

Table S1. Diagnosis and treatment characteristics (N = 1075)

Characteristic	Value
Time between symptom onset and first neurologist visit (n=622)	
0-1 y	414 (66.6)
1-2 y	55 (8.8)
2-3 y	43 (6.9)
3-4 y	19 (3.1)
>4 y	91 (14.6)
Time between first neurologist visit and MS diagnosis (n=818)	
0-1 y	506 (61.9)
1-2 y	82 (10.0)
2-3 y	57 (7.0)
3-4 y	25 (3.1)
>4 y	148 (18.1)
Reasons for delay in diagnosis (n=947)^a	
Misdiagnosis	269 (32.9)
Preliminary test inconclusive	248 (30.3)
Delay in receiving appointment	165 (20.2)
Delay in scheduling MRI scan	163 (19.9)
Decision taken to wait for second relapse	102 (12.5)
Treatment initiation after diagnosis	
Neurologist suggested immediate treatment initiation	709 (66.0)
Neurologist suggested monitoring symptoms before initiation	207 (19.3)
No MS treatments available when diagnosed	112 (10.4)
Do not know/do not remember	47 (4.4)
Began treatment immediately (n=711)	263 (37.0) ^b
Current therapies of participants with RRMS (n=711)^{b,c}	
Not started treatment	4.1%
Glatiramer acetate	19.2%
Dimethyl fumarate	15.6%
Fingolimod	10.7%
Intramuscular Interferon beta-1a	8.8%
Natalizumab	8.2%
Subcutaneous Interferon beta-1a	7.4%
Interferon beta-1b	4.1%
Teriflunomide	3.6%
Peginterferon beta-1a	2.0%
Alemtuzumab	1.1%
Other	2.6%
Multiple treatment options	2.8%
Not currently receiving medication	14.0%

Note: Values are given as number (percentage) or as percentage unless otherwise indicated.

Abbreviations: MRI, magnetic resonance imaging; MS, multiple sclerosis; RRMS, relapsing-remitting MS.

^aValues exceed 100% because respondents could choose more than 1 category.

^bOnly includes participants from Australia, United States, and Canada.

^cList of medications is limited to therapies approved at time vsMS survey was administered.

Table S2. Current disease situation by years since MS diagnosis

Response	Years Since MS Diagnosis					Total (N = 1075)
	<5 (n = 234)	5–9 (n = 275)	10–14 (n = 234)	15–21 (n = 196)	>21 (n = 136)	
Response 1, % ^a	33.3	22.9	27.4	20.9	16.9	25.0
Response 2, % ^b	16.7	23.6	16.7	21.4	23.5	20.2
Response 3, % ^c	15.0	15.3	18.4	12.8	15.4	15.4
Response 4, % ^d	20.5	20.7	15.0	23.0	9.6	18.4
Response 5, % ^e	13.7	14.5	20.1	17.9	22.8	17.2
Response 6, % ^f	0.9	2.9	2.6	4.1	11.8	3.7

^aI may have some mild symptoms, mostly numbness or tingling due to MS, but they do not limit my activity. If I do have an exacerbation, I return to normal when my flare has passed.

^bI have some noticeable symptoms from my MS, but they are minor and have only a small effect on my lifestyle and have required minimal adaptations.

^cI do not have any limitations in my walking ability. However, I do have significant memory loss/trouble multitasking and/or fatigue related problems due to MS that limit daily activities in other ways.

^dMS does interfere with my activities, especially my walking. I can work a full day, but athletic or physically demanding activities are more difficult than they used to be. I usually do not need a cane or other assistance to walk, but I might need some assistance when fatigued.

^eI use a cane or a single crutch or some other form of support (such as touching a wall or leaning on someone's arm) for walking all the time or part of the time, especially when walking outside. I think I can walk (US: 25 feet) (EX-US: 8 meters) in 20 seconds without a cane or crutch. I always need some assistance (cane or crutch) if I want to walk as far as 3 blocks.

^fMy main form of mobility is a wheelchair. I may be able to stand and/or take one or two steps, but I cannot walk (US: 25 feet) (EX-US: 8 meters), even with crutches or a walker.

