

Supplementary material

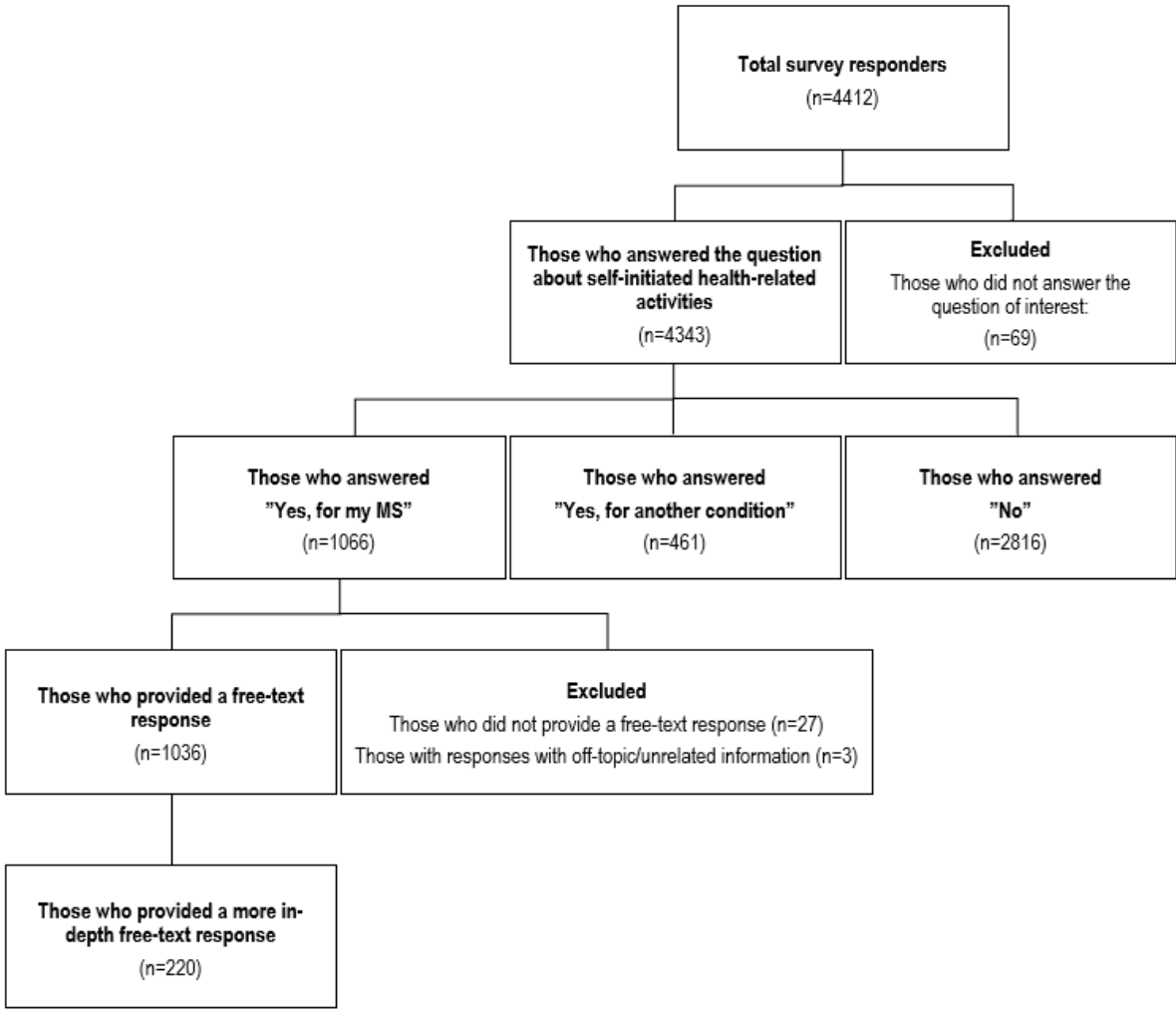


Figure S1. Flowchart of the total study participants' responses to the question: "In the past 12 months, have you performed any health activity or are you using any other form of treatment that was not prescribed or recommended to you by a doctor (e.g., exercise, dietary supplements, or CBD oil)?"

Table S1. Sociodemographic and clinical characteristics of the subset of free-text responders who provided more in-depth responses to the survey question of interest

<i>"In the past 12 months, have you performed any health activity or are you using any other form of treatment that was not prescribed or recommended to you by a doctor (e.g., exercise, dietary supplements, or CBD oil)?"</i>	
	TOTAL (n=220; 100%)
Sex	
Women	161 (73.2%)
Men	59 (26.8%)
Age (years)	
20-39 years	93 (42.3%)
40-50+ years	127 (57.7%)
University-level education	
Non-university	64 (29.1%)
University	156 (70.9%)
Born in Sweden	
Yes	195 (88.6%)
No	25 (11.4)
Type of living area	
Cities	119 (54.1%)
Towns and suburbs	78 (35.5%)
Rural areas	23 (10.5%)
Type of MS	
Relapsing-remitting MS	199 (90.5%)
MS severity	
Mild (EDSS=0-2.5)	135 (61.4%)
Moderate-Severe (EDSS=3-9.5)	44 (20.0%)
Ongoing MS treatment	
Yes	200 (90.9%)
No	20 (9.1%)
Treatment satisfaction	
Yes	162 (73.6%)
Partly/not satisfied	55 (25.0%)

Abbreviations: EDSS, Expanded Disability Status Scale score; MS, multiple sclerosis. Missing values are not included in the table.