

Table e-2 Summary of included studies

| Intervention | Evidence rating | No. of studies included | Class I studies | Class II studies | Class III studies | Class IV studies |
|-------------------------------------|---|-------------------------|--|--|---|---------------------------------|
| Mind–body medicine | | | | | | |
| Biofeedback | U | 2 | – | -- | Klarskov 1994 ^{e40} | Wiesel 2000 ^{e151} |
| Music therapy | U | 2 | -- | -- | Schmid 2004, ^{e42} Wiens 1999 ^{e43} | – |
| Mindfulness training | U | 1 | -- | -- | Grossman 2010 ^{e45} | -- |
| Hypnosis | U | 1 | | | Jensen 2011 ^{e41} | |
| Biologically based practices | | | | | | |
| Herbs | | | | | | |
| Padma 28 | U | 1 | – | – | Korwin-Piotrowska 1992 ^{e50} | – |
| Ginkgo biloba | C: possibly effective for fatigue A: established as ineffective for cognitive effect | 4 | Lovera 2007 ^{e51} Lovera 2012 ^{e52} | Johnson 2006 ^{e53} Diamond 2013 ^{e54} | – | – |
| Cannabis | A: OCE <i>effective</i> for spasticity symptoms (patient-reported only), pain; B: THC <i>probably effective</i> for spasticity symptoms (patient-reported only), pain; Sativex <i>probably effective</i> for subjective spasticity symptoms, pain, no. of voids; OCE/THC <i>probably ineffective</i> for objective spasticity measures short-term; Sativex <i>probably ineffective</i> for objective spasticity measures short-term, no. bladder episodes; OCE/THC <i>probably ineffective</i> for | 20 | Zajicek 2003, ^{e55} Vaney 2004, ^{e56} Wade 2004, ^{e57} Zajicek 2012, ^{e58} Kavia 2010, ^{e59} Rog 2005 ^{e60} | Zajicek 2005, ^{e61} Collin 2007, ^{e62} Collin 2010 ^{e63} Freeman 2006 ^{e54} | Wade 2006, ^{e65} Svendsen 2004, ^{e66} Ungerleider 1987, ^{e67} Aragona 2009, ^{e68} Centonze 2009, ^{e56} Fox 2004, ^{e70} Killestein 2002, ^{e71} Corey-Bloom 2012, ^{e72} Greenberg 1994 ^{e73} | Iskedijian 2007 ^{e152} |

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|---|---|---|--------------------------------------|--|--|---|
| | <p>tremor</p> <p>C: OCE/THC <i>possibly effective</i> for spasticity long-term; Sativex <i>possibly ineffective</i> for tremor</p> <p>U: OCE/THC for overall bladder symptom severity, urge incontinence; synthetic THC for pain; Sativex for overall bladder symptoms, anxiety, sleep problems, cognition, QOL, fatigue, psychopathologic symptoms, abuse potential; smoked cannabis safety/efficacy for spasticity, pain, balance, posture, cognition</p> | | | | | |
| Dietary supplementation | | | | | | |
| Low-fat diet with omega-3 supplementation | B: ineffective for relapses, disability, MRI lesions, fatigue, QOL | 8 | Torkildsen 2012 ^{e74} | Weinstock-Guttman 2005 ^{e75} | Bates 1989 ^{e76} | Swank 1970, ^{e153} 1990, ^{e154} 1991, ^{e155} 2003 ^{e156} ; Nordvik 2000 ^{e157} |
| Linoleic acid | U: conflicting evidence on MS-related disability or relapse reduction | 4 | – | Millar 1973, ^{e77} Paty 1983 ^{e78} | Bates 1977, ^{e79} Harbige 2007 ^{e80} | – |
| Supplementation | | | | | | |
| Creatine | U | 2 | | Lambert 2003 ^{e81} | Malin 2008 ^{e82} | – |
| Acetyl-L-carnitine | U: conflicting evidence | 1 | – | Tomassini 2004 ^{e83} | – | – |
| Inosine | U: conflicting evidence | 4 | – | Gonsette 2010 ^{e84} | Spitsin 2001, ^{e85} Toncev 2006, ^{e86} Markowitz 2009 ^{e87} | – |
| Lofepamine plus phenylalanine with B12 | C: possibly ineffective for disability, symptoms, depression, fatigue | 1 | – | Wade 2002 ^{e89} | – | – |
| Threonine | U | 1 | – | – | Hauser 1992 ^{e90} | – |
| Glucosamine sulfate | U | 1 | Shaygannejad 2010 ^{e91} | -- | -- | -- |
| LDN | U | 3 | Sharafaddinzadeh 2010 ^{e92} | Cree 2010 ^{e93} | – | Gironi 2008 ^{e158} |

