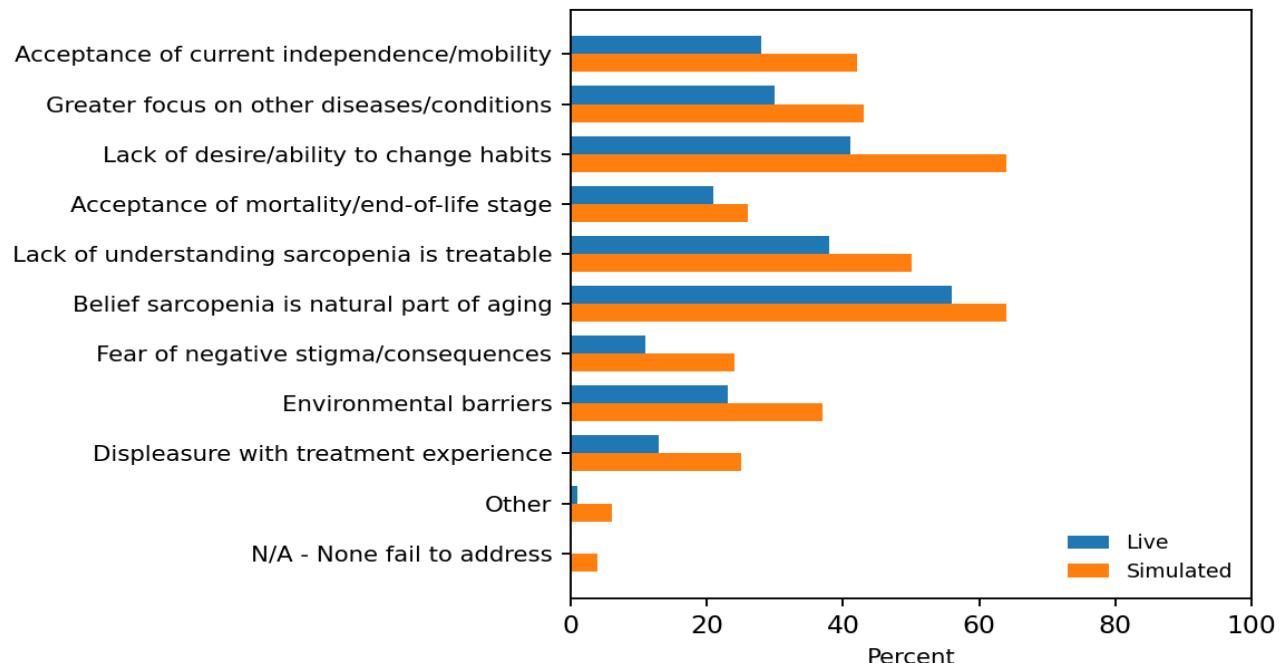


Q26

What are the most common reasons patients fail to address? Select up to three.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 1.000

Sample size: Live n=253 | Simulated n=1,000

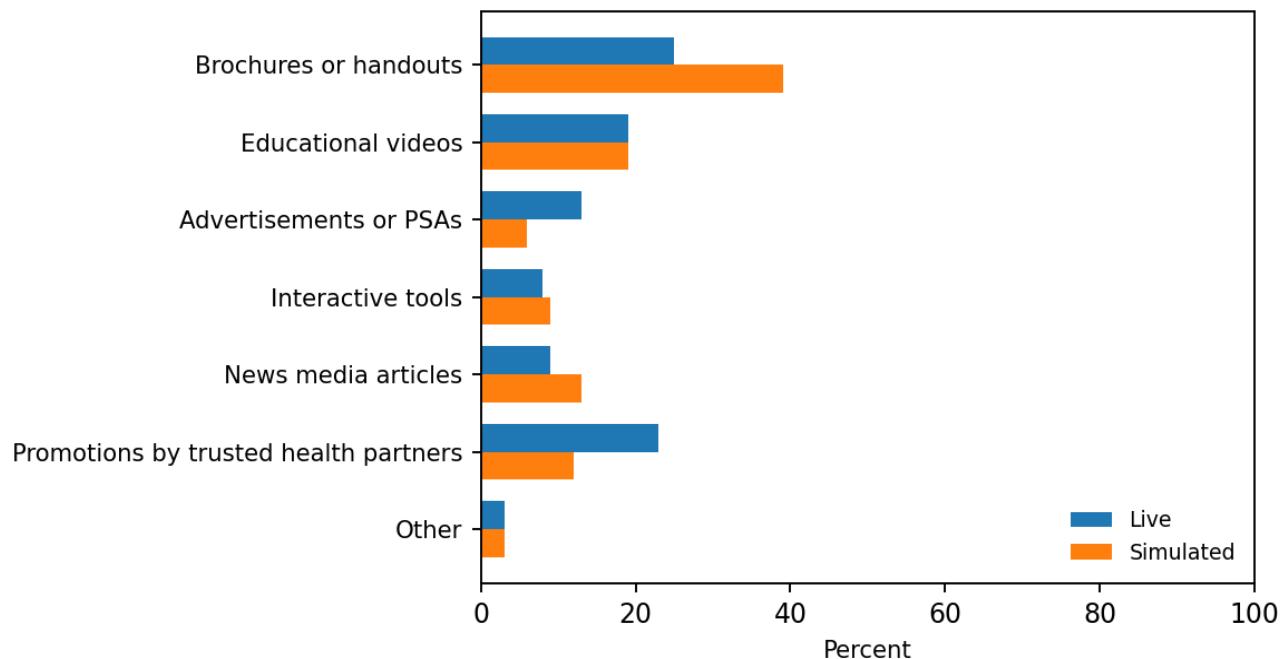


Q28

What educational tools would be most helpful? Select one.

