

### Supplemental materials for:

Klocke C, Valentini J, Stolz R, Gaßner L, Joos S, Förster C. Patients' experiences with therapeutic approaches for post-covid syndrome: results of a crowdsourced research survey. *Ann Fam Med.* 2023;21(1):73-75.

**Supplemental Table 1: Online questionnaire (used in German, translated into English for publication)**

No.	Question	Response option
	<p>Dear Participant,</p> <p>We are pleased about your interest in our survey on the topic of "Post-COVID"! By completing our short questionnaire, you will help us to gather experience on post/long-COVID. With your help, we would like to derive therapeutic approaches for clinical studies and make them available to the general public. In this way, you contribute to improving the care of those affected. For this purpose, we request anonymized data on your symptoms, applied therapies, age, gender and profession. We cannot trace this information back to you personally.</p> <p>Thank you very much for your support</p> <p>Your Post-COVID Study Team</p> <p>(<i>contact details, privacy notice, privacy consent</i>)</p>	
1	When was the first time you tested positive for Covid-19?	<p>[single choice]</p> <p>... within the last 4 weeks ... within the last 3 months ... within the last 6 months ... more than 6 months ago ... I did <b>not</b> test positive for Covid-19</p>
2	What are the main symptoms you are affected from after your infection with Covid-19?	<p>[multiple choice]</p> <p>... physical exhaustion/so called "fatigue" ... shortness of breath ... difficulty concentrating ... psychological impairment (sadness, anxiety, irritability, sleep disturbances, others) ... loss of taste and smell ... headaches ... others, namely: (free text)</p>
	<p>In the following, we are interested in which therapies you have pursued with regard to your post-Covid complaints. In addition, we would like to know what experiences you have had with them. The questions on this page refer to only one therapy at a time. If you have used more than one therapy, please indicate only one therapy below. If you answer the last question on this page with "yes", a new page will open where you can enter further therapy approaches. You can enter up to 5 therapies. You can name everything here that you have tried because of your complaints, e.g. certain medications, home remedies, nutritional supplements/vitamins, naturopathic procedures, acupuncture, sports, relaxation exercises, visits to certain therapists, physiotherapy, etc.</p>	
3	Therapy approach (no. 1): Please describe the therapy.	(free text)
4	What complaint(s) or symptom(s) did you use this therapy for?	(free text)
5	How well did the therapeutic approach you mentioned help with the complaint(s) you described?	<p>[single choice]</p> <p>very good good medium little not at all</p>
6	Did you try other therapeutic approaches?	[single choice]

		<p>yes [loop to question no. 3]</p> <p>no [ go on]</p>
7	<p>What offers, help or support would you wish for?</p>	<p>[single choice]</p> <p>I wish for the following: (free text)</p> <p>I don't miss anything.</p>
8	<p>What is the total amount of time you are or have been on sick leave for your COVID-infection?</p> <p>If you had to take repeated sick leave, please indicate the total duration.</p>	<p>(please insert number) weeks</p>
9	<p>Because of your post-COVID complaints, have you been (or are you)...</p> <p>(Please indicate examinations or measures that took place at the earliest 4 weeks after your infection, i.e. after the acute phase of your COVID-19 disease.)</p>	<p>[multiple choice]</p> <p>... seeing a specialist (e.g. lung specialist, cardiologist, others)?</p> <p>...treated in a hospital as an inpatient?</p> <p>...to an X-ray examination or CT scan?</p> <p>...to a blood test (e.g. at the family doctor or specialist)?</p> <p>...in psychotherapy?</p> <p>...in a rehabilitation/cure?</p> <p>...in physiotherapy?</p> <p>...in contact with advocacy groups?</p> <p>...none of these measures were carried out in my case.</p>
	<p>What is your age?</p>	<p>(please insert number) years</p>
	<p>You are...</p>	<p>[single choice]</p> <p>... male</p> <p>... female</p> <p>... diverse</p>
	<p>Do you work in a healthcare profession?</p>	<p>[single choice]</p> <p>...yes</p> <p>... no</p>
	<p>In which country do you live (predominantly)?</p> <p>Please mark the answer that corresponds.</p>	<p>[single choice]</p> <p>...Germany</p> <p>... Austria</p> <p>... Switzerland</p> <p>...other, namely: (free text)</p>

