

**Supplementary material 1. The GERD-Q questionnaire. Respondents were asked to enter their frequency scores after reflecting on their symptoms from the previous week.**

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**Questions**

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Item 1. How often did you have a burning feeling behind your breastbone (heartburn)?

Item 2. How often did you have stomach contents (liquid or food) moving upwards to your throat or mouth (regurgitation)?

Item 3. How often did you have a pain in the centre of the upper stomach?

Item 4. How often did you have nausea?

Item 5. How often did you have difficulty getting a good night's sleep because of your heartburn and/or regurgitation?

Item 6. How often did you take additional medication for your heartburn and/or regurgitation, other than what the physician told you to take (such as Tums, Roloids, or Maalox)?

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**Response**

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The recoded 4-grade scale (0 points, no symptoms; 1 point, 1 day; 2 points, 2–3 days; and 3 points, 4–7 days of symptoms for items 1, 2, 5, and 6; and 3 points, no symptoms; 2 points, 1 day; 1 point, 2–3 days; and 0 points, 4–7 days of symptoms for items 3 and 4.

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