KL Divergence (Live ■ Simulated): 0.106

Sample size: Live n=253 | Simulated n=1,000

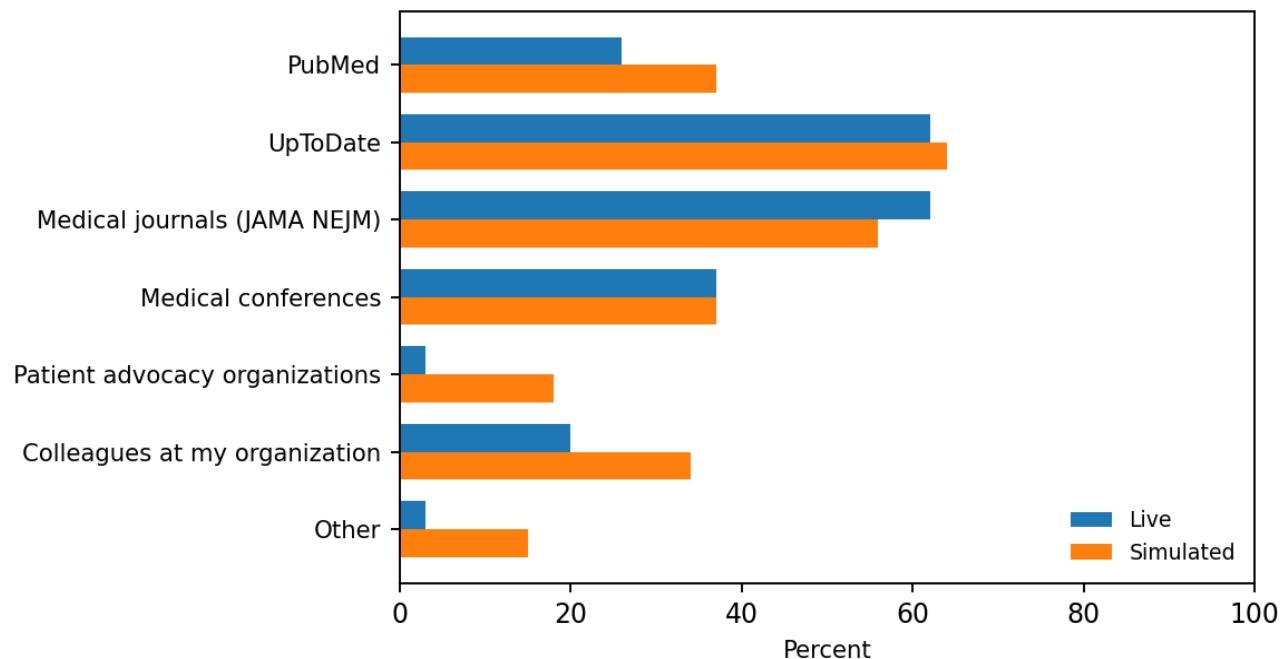


Q29

Where do you turn for authoritative information? Select up to three.

KL Divergence (Live ■ Simulated): — | RBO (p=0.9): 0.890

Sample size: Live n=253 | Simulated n=1,000

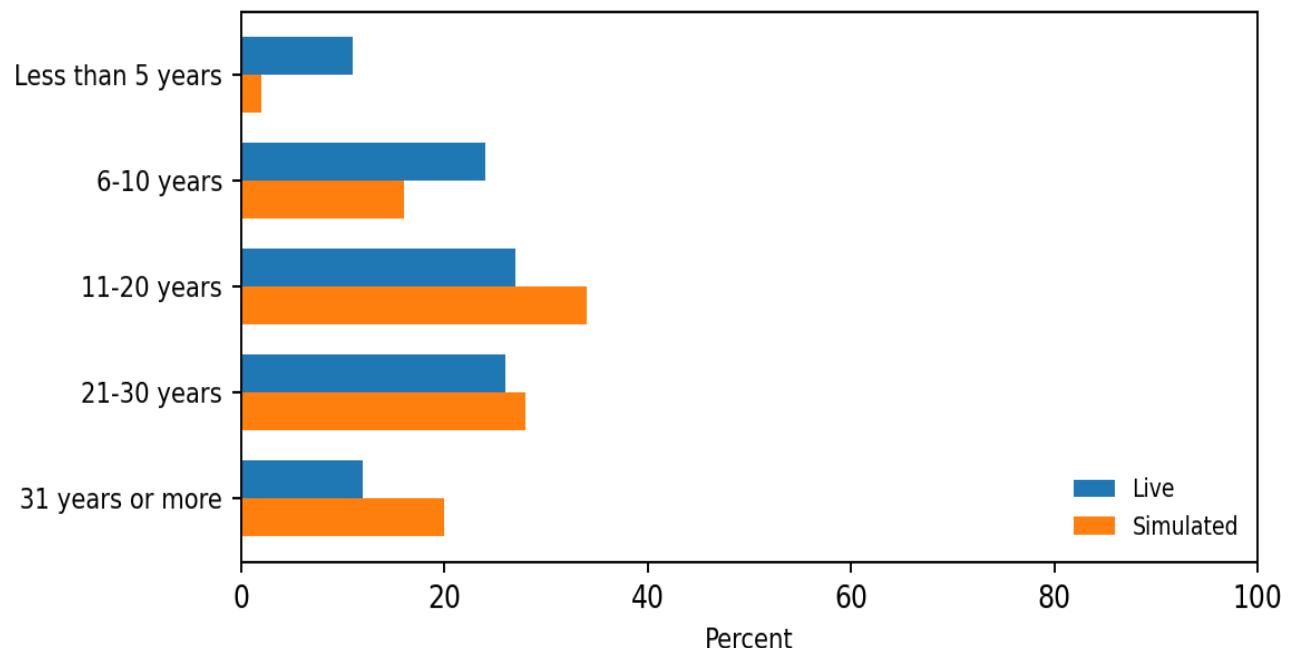


Q30

How long have you been practicing medicine? Select one.