**Supplemental Table 2: Description of categories (codebook)**

	<b>Category</b>	<b>Description</b>
1	Nutritional supplements	Vitamins, micronutrients, probiotics, etc. [not : herbal remedies, dietary change]
2	Sports/exercise	Every kind of sports/ exercise/ physical activity, from taking a walk to high-level training
3	Mind-Body-Medicine	Mindfulness-based stress reduction, mindfulness, mindfulness-based movements [yoga, Tai Ji, Qi Gong, Eurythmy), meditation
4	Rest	Pacing, resting, napping, increased levels of sleep, etc.
5	Cortisone/corticosteroids of all kinds	Cortisone/corticosteroids of all kinds (inhaled, oral, topical)
6	Other medication	Every kind of medication (e.g., beta receptor blockers, cold remedies) [not: cortisone/corticosteroids, pain medication, herbal medication, inhalants, vaccination, psychotropic drugs]
7	Physiotherapy	Physiotherapy with therapist [not: sports and activity without guidance]
8	Pain medication of all kinds	E.g. nonsteroidal antiinflammatory drugs, paracetamol, opioids, etc.
9	Phytotherapy/herbal medication	Herbal remedies (e.g. tea, curcuma, etc.) and phytotherapeutics (e.g. myrtol), cannabinoids, etc.
10	Respiratory therapy	Professionally guided [not: yoga, olfactory training, taking a deep breath during walking]
11	Rehabilitation	Rehabilitation (inpatient or outpatient)
12	Medical consultation	Medical consultation through general practitioners, other specialist, special outclinic
13	Manual medicine	Manual medicine, osteopathy, chiropractic, tuina, craniosacral therapy [not: massage]
14	Psychotherapy	Psychotherapy or psychotherapeutic consultation
15	Inhalants (non-cortisone)	Non-cortisone inhalants, e.g. asthma inhaler, saline inhalation, salbutamol sulfate inhalation
16	Other (e.g., mouthwash, singing)	Everything not grouped in any other category, e.g. mouthwash, singing, playing an instrument
17	Dietary change	All kinds of change in recent diet, e.g. eating more/less, vegetarian diet, etc.
18	Other physical therapy (e.g., thermotherapy, contrast bath therapy)	External applications, e.g. therapeutic baths, compresses, thermotherapy, etc. [not: physiotherapy]
19	Occupational therapy	Professional occupational therapy
20	Homeopathy	Homeopathic consultations, homeopathic remedies
21	Memory training/concentration exercises	Memory training, concentration exercises, e.g. puzzling
22	Olfactory training	Professional or non-professional use of odors (e.g. coffee, oils, etc.) [not: aromatherapy]
23	Complementary and integrative medicine in general (CIM)/other CIM procedures	CIM procedures not listed elsewhere, e.g., neural therapy, Ayurveda, "complementary medicine" as word
24	Acupuncture/acupressure	Professional therapy with/without needles on acupoints

25	Psychotropic drugs	Psychotropic drugs, e.g. benzodiazepines, antidepressants, neuroleptics, etc.
26	Traditional Chinese Medicine – pharmacotherapy	Traditional Chinese herbal medicine
27	Massages	massages [not: manual medicine]
28	Vaccination against SARS-CoV-2	any kind of vaccination against SARS-CoV-2
29	Aromatherapy	indicated use of essential oils, e.g. lavender oil for sleeping [not: olfactory training]
30	Speech therapy	professional speech therapy, logopedics