

Table 4 Binary logistic regression analysis of selected complementary and alternative medicine modalities used in relation to body mass index (BMI) among a sample of Jordanian women (n = 818)

complementary and alternative medicine modality	β	P-value	OR (95% CI)	%
<i>Herbal remedies</i>				
Overweight	-0.48	0.70	0.60 (0.05-6.95)	55.00
Obese	-1.24	0.32	0.30 (0.03-3.26)	14.50
Normal (R)	-	-	-	-
<i>Commercial dietary products</i>				
Overweight	-0.42	0.68	0.6 (0.09-4.80)	39.76
Obese	-0.69	0.50	0.5 (0.07-3.65)	20.30
Normal (R)	-	-	-	-
<i>Acupuncture</i>				
Overweight	-16.19	0.99	0.00 (-)	5.91
Obese	-18.48	0.99	0.00 (-)	0.69
Normal (R)	-	-	-	-
<i>Aromatherapy</i>				
Overweight	2.50	0.06	12.20 (0.96-153.58)	96.00
Obese	1.50	0.23	4.50 (0.39-52.11)	97.60
Normal (R)	-	-	-	-
<i>Herbal dietary supplements</i>				
Overweight	-0.18	0.89	0.80 (0.07-9.43)	62.57
Obese	-0.35	0.78	0.70 (0.06-7.92)	49.93
Normal (R)	-	-	-	-

OR= odds ratio; CI= confidence interval using forward Wald method; R = reference group.

BMI: normal = 18.5 to < 25 kg/m²; overweight = 25.0 to < 30 kg/m²; obese = \geq 30 kg/m².