Table S3. Proportion of participants with changes in activities of daily living

	Years Since MS Diagnosis					Total (N = 1075)
	<5 (n = 234)	5–9 (n = 275)	10–14 (n = 234)	15–21 (n = 196)	>21 (n = 136)	
Compared With 6 Months Ago						
Worsened, %	11.1	13.8	18.8	9.2	19.1	14.1
Stayed the same, %	75.6	73.8	73.1	83.2	73.5	75.7
Improved, %	13.2	12.4	8.1	7.7	7.4	10.1
Compared With 12 Months Ago						
Worsened, %	22.2	23.3	23.9	20.4	22.8	22.6
Stayed the same, %	65.0	64.7	66.2	69.9	71.3	66.9
Improved, %	12.8	12.0	9.8	9.7	5.9	10.5
Compared With 24 Months Ago						
Worsened, %	37.6	44.7	43.2	41.8	39.7	41.7
Stayed the same, %	45.7	40.4	46.2	47.4	56.6	46.1
Improved, %	16.7	14.9	10.7	10.7	3.7	12.2

Table S4. Level of severity of MS symptoms^a and change for the worst in emotional, social, and physical well-being^b

Responses ≥50%	Years Since MS Diagnosis					Total (N = 1075)
	<5 (n = 234)	5–9 (n = 275)	10–14 (n = 234)	15–21 (n = 196)	>21 (n = 136)	
MS Symptoms						
Fatigue, %						
Mild/Moderate	56.0	64.0	52.6	60.2	52.9	57.7
Severe	16.7	17.8	20.5	14.8	19.9	17.9
Trouble Sleeping, %						
Mild/Moderate	42.3	48.4	41.5	45.9	38.2	43.8
Severe	9.4	10.5	5.6	5.1	5.9	7.6
Physical Weakness, %						
Mild/Moderate	56.4	61.5	54.7	65.3	52.2	58.4
Severe	7.7	10.9	11.1	5.1	16.2	9.9
Trouble Concentrating, %						
Mild/Moderate	49.6	45.1	43.2	42.3	42.6	44.8
Severe	5.1	9.1	9.0	7.1	6.6	7.5
Issues With Memory, %						
Mild/Moderate	46.2	48.4	44.9	40.8	43.4	45.1
Severe	7.3	9.5	9.8	8.2	5.9	8.4
Trouble Moving/Muscle Stiffness, %						
Mild/Moderate	40.6	44.0	44.9	39.8	44.9	42.8
Severe	9.4	9.5	9.0	9.2	8.1	9.1
Problems With Balance and Coordination, %						
Mild/Moderate	48.7	45.8	48.3	50.5	46.3	47.9
Severe	8.1	13.5	12.8	13.8	16.9	12.7
Numbness and Tingling, %						
Mild/Moderate	49.6	48.0	41.5	42.3	44.1	45.4
Severe	8.1	10.5	6.4	3.6	8.8	7.6
Heat/Cold Sensitivity, %						
Mild/Moderate	45.7	42.9	41.0	41.8	43.4	43.0
Severe	12.0	18.2	15.8	17.3	20.6	16.5

Continues on next page

Table S4. Level of Severity of MS Symptoms^a and Change for the Worst in Emotional, Social, and Physical Well-Being^b (cont'd)

Responses \geq 50%	Years Since MS Diagnosis					Total (N = 1075)
	<5 (n = 234)	5–9 (n = 275)	10–14 (n = 234)	15–21 (n = 196)	>21 (n = 136)	
Change for the Worst in Emotional, Social, and Physical Well-Being						
Energy Level, %	65.0	77.5	68.8	77.0	76.5	72.7
Physical Functioning, %	49.6	62.9	60.3	65.8	65.4	60.3
Ability to Exercise, %	50.4	58.5	55.6	57.7	59.6	56.1
Ability to Progress in Career/ Fulfill Professional Goals, %	43.6	51.6	47.9	54.6	55.1	50.0
Affect Ability to Keep Job, %	60.0	71.9	66.7	61.8	58.4	64.2

^a Symptoms with \geq 50% overall response of mild/moderate or severe levels.

^b Attributes with \geq 50% overall response to change for worse and MS affecting ability to keep job.

Figure S1. Disability-related factors limiting daily activities in multiple sclerosis patients

Participants were asked to review listed multiple sclerosis symptoms and mark their severity of experience with each. Total percentage values shown may differ from the sum of the mild/moderate values due to rounding.