KL Divergence (Live ■ Simulated): 0.142

Sample size: Live n=253 | Simulated n=1,000

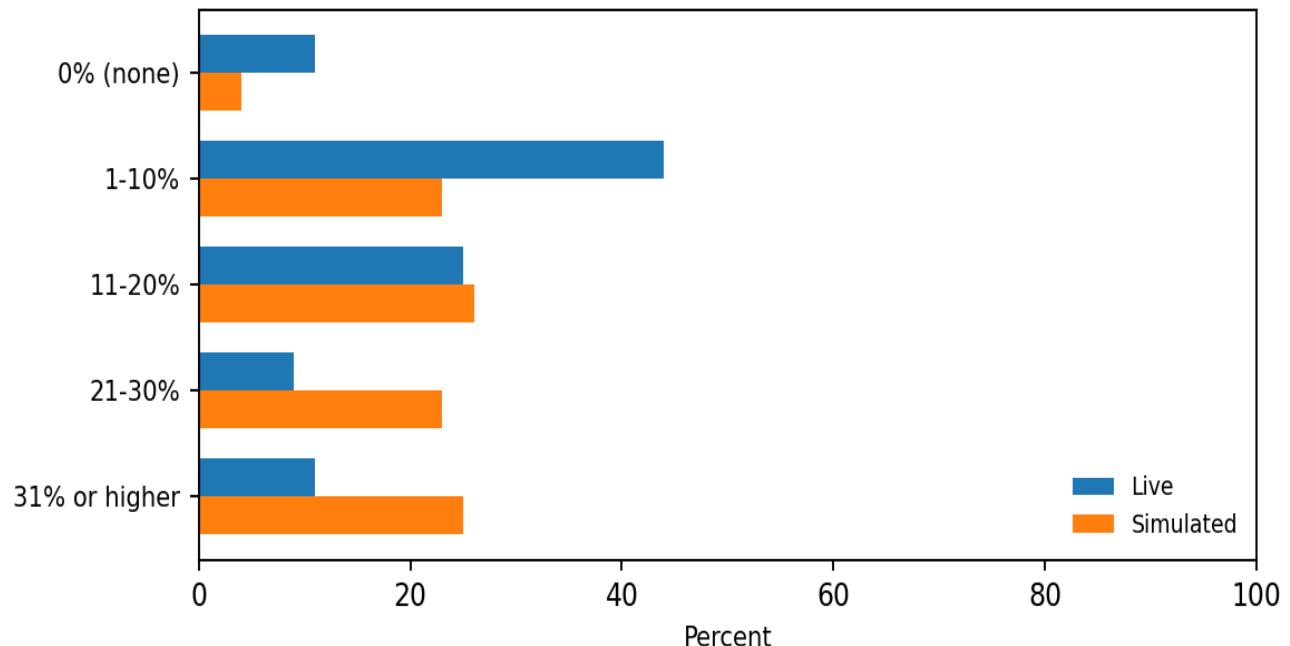


Q31

What percentage of your 65+ patients are in long-term care? Select one.

KL Divergence (Live ■ Simulated): 0.222

Sample size: Live n=253 | Simulated n=1,000

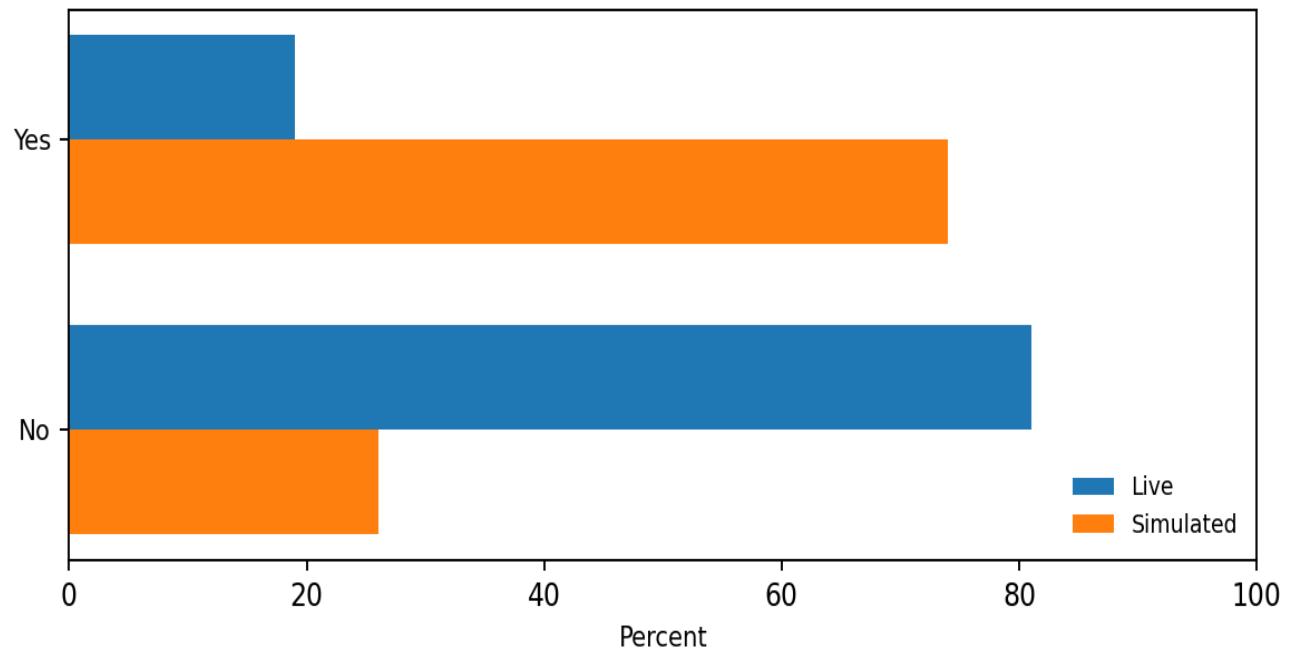


Q32

Have you completed advanced training in geriatric medicine? Select one.

KL Divergence (Live ■ Simulated): 0.662

Sample size: Live n=253 | Simulated n=1,000

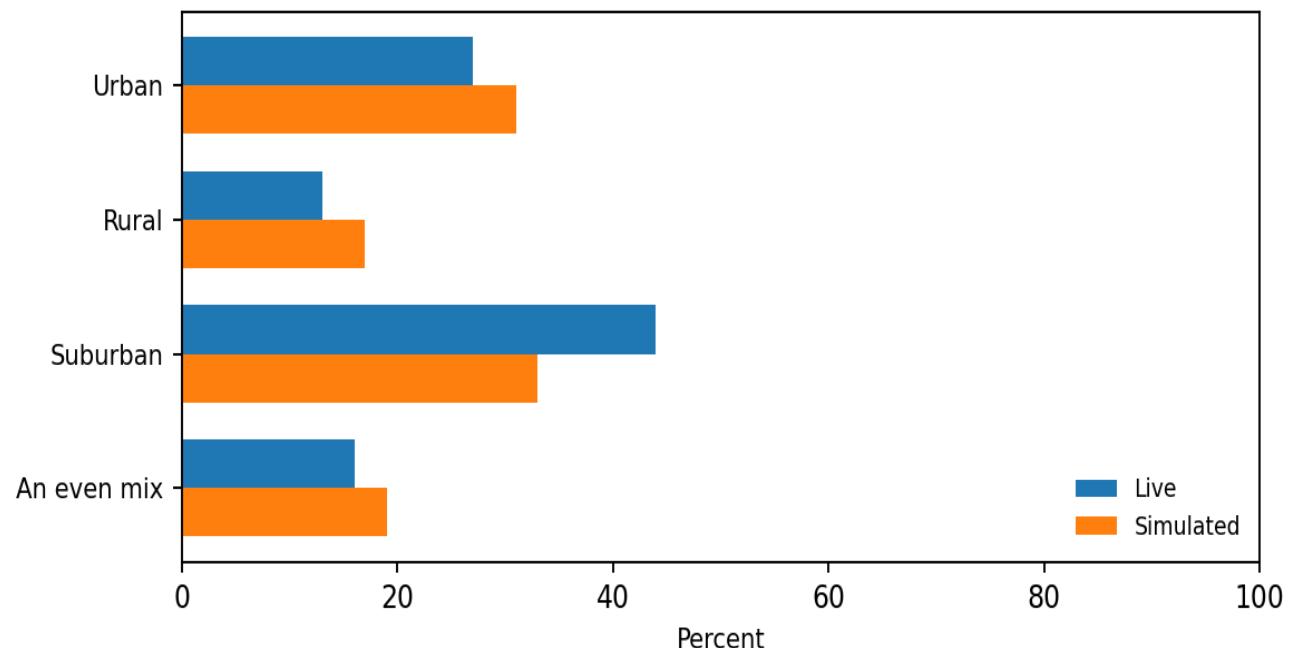


Q33

Where do the majority of your 65+ patients live? Select one.

