***Table S1.* Demographic and Clinical Characteristics at Baseline and Follow-up**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Baseline** | **Follow-up** | **Dropouts** | **Dropout analysis (*P*a,b)** |
| N | 100 | 84 | 16 |  |
| Female % | 73 | 73 | 75 | .745**a** |
| **Age** |  |  |  |  |
| Mean (SD) | 39.1 (11.61) | 38.3 (18.93) | 43.5 (12.01) |  |
| Range | 20–68 | 20–62 | 25–68 | .782**b** |
| **Disease duration** |  |  |  |  |
| Mean (SD) | 9.05 (8.71) | 8.29 (7.58) | 13.21 (12.91) | .187**b** |
| Range | 1–42 | 1–31 | 1–42 |  |
| **EDSS** |  |  |  |  |
| Mean (SD) | 2.78 (1.71) | 2.74 (1.61) | 3.33 (1.91) | .490**b** |
| Range | 0–7 | 0–6.5 | 1–7 |  |
| **Education** |  |  |  |  |
| A-levels (12–13 years education) % | 53 | 54 | 50 | .672**a** |

SD, standard deviation; EDSS, Expanded Disability Status Scale.

**a***P* value of χ2.

**b***P* value of *t* test for unpaired samples.

***Table S2.* Health-related Quality of Life at Baseline and Follow-up**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **n** | **Baseline mean (SD)** | **Follow-up mean (SD)** | ***P*** | **ES** | **95% CI of change** |
| MS-QLQ27 | 77 | 2.31 (0.72) | 1.95 (0.72) | < .001 | -0.503 | -0.957 to -0.049 |
| HAQUAMS | 55 | 2.12 (0.67) | 1.92 (0.67) | < .001 | -0.310 | -0.830 to -0.233 |
| EQ-5D-3L | 73 | 68.08 (21.36) | 74.61 (18.58) | .007 | 0.326 | -0.136 to 0.788 |
| EQ-VAS | 79 | 61.80 (20.48) | 68.80 (19.84) | .003 | 0.308 | -0.136 to 0.751 |

Note: *P* value of *t* test for paired samples.

MS-QLQ27, Multiple Sclerosis Quality of Life Questionnaire with 27 items (1 = “not at all impaired” and 5 = “extremely impaired”); HAQUAMS, Hamburg Quality of Life Questionnaire in Multiple Sclerosis (1 = “not at all impaired” and 5 = “extremely impaired”); EQ-5D-3L (0 = lowest and 100 = highest health condition, according to Schulenburg); EQ-VAS, EuroQol Visual Analogue Scale (0 = worst imaginable and 100 = best imaginable health condition); CI, confidence interval; ES, effect size (Cohen’s *d*).