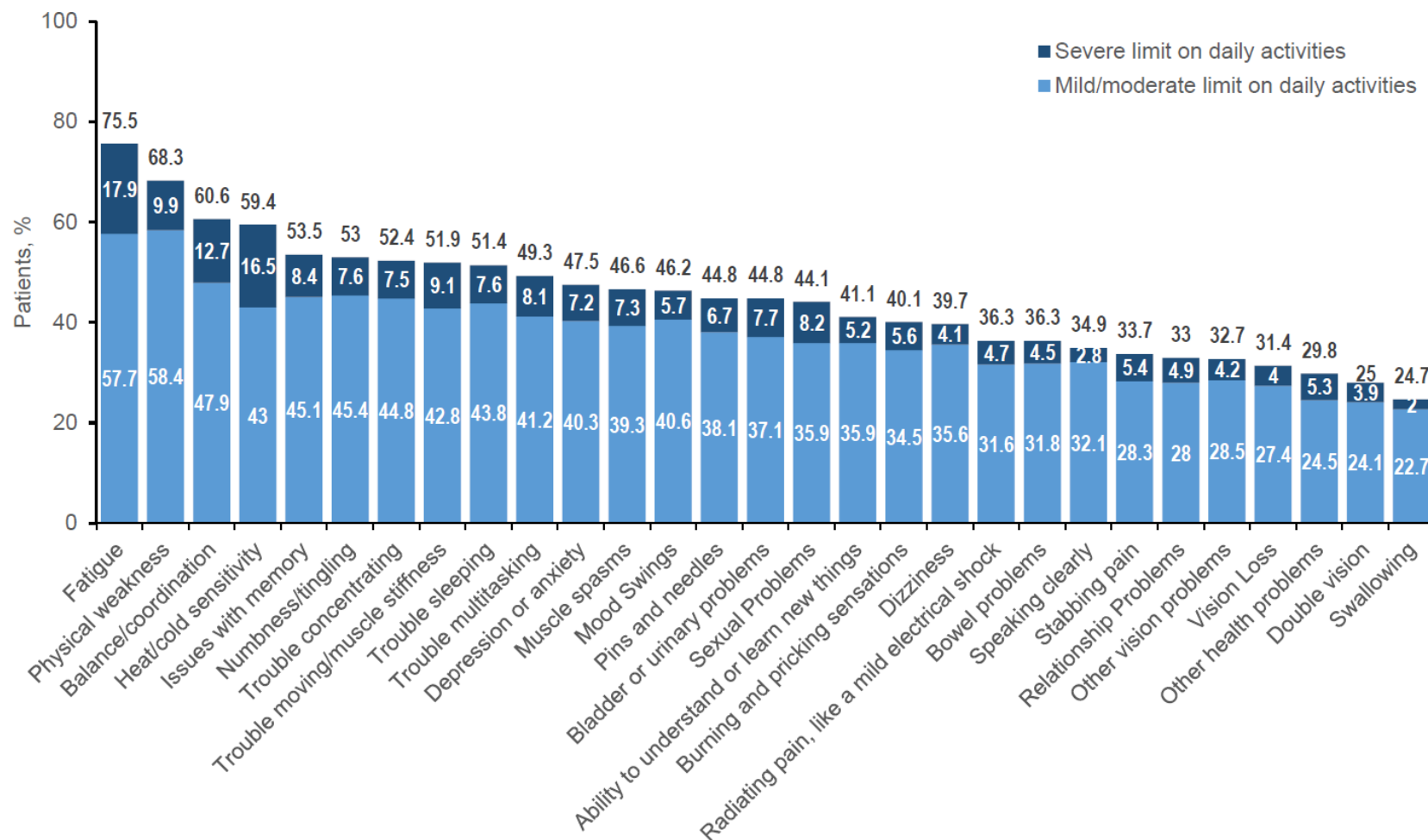


Figure S2. Negative impact of relapsing remitting multiple sclerosis on emotional, social, and physical well-being

Participants were asked to answer whether the stated parameters had worsened, did not change, or improved. The graph shows the percentages of patients who marked the parameters as worsened. Parameters “Sexual attractiveness” and “Fear partner may leave” were asked as direct questions reflecting a negative change with multiple sclerosis, and patients ranked whether they agreed with the statement. For these two parameters, the percentages of patients agreeing with the statement are shown.

