

Appendix Table 1. Clinical disease severity score for hypercortisolism.

	Clinical Characteristic	Points Assigned
	Hypertension	1
	Pre-diabetes or type 2 diabetes mellitus	1
Metabolic Abnormalities	Osteopenia	1
	Osteoporosis by BMD and/or fragility fracture within the past 12 months	2
	DVT/PE within the past 12 months	3
	Weight gain	1
	Central obesity	1
	Supraclavicular and/or dorsocervical fat accumulation	3
Physical Exam Features	Rounding of the face with or without plethora	3
	Skin changes (i.e., violaceous striae, skin thinning, and/or bruising)	3
	Proximal muscle weakness	4

Abbreviations: BMD, bone mineral density; DVT, deep venous thrombosis; PE, pulmonary embolism.

The clinical disease severity score was calculated for each patient prior to surgical treatment for hypercortisolism. A total sum score of 1-8 points was considered mild, 9-14 points moderate, and 15-22 points severe clinical disease.

Appendix Table 2. Biochemical disease severity score for hypercortisolism.

Test*	Reference range	ACTH-dependent hypercortisolism		ACTH-independent hypercortisolism	
		Result	Points	Result	Points
Post 1-mg DST serum cortisol	≤ 1.8 µg/dL	≤ 1.8	0	≤ 1.8	0
		1.8 - 3	1	1.8 - 3	1
		3 - 5	2	3 - 5	2
		5 - 10	3	5 - 10	3
		> 10	4	> 10	4
24-hour urinary free cortisol	3.5 - 45 µg/24h	< 45	0	< 45	0
		45 - 100	2	45 - 100	2
		100 - 200	3	100 - 200	3
		200 - 300	4	200 - 300	4
		300 - 500	5	300-500	5
Late night salivary cortisol	< 50 ng/dL	> 500	7	> 500	7
		50 - 100	1	50 - 100	1
		100 - 300	3	100 - 300	3
ACTH	10 - 60 pg/dL	> 300	4	> 300	4
		-	-	> 15	0
		-	-	5 - 15	1
DHEA-S	Sex- and age-dependent µg/dL	-	-	< 5	2
		-	-	< 40 (if man or premenopausal woman)	1
		-	-	< 25 (if postmenopausal woman)	1
				< 15 (any sex and age)	2

Abbreviations: ACTH, corticotropin; DHEA-S, dehydroepiandrosterone sulfate; DST, dexamethasone suppression test.

*The biochemical disease severity score was calculated prior to surgical treatment for hypercortisolism in each patient using their two most abnormal biochemical test results. A total sum score of 0-3 points was considered mild, 4-6 points moderate, and 7-11 points severe biochemical disease.

Appendix Table 3. Typical hydrocortisone taper following surgical remission of hypercortisolism.

Time after surgery	Hydrocortisone dose (mg)
Week 1	30 mg in the morning, 20 mg 6 hours later daily
Week 2	30 mg in the morning, 15 mg 6 hours later daily
Week 3	25 mg in the morning, 15 mg 6 hours later daily
Week 4	20 mg in the morning, 15 mg 6 hours later daily
Week 5	20 mg in the morning, 10 mg 6 hours later daily
Week 6	15 mg in the morning, 10 mg 6 hours later daily
Week 7 until recovery of the HPA axis*	15 mg in the morning, 5 mg 6 hours later daily

Abbreviations: HPA axis, hypothalamic-pituitary-adrenal axis.

*Recovery of the HPA axis was defined as 8 am serum cortisol \geq 10 mcg/dL measured 24 hours after last glucocorticoid dose.

Appendix Table 4. Assessment of glucocorticoid withdrawal symptoms based on AddiQoL survey items and patient responses.

Symptom	Corresponding AddiQoL item(s)*	Responses counted as present for symptom
Fatigue	Normal daily activities make me tired.	“A good bit of the time”, “Most of the time”, “All of the time”
	I have to struggle to finish jobs.	“A good bit of the time”, “Most of the time”, “All of the time”
	I have to push myself to do things.	“A good bit of the time”, “Most of the time”, “All of the time”
	I feel unwell first thing in the morning.	“A good bit of the time”, “Most of the time”, “All of the time”
	I feel full of energy.	“None of the time”, “A little of the time”
	I feel physically fit.	“Strongly disagree”, “Disagree”
	I can keep going during the day without feeling tired.	“None of the time”, “A little of the time”
	I feel rested when I wake up in the morning.	“None of the time”, “A little of the time”
Sleep disturbance	I sleep well.	“A good bit of the time”, “Most of the time”, “All of the time”
Myalgias and arthralgias	My joints and muscles ache.	“A good bit of the time”, “Most of the time”, “All of the time”
	I have back pain.	“A good bit of the time”, “Most of the time”, “All of the time”
Weakness	My legs feel weak.	“A good bit of the time”, “Most of the time”, “All of the time”

Headache	I get a headache.	“A good bit of the time”, “Most of the time”, “All of the time”
Sweating	I sweat for no particular reason.	“A good bit of the time”, “Most of the time”, “All of the time”
Nausea	I get nauseous.	“A good bit of the time”, “Most of the time”, “All of the time”
Lightheadedness	I feel lightheaded.	“A good bit of the time”, “Most of the time”, “All of the time”
Inability to concentrate	I lose track of what I want to say.	“A good bit of the time”, “Most of the time”, “All of the time”
	I find it difficult to think clearly.	“A good bit of the time”, “Most of the time”, “All of the time”
	I can concentrate well.	“None of the time”, “A little of the time”
Mood changes	I worry about my health.	“A good bit of the time”, “Most of the time”, “All of the time”
	I feel low or depressed.	“A good bit of the time”, “Most of the time”, “All of the time”
	I am irritable.	“A good bit of the time”, “Most of the time”, “All of the time”
	I feel relaxed.	“None of the time”, “A little of the time”
	I am happy.	“None of the time”, “A little of the time”
	I cope well in emotional situations.	“Strongly disagree”, “Disagree”

Limited ability to work	My ability to work is limited.	“A good bit of the time”, “Most of the time”, “All of the time”
	I get ill more easily than others.	“A good bit of the time”, “Most of the time”, “All of the time”
Predisposition to illness	I take a long time to recover from illnesses.	“A good bit of the time”, “Most of the time”, “All of the time”
	I feel good about my health.	“None of the time”, “A little of the time”

*For symptoms with multiple corresponding AddiQoL items (e.g., fatigue), the symptom had to be reported on at least 50% of the corresponding items to be considered present.