| Other biologically based practices | | | | | | |
|--|---|----|------------------------------------|---|--|------------------------------|
| Bee venom treatment | U | 2 | – | Wesselius 2005 ^{e94} | | Hauser 2001 ^{e159} |
| Transdermal histamine | U | 2 | – | – | Gillson 2002 ^{e95} | Gillson 1999 ^{e160} |
| Hyperbaric oxygen | U: conflicting evidence | 12 | Fischer 1983 ^{e96} | Barnes 1985, ^{e97} Wiles 1986, ^{e98} Oriani 1990, ^{e99} Harpur 1986, ^{e100} Neiman 1985 ^{e101} | Slater 1985, ^{e102} Sparacia 1998, ^{e103} Wood 1985, ^{e104} Kindwall 1991, ^{e105} Meneghetti 1990 ^{e106} | Webster 1989 ^{e161} |
| Manipulative and body-based practices | | | | | | |
| Reflexology | C: possibly effective for MS-related paresthesias. U: pain, HRQOL, disability, spasticity, fatigue, cognition, bowel/bladder function, depression, anxiety, insomnia | 5 | Hughes 2009 ^{e110} | Siev-Ner 2003 ^{e111} Miller 2013 ^{e112} | Mackereth 2009 ^{e113} | Joyce 1997 ^{e162} |
| Yoga | U | 4 | – | – | Oken 2004, ^{e114} Ahamadi 2010, ^{e115} Velikonja 2010, ^{e116} Garrett 2012 ^{e117} | – |
| Hippotherapy | U: conflicting data | 3 | – | – | Hammer 2005, ^{e107} Mackay- Lyons 1988, ^{e108} Silkwood- Sherer 2007 ^{e109} | – |
| Massage therapy | U | 4 | – | – | Hernandez-Reif 1998, ^{e118} Finch 2007, ^{e119} McClurg 2011, ^{e120} Negahban 2013 ^{e121} | – |
| Acupuncture | U | 1 | -- | -- | Donnellan 2008 ^{e122} | -- |
| Electroacupuncture | U | 1 | | | Quispe Cabanillas 2012 ^{e123} | |
| Progressive muscle relaxation | U | 3 | | -- | Mackereth 2009, ^{e113} Ghafari 2009 ^{e124} | Jensen 2009 ^{e163} |
| Energy medicine | | | | | | |
| Magnetic therapy | B: probably effective for fatigue; probably ineffective for depression. U: disability, bladder control, spasticity, cognition, mobility, sensation, vision | 6 | Piatkowski 2009 ^{e125} | Richards 1997 ^{e126} Lopes De Carvalho ^{e127} | Mostert 2005, ^{e128} Lappin 2003, ^{e129} Nielsen 1995 ^{e130} | – |
| Neural therapy | U | 1 | – | Gibson 1999 ^{e131} | Gibson 1999 ^{e131} | – |

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|-----------------------|---|---|----|----|-----------------------------|----|
| | | | | | | |
| Other medicine | | | | | | |
| Naturopathic medicine | U | 1 | -- | -- | Shinto 2008 ^{e132} | -- |

HRQOL = Health-related quality of life, LDN = Low-dose naltrexone, OCE = Oral cannabis extract, QOL = Quality of life, THC = Tetrahydrocannabinol.

Studies cited using reference list in full-length guideline article (appearing in as an online-only data supplement).