KL Divergence (Live ■ Simulated): 0.027

Sample size: Live n=253 | Simulated n=1,000

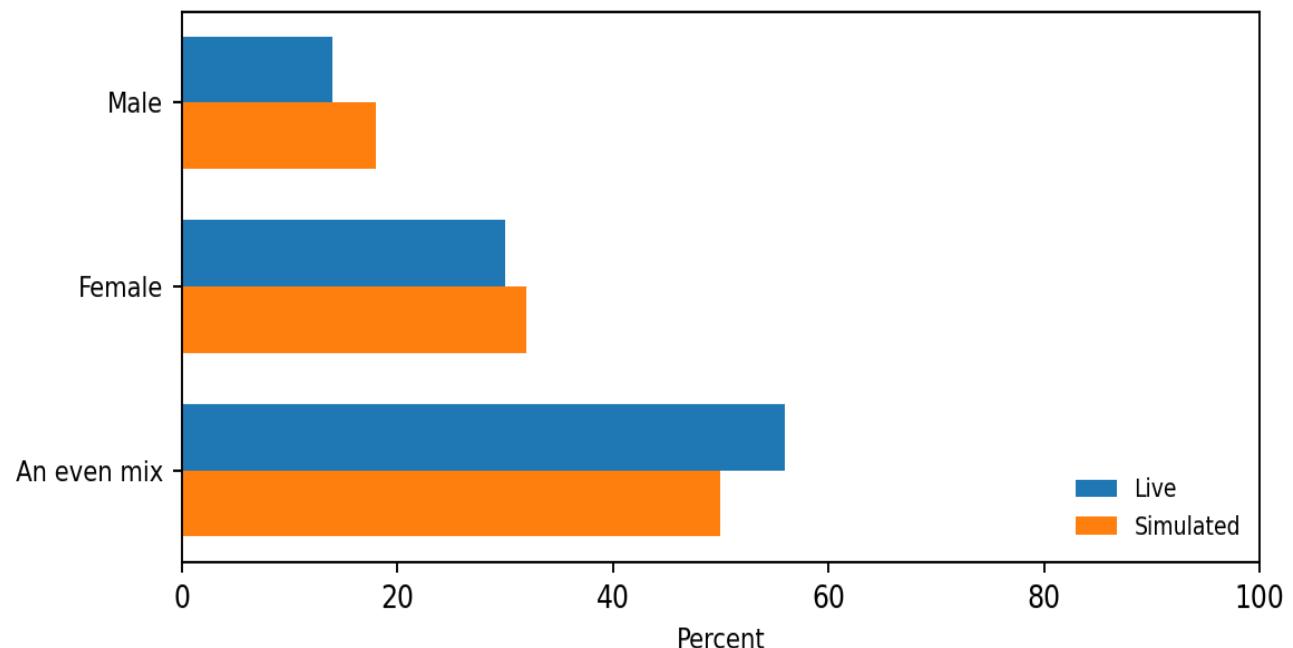


Q34

Gender of majority of your 65+ patient population? Select one.

KL Divergence (Live ■ Simulated): 0.009

Sample size: Live n=253 | Simulated n=1,000

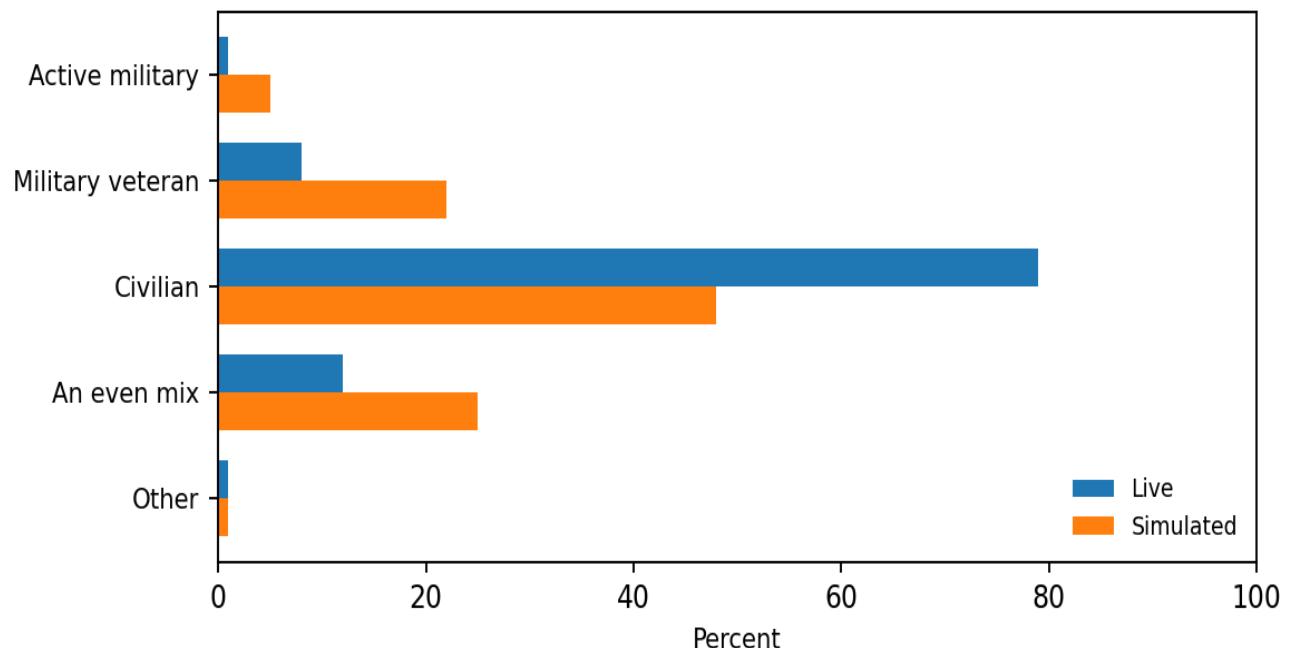


Q35

Military status of majority of your 65+ patients? Select one.