***Table S3.* Validation Study: Mean, Standard Deviation (SD), Scoring Highest/Lowest, and Missing Values by Multiple Sclerosis Quality of Life Item (baseline, n = 100; follow-up, n = 84)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Items** | **Baseline** | | | | **Follow-up** | | | |
| **Meana** | **SD** | **Lowest/Highest value (%)b** | **Missing (%)** | **Meana** | **SD** | **Lowest**  **/Highest value (%)b** | **Missing (%)** |
| 1. Difficulties with walking | 2.97 | 1.47 | 24.7/19.4 | 6.0 | 1.47 | 1.29 | 36.1/8.4 | 1.2 |
| 2. Restrictions of motion | 2.73 | 1.41 | 28.8/13.2 | 7.1 | 1.41 | 1.17 | 39.8/2.4 | 1.2 |
| 3. Paresthesia (eg, numbness and tingling) | 3.00 | 1.38 | 21.1/15.6 | 8.3 | 1.38 | 1.14 | 23.8/5.0 | 4.8 |
| 4. Vision problems | 2.72 | 1.38 | 27.2/13.0 | 7.1 | 1.38 | 1.22 | 46.8/2.5 | 6.0 |
| 5. Problems with bladder/bowel control | 1.84 | 1.16 | 57.1/4.4 | 7.1 | 1.16 | 0.99 | 65.9/2.4 | 2.4 |
| 6. Pain | 2.01 | 1.23 | 49.5/5.5 | 7.1 | 1.23 | 0.98 | 61.3/0.0 | 4.8 |
| 7. Fatigue | 2.98 | 1.21 | 13.0/10.9 | 7.1 | 1.21 | 1.17 | 13.0/10.9 | 1.2 |
| 8. Vertigo and exhaustion | 2.55 | 1.37 | 32.6/8.7 | 6.0 | 1.37 | 1.16 | 25.3/3.6 | 2.4 |
| 9. Problems with fine motor skills (eg, writing) | 2.22 | 1.32 | 41.1/8.9 | 8.3 | 1.32 | 1.17 | 43.9/2.4 | 2.4 |
| 10. Physical weakness | 2.89 | 1.33 | 20.4/12.9 | 6.0 | 1.33 | 1.20 | 51.2/4.9 | 1.2 |
| 11. Muscle cramps/spasticity | 2.13 | 1.36 | 48.4/9.9 | 7.1 | 1.36 | 1.04 | 37.3/4.8 | 6.0 |
| 12. Problems with finding words/speaking | 1.80 | 1.08 | 55.6/1.1 | 8.3 | 1.08 | 0.96 | 62.0/1.3 | 2.4 |
| 13. Problems with concentration or memory | 2.21 | 1.14 | 31.9/4.4 | 7.1 | 1.14 | 1.00 | 67.1/1.2 | 1.2 |
| 14. Problems with ADL (eg, household tasks) | 2.35 | 1.27 | 38.0/4.3 | 6.0 | 1.27 | 1.05 | 47.0/2.4 | 1.2 |
| 15. Low level of resilience | 2.73 | 1.27 | 21.7/7.6 | 6.0 | 1.27 | 1.15 | 51.8/1.2 | 2.4 |
| 16. Depending on help from others | 2.24 | 1.38 | 44.6/9.8 | 6.0 | 1.38 | 1.00 | 37.8/2.4 | 3.6 |
| 17. Limitations in recreational activities | 2.69 | 1.27 | 21.7/12.0 | 6.0 | 1.27 | 1.09 | 58.0/1.2 | 3.6 |
| 18. Lack of comprehension from others | 1.70 | 1.06 | 61.5/2.2 | 7.1 | 1.06 | 0.69 | 78.5/0.0 | 6.0 |
| 19. Limitations in social contact | 1.93 | 1.19 | 56.0/3.3 | 7.1 | 1.19 | 0.88 | 71.6/0.0 | 3.6 |
| 20. Limitations in sexuality | 1.82 | 1.21 | 59.8/4.6 | 10.7 | 1.21 | 1.19 | 69.1/3.7 | 3.6 |
| 21. Depression | 2.36 | 1.17 | 27.8/4.4 | 7.1 | 1.17 | 1.11 | 43.8/3.8 | 4.8 |
| 22. Uncertainty/fear regarding the future | 2.71 | 1.28 | 18.7/11.0 | 7.1 | 1.28 | 1.17 | 39.5/3.7 | 3.6 |
| 23. Difficulties accepting the disease | 2.30 | 1.19 | 34.4/3.3 | 7.1 | 1.19 | 1.05 | 51.9/2.5 | 3.6 |
| 24. Expenditure of planning and time | 2.26 | 1.2 | 34.8/5.4 | 6.0 | 1.2 | 0.99 | 46.3/2.4 | 2.4 |
| 25. Treatment side effects | 1.97 | 1.25 | 54.1/5.9 | 13.1 | 1.25 | 1.21 | 45.6/3.8 | 6.0 |
| 26. Absenteeism/not being able to have a job | 2.69 | 1.57 | 35.2/21.2 | 8.2**c** | 1.57 | 1.40 | 55.9/8.8 | 10.3**c** |
| 27. Limitations in work performance | 2.82 | 1.49 | 25.9/20.0 | 5.5**c** | 1.49 | 1.27 | 44.1/7.4 | 1.5**c** |

**a**Scaling: 1 = “not at all impaired” to 5 = “extremely impaired.”

**b**Percentage of patients who chose the lowest possible category (1 = “not at all impaired”) or the highest possible category (5 = “extremely impaired”).

**c**Counted as missing only in patients who stated that they were working.

***Figure S1.* Pearson Correlations and Scatter Plots for Multiple Sclerosis Quality of Life Instrument (MS-QLQ27) and Hamburg Quality of Life Questionnaire in Multiple Sclerosis (HAQUAMS) Total Score (A), Expanded Disability Status Scale (EDSS) (B), EQ-5D-3L Total Score (C), and EuroQol Visual Analogue Scale (EQ-VAS) (D) at Follow-up**

\*\*\*indicates *P* < .001.

Chart, scatter chart

Description automatically generated