KL Divergence (Live ■ Simulated): 0.206

Sample size: Live n=253 | Simulated n=1,000

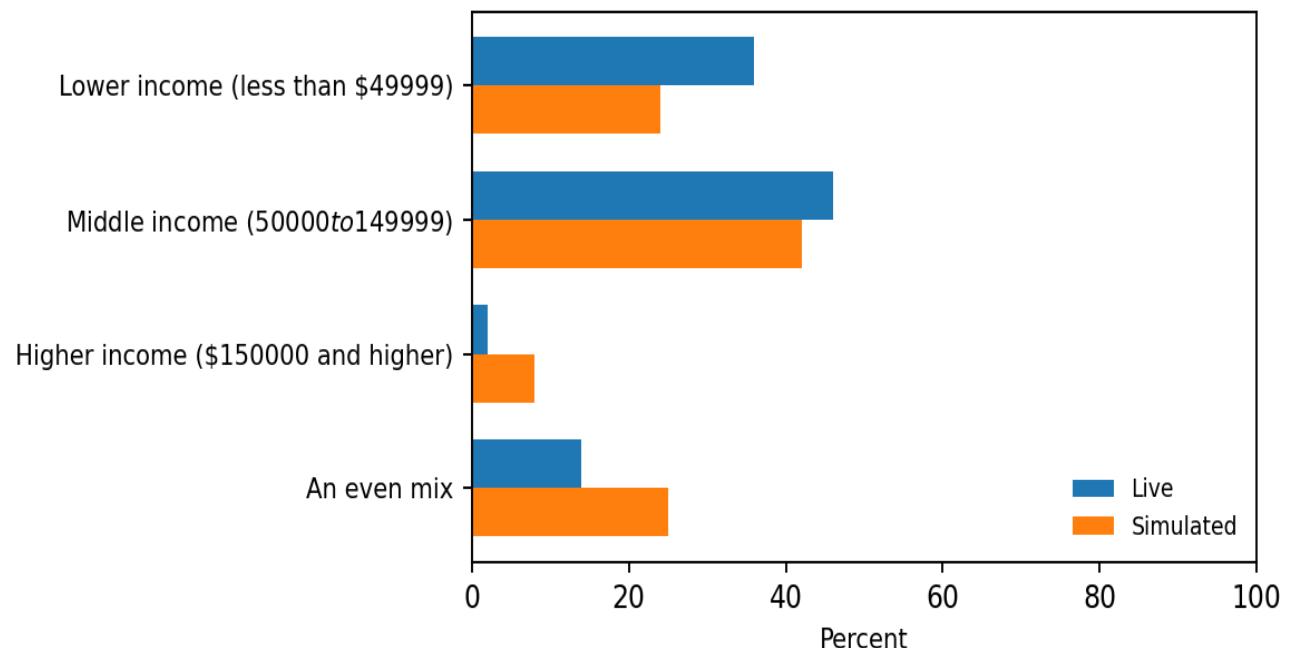


Q36

Annual household income of majority of your 65+ patients? Select one.

KL Divergence (Live ■ Simulated): 0.091

Sample size: Live n=253 | Simulated n=1,000

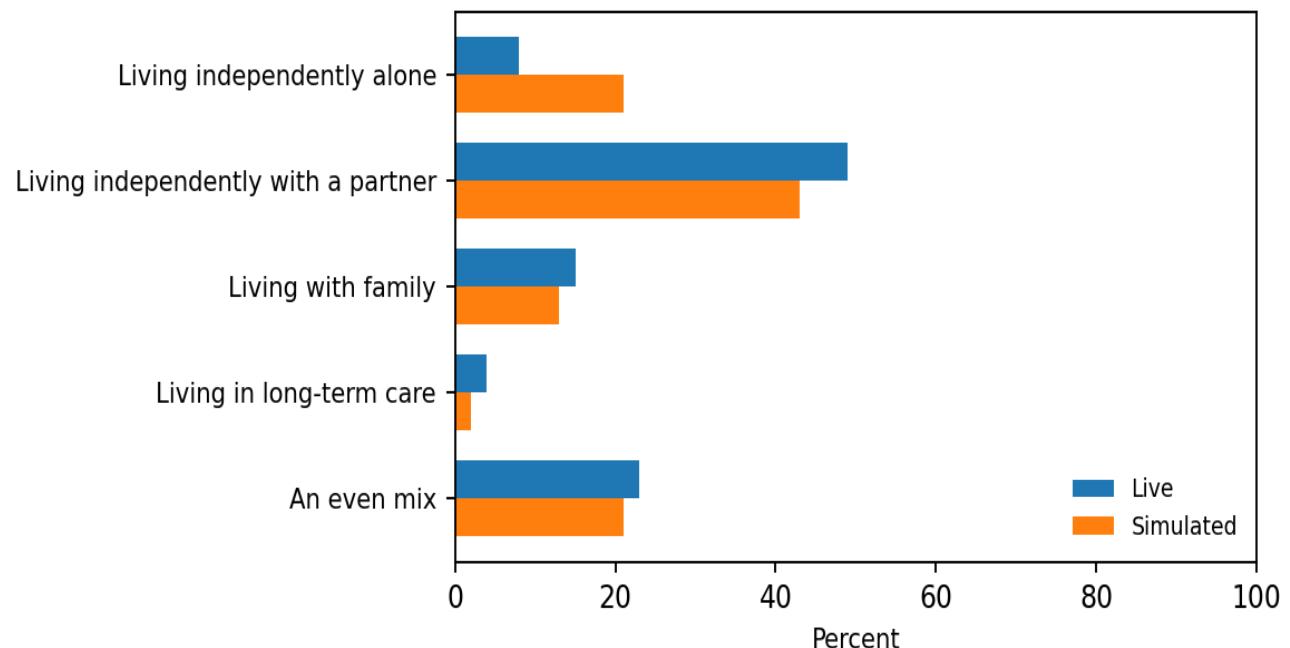


Q37

Living situation of majority of your 65+ patients? Select one.

KL Divergence (Live ■ Simulated): 0.068

Sample size: Live n=253 | Simulated n=1,000



physician sarcopenia survey

DATE	DEMOGRAPHICS	TARGETING	QUESTIONS
December 2025	1	3	31

Contents

ID	QUESTION	TYPE
Demographics		
demographic.me..	What is your medical specialty?	Single Choice
Targeting Criteria		
Target_51_of_p..	are the majority of your patients over 65 years of age?	Single Choice
Target_are_you..	Are you a geriatric specialty physician with advanced g...	Single Choice
Target_PMR	Are you physical medicine and rehabilitation physician?	Single Choice
Survey Questions		
Q5	How familiar are you with the term "sarcopenia"? Select...	Single Choice
Q6	As a rough estimate, what percentage of older Americans...	Single Choice
Q7	Before today, if an older patient presented with signif...	Single Choice
Q8	In your experience, which of the following people is th...	Single Choice
Q9	Which measures/tools do you typically use when screenin...	Multiple Choice
Q10	As a rough estimate, how much time is typically require...	Single Choice
	Logic: Q9 "" 11::Not N/A in Q9	
Q11	Which of the following life events would currently prom...	Multiple Choice
	Logic: Q9 "" 11::Not N/A in Q9	
Q12	Once the following life event occurs, how often do you ...	Single Choice
	Logic: Q9 "" 11::Not N/A in Q9 AND Q11 "" 10::Not N/A in Q11 AND Q11 "" 9::Not N...	
Q13	Which of the following diagnoses would currently prompt...	Multiple Choice
	Logic: Q9 "" 11::Not N/A in Q9	
Q14	For patients who have been diagnosed with a condition t...	Single Choice
	Logic: Q9 "" 11::Not N/A in Q9 AND Q13 "" 17::Not N/A in Q13 AND Q13 "" 16::Not ...	
Q15	Once a patient has been diagnosed specifically with sig...	Single Choice
Q16	In your experience, how often do the following characte...	Grid
Q17	To record a diagnosis for significant loss of muscle ma...	Multiple Choice
	Logic: Q15 "" 8::Not N/A in Q15	
Q18	What measurements do you typically use to confirm a dia...	Multiple Choice
	Logic: Q15 "" 8::Not N/A in Q15 AND Q17 "" 15::Not N/A in Q17	
Q19	What diagnostic criteria or guidelines do you typically...	Single Choice
	Logic: Q15 "" 8::Not N/A in Q15 AND Q17 "" 15::Not N/A in Q17 AND Q18 "" 10::Not...	
Q20	What is currently your most common recommendation to pa...	Multiple Choice
Q22	For roughly how many of your patients do you feel diet ...	Single Choice
Q23	Roughly how many of your 65+ patients do you ultimately...	Single Choice
Q24	What are your primary motivations as a provider to scre...	Multiple Choice
	Logic: Q9 "" 11::Not N/A in Q9	
Q25	What do you think would encourage more physicians to sc...	Multiple Choice

Q26	What do you think are the most common reasons that your...	Multiple Choice
Q28	What types of educational tools do you think would be t...	Single Choice
Q29	Where do you most often turn for authoritative informat...	Multiple Choice
Q30	How long have you been practicing medicine? Select one.	Single Choice
Q31	What percentage of your 65+ patients are in long-term c...	Single Choice
Q32	Have you completed any advanced training in geriatric m...	Single Choice
Q33	How would you characterize the majority of your 65+ pat...	Single Choice
Q34	How would you characterize the majority of your 65+ pat...	Single Choice
Q35	How would you characterize the majority of your 65+ pat...	Single Choice
Q36	How would you characterize the majority of your 65+ pat...	Single Choice
Q37	How would you characterize the majority of your 65+ pat...	Single Choice

Demographics

demographic.medical.specialty Single Choice

What is your medical specialty?

- Primary Care & General Practice (1)
- Internal Medicine Subspecialties (2)

Targeting Criteria

Target_51_of_patients_are_a Single Choice

are the majority of your patients over 65 years of age?

- Yes (1)

Target_are_you_a_geriatric_ Single Choice

Are you a geriatric specialty physician with advanced geriatric training?

- yes (1)

Target_PMR Single Choice

Are you physical medicine and rehabilitation physician?

- yes (1)

Survey Questions

Q5 Single Choice

How familiar are you with the term "sarcopenia"? Select one.

- Very familiar (1)
- Somewhat familiar (2)
- Not very familiar / I've heard it but don't know much about it yet (3)
- Not familiar at all (4)

Q6 Single Choice

As a rough estimate, what percentage of older Americans today do you expect have sarcopenia, a muscle condition that results in significant loss of muscle mass and strength over time? Select one.

- Less than 5% (1)
- 6–10% (2)
- 11–15% (3)
- 16–20% (4)
- 21–25% (5)
- More than 25% (6)

Q7 Single Choice

Before today, if an older patient presented with significant loss of muscle mass and strength, which terminology would you most likely have used in their medical chart? Select one. [Rotate response options.]

Randomized options

- Atrophy (1)
- Cachexia (2)
- Deconditioning (3)
- Failure to thrive (4)
- Frailty (5)
- Malnutrition (6)
- Muscle loss/decline/weakness (7)
- Myopenia (8)
- Osteoporosis (9)
- Protein deficiency (10)
- Sarcopenia (11)
- Unintentional weight loss (12)
- Wasting syndrome (13)
- Other (14)
- None – I've never labeled this condition in a medical chart (15)

Q8 Single Choice

In your experience, which of the following people is the most likely to express initial concern about a patient's significant loss of muscle mass and strength (sarcopenia)? Select one.

- The patient (1)
- The patient's family member (2)
- The patient's professional caregiver (3)
- Me or my care team (4)
- N/A – I only see patients by referral (5)
- Other (6)

Q9 Multiple Choice

Which measures/tools do you typically use when screening patients for significant loss of muscle mass and strength (sarcopenia)? Select all that apply. [Rotate response options.]

Randomized options

- Short Physical Performance Battery (SPPB) test (1)
- Templated questionnaire (e.g., SARC-F) (2)
- Medicare Annual Wellness Visit checklist (e.g., IPPE, Health Risk Assessment) (3)
- Gait speed test (4)
- Repeated chair stand test (5)
- "Get up and go" test (6)
- Knee/leg extension strength test (7)
- Grip strength test (8)
- DEXA scan (9)
- Other (10)
- N/A – I don't currently perform screenings for significant loss of muscle mass and strength (11)

Q10 Single Choice

As a rough estimate, how much time is typically required during a patient exam to fully complete a screening for significant loss of muscle and strength (sarcopenia)? Select one.

SHOW IF: Q 9 " 1 1 :: Not N/A in Q 9

- Less than 2 minutes (1)
- 2–5 minutes (2)
- 6–10 minutes (3)
- 11–20 minutes (4)
- More than 20 minutes (5)
- Other (6)

Q11 Multiple Choice

Which of the following life events would currently prompt you to screen a patient for significant loss of muscle mass and strength (sarcopenia)? Select all that apply. [Rotate response options.]

SHOW IF: Q 9 " 1 1 :: Not N/A in Q 9

Randomized options

- Turned a specific age (1)
- Became eligible for Medicare (2)
- Loss of a spouse, significant other, or caregiver (3)
- Transitioned to/from long-term care (4)
- Experienced an acute injury/fall (5)
- Recent surgery (6)
- Recent hospitalization or extended bed rest (7)
- Other life event (8)
- No specific life event prompts me to screen (9)

N/A – I only see patients by referral

(10)

Q12 Single Choice

Once the following life event occurs, how often do you typically perform screenings for significant loss of muscle mass and strength (sarcopenia)? Select one. Turned a specific age - [loopLabel]

SHOW IF: Q 9 `` 11::Not N/A in Q 9 AND Q 11 `` 10::Not N/A in Q 11 AND Q 11 `` 9::Not N/A in Q 11 AND Q 11 `` 8::Not N/A in Q 11 AND Q 11 `` 7::Not N/A in Q 11 AND Q 11 `` 6::Not N/A in Q 11 AND Q 11 `` 5::Not N/A in Q 11 AND Q 11 `` 4::Not N/A in Q 11 AND Q 11 `` 3::Not N/A in Q 11 AND Q 11 `` 2::Not N/A in Q 11 AND Q 11 `` 1::Not N/A in Q 11 AND Q 11 `` 0::Not N/A in Q 11 AND Q 11

LOOP: Repeats for selections in Q11

- Only at the first visit after the event (1)
- Every visit after the event (2)
- Once a year (3)
- Every few years (4)
- Only after a related diagnosis (5)
- Only during their "Welcome to Medicare" visit (6)
- Only if the patient/caregiver complains of muscle or strength loss (7)
- Only if the patient/caregiver requests a screening (8)
- Other (9)

Q13 Multiple Choice

Which of the following diagnoses would currently prompt you to screen a 65+ patient for significant loss of muscle mass and strength (sarcopenia)? Select all that apply. [Rotate response options.]

SHOW IF: Q 9 `` 11::Not N/A in Q 9

Randomized options

- Dementia or cognitive decline (1)
- Cachexia (2)
- Cancer (3)
- Cardiovascular disease (4)
- Chronic inflammation (5)
- Diabetes (6)
- Frailty (7)
- Limited mobility (8)
- Malnutrition or poor nutrition (9)
- Metabolic disorder (10)
- Neurological disorder (11)
- Osteoporosis (12)
- Obesity (13)
- Respiratory issues (e.g., COPD, tobacco usage) (14)
- Other condition (15)
- No specific condition would prompt me to screen (16)
- N/A – I only see patients by referral (17)

Q14 Single Choice

For patients who have been diagnosed with a condition that may cause significant loss of muscle mass and strength (sarcopenia), how often do you perform a screening? Select one.

SHOW IF: Q9 == 11::Not N/A in Q9 AND Q13 == 17::Not N/A in Q13 AND Q13 == 16::Not No specific condition in Q13

- Only at the first visit after the diagnosis (1)
- Every visit after the diagnosis (2)
- Once a year (3)
- Every few years (4)
- Only if the patient/caregiver raises the issue (5)
- Only during their "Welcome to Medicare" visit (6)
- N/A – I only see patients by referral (7)
- Other (8)

Q15 Single Choice

Once a patient has been diagnosed specifically with significant loss of muscle mass and strength, how often do you typically perform a follow-up assessment? Select one.

- Only at the first visit after the diagnosis (1)
- Every visit after the diagnosis (2)
- Once a year (3)
- Every few years (4)
- Only if the patient/caregiver complains of muscle or strength loss (5)
- Only upon referral (6)
- Other (7)
- N/A – None of my patients receive a diagnosis for significant loss of muscle mass and strength (8)

Q16 Radio Grid

In your experience, how often do the following characteristics apply to your 65+ patients who are dealing with significant loss of muscle mass and strength (sarcopenia)? Select one in each row.

	Never	Rarely	Sometimes	Often	Almost a..	N/A – I ..
Depressive symptoms	<input type="radio"/>					
Low physical activity	<input type="radio"/>					
Low income	<input type="radio"/>					
Unhealthy diet	<input type="radio"/>					
Social isolation	<input type="radio"/>					
Former high-activity lifestyle/pr..	<input type="radio"/>					
Recent loss of a spouse/significa..	<input type="radio"/>					
Recent move into long-term care	<input type="radio"/>					
Recent hospitalization	<input type="radio"/>					
Other factor (if none, select N/A)	<input type="radio"/>					

Q17 Multiple Choice

To record a diagnosis for significant loss of muscle mass and strength (sarcopenia), what ICD-10 code(s) do you typically use? Select all that apply. [Rotate response options.]

SHOW IF: Q15 == 8 :: Not N/A in Q15

Randomized options

- Abnormal weight loss (R63.4) (1)
- Adult failure to thrive (R62.7) (2)
- Age-related physical debility (R54) (3)
- Atrophy and muscle wasting (M62.50) (4)
- Cachexia (R64) (5)
- Malnutrition (E46) (6)
- Muscle weakness (M62.81) (7)
- Osteoporosis (M81) (8)
- Protein deficiency anemia (D53) (9)
- Sarcopenia (M62.84) (10)
- Underweight (R63.6) (11)
- Weakness (R53.1) (12)
- Other (13)
- None – I wouldn't use ICD-10 codes for this condition (14)
- N/A – None of my patients receive a diagnosis for significant loss of muscle mass and strength (15)

Q18 Multiple Choice

What measurements do you typically use to confirm a diagnosis of significant loss of muscle mass and strength (sarcopenia)? Select all that apply. [Rotate response options.]

SHOW IF: Q15 `` 8::Not N/A in Q15 AND Q17 `` 15::Not N/A in Q17

Randomized options

- DEXA scan results (1)
- CT/MRI results (2)
- Ultrasound results (3)
- Electrodiagnostic results (4)
- Grip strength test results (e.g., from a dynamometer) (5)
- Gait speed test results (6)
- Strength scale results (7)
- Other (8)
- None – I don't use specific measurements to confirm a diagnosis (9)
- N/A – I always defer to a specialist for diagnosis (10)

Q19 Single Choice

What diagnostic criteria or guidelines do you typically use when diagnosing significant loss of muscle mass and strength (sarcopenia)? Select one.

SHOW IF: Q15 `` 8::Not N/A in Q15 AND Q17 `` 15::Not N/A in Q17 AND Q18 `` 10::Not N/A in Q18

- European Working Group on Sarcopenia in Older People (EWGSOP) (1)
- Foundation for the National Institutes of Health (FNIH) (2)
- Society of Sarcopenia, Cachexia, and Wasting Disorders (SSCWD) (3)
- Unsure which one applies to my criteria (4)
- N/A – I don't typically use specific diagnostic criteria (5)
- Other (6)

Q20 Multiple Choice

What is currently your most common recommendation to patients for treating their significant loss of muscle mass and strength (sarcopenia)? Select all that apply. [Rotate response options.]

Randomized options

- Physical therapy referral (1)
- Independent/at-home exercise (2)
- Protein supplements (3)
- Appetite stimulants (4)
- Vitamin supplements (5)
- Dietary changes (e.g., increased meat or fiber consumption) (6)
- Hormone therapy (7)
- Other (8)

Q22 Single Choice

For roughly how many of your patients do you feel diet and exercise alone are sufficient to address their significant loss of muscle mass and strength (sarcopenia)? Select one.

- None (1)
- A few or some (2)
- About half (3)
- Many (4)
- Most or all (5)
- N/A – None of my patients receive treatment for this condition (6)
- Other (7)

Q23 Single Choice

Roughly how many of your 65+ patients do you ultimately refer to a different provider to treat their significant loss of muscle mass and strength (sarcopenia)? Select one.

- None (1)
- A few or some (2)
- About half (3)
- Many (4)
- Most or all (5)
- N/A – None of my patients receive treatment for this condition (6)
- Other (7)

Q24 Multiple Choice

What are your primary motivations as a provider to screen and treat your patients for significant loss of muscle mass and strength (sarcopenia)? Select up to two. [Rotate response options.]

SHOW IF: Q 9 == 11 :: Not N/A in Q 9

Randomized options

- Fall/injury prevention (1)
- Concern for their ability to remain independent/mobile (2)
- Concern for potential worsening of their comorbidities (3)
- Concern for their decreased strength during ADLs (4)
- Concern for their higher risk of mortality (5)
- Compliance with Medicare regulations (6)
- Patient or caregiver satisfaction/peace of mind (7)
- Other (8)

Q25 Multiple Choice

What do you think would encourage more physicians to screen their 65+ patients for significant loss of muscle mass and strength (sarcopenia)? Select up to three. [Rotate response options.]

Randomized options

- More-persuasive evidence that sarcopenia isn't just a normal part of the aging process (1)
- Greater understanding of sarcopenia's causes, effects, and intervention options (2)
- Broader acceptance that sarcopenia is a stand-alone condition (3)
- Greater accuracy of the screening or diagnostic tools for sarcopenia (4)
- More effective treatment options for sarcopenia (5)
- Clearer clinical practice guidelines (6)
- More direct requests by patients/caregivers (7)
- Fewer competing priorities during exams (8)
- Guaranteed insurance reimbursement for screening (9)
- Other (10)
- None – Nothing is likely to motivate more physicians to screen for sarcopenia (11)

Q26 Multiple Choice

What do you think are the most common reasons that your 65+ patients fail to address their significant loss of muscle mass and strength (sarcopenia)? Select up to three. [Rotate response options.]

Randomized options

- Acceptance of their current level of independence/mobility (1)
- Greater focus on other diseases/conditions (2)
- Lack of desire/ability to change habits with diet or exercise (3)
- Acceptance of mortality/an end-of-life stage (4)
- Lack of understanding that sarcopenia is treatable (5)
- Belief that sarcopenia is a natural part of aging (6)
- Fear of the negative stigma/consequences of aging (e.g., losing driving privileges) (7)
- Environmental barriers (e.g., unable to afford nutritional food, lack of transportation) (8)
- Displeasure with the treatment experience (e.g., taste of nutritional supplements, pain from PT) (9)
- Other (10)
- N/A – None of my patients fail to address this condition (11)

Q28 Single Choice

What types of educational tools do you think would be the most helpful to your patients for understanding the risks, prevention strategies, and treatment options for significant loss of muscle mass and strength (sarcopenia)? Select one. [Rotate response options.]

Randomized options

- Brochures or handouts (e.g., in the clinic/exam rooms, at the Social Security office) (1)
- Educational videos (e.g., shared online, screened in your office) (2)
- Advertisements or PSAs (e.g., on social media, radio, TV, billboards) (3)
- Interactive tools (e.g., automated text messages, daily emails) (4)
- News media articles (e.g., Health section articles, op-eds) (5)

- Promotions by trusted health partners (e.g., AARP, CMS) (6)
- Other (7)

Q29 Multiple Choice

Where do you most often turn for authoritative information about medical news and conditions?
Select up to three. [Rotate response options.]

Randomized options

- PubMed (1)
- UpToDate (2)
- Medical journals (JAMA, NEJM) (3)
- Medical conferences (4)
- Patient advocacy organizations (5)
- Colleagues at my organization (6)
- Other (7)

Q30 Single Choice

How long have you been practicing medicine? Select one.

- Less than 5 years (1)
- 6–10 years (2)
- 11–20 years (3)
- 21–30 years (4)
- 31 years or more (5)

Q31 Single Choice

What percentage of your 65+ patients are in long-term care settings? Select one.

- 0% (none) (1)
- 1–10% (2)
- 11–20% (3)
- 21–30% (4)
- 31% or higher (5)

Q32 Single Choice

Have you completed any advanced training in geriatric medicine? Select one.

- Yes (1)
- No (2)

Q33 Single Choice

How would you characterize the majority of your 65+ patient population in terms of where they live?
Select one.

- Urban (1)
- Rural (2)
- Suburban (3)
- An even mix (4)
- Other (5)

Q34 Single Choice

How would you characterize the majority of your 65+ patient population in terms of gender? Select one.

- Male (1)
- Female (2)
- An even mix (3)
- Other (4)

Q35 Single Choice

How would you characterize the majority of your 65+ patient population in terms of military status?
Select one.

- Active military (1)
- Military veteran (2)
- Civilian (3)
- An even mix (4)
- Other (5)

Q36 Single Choice

How would you characterize the majority of your 65+ patient population in terms of annual household income? Select one.

- Lower income (roughly less than \$49,999) (1)
- Middle income (roughly \$50,000 to \$149,999) (2)
- Higher income (roughly \$150,000 and higher) (3)
- An even mix (4)
- Other (5)

Q37 Single Choice

How would you characterize the majority of your 65+ patient population in terms of living situation?
Select one.

- Living independently alone (1)
- Living independently with a partner (2)
- Living with family (3)
- Living in long-term care (4)
- An even mix (5)
- Other (6)