

Appendix A: Supplementary Materials

Data Availability: The data that support the findings of this study are available from MoreBetter Ltd.

but restrictions apply to the availability of these data, which were used under license for the current

study, and so are not publicly available. Data are however available from the authors upon

reasonable request and with permission of MoreBetter Ltd.

Supplemental Table 1: Descriptive statistics for side effects.

Side Effect	% Sessions Reporting	Symptom Relief	P-value	Category
Anxious	11%	-3.21	<0.001	Negative
Clumsy	8%	-4.33	<0.001	Negative
Confused	7%	-3.99	<0.001	Negative
Coughing	15%	-4.00	<0.001	Negative
Dizzy	11%	-4.20	<0.001	Negative
Dry Mouth	33%	-3.83	<0.001	Negative
Foggy	27%	-3.64	<0.001	Negative
Forgetful	16%	-4.00	<0.001	Negative
Headache	7%	-3.25	<0.001	Negative
Irritable	7%	-3.11	<0.001	Negative
Nausea	3%	-3.44	<0.001	Negative
Paranoid	5%	-4.18	<0.001	Negative
Rapid Pulse	6%	-4.55	<0.001	Negative
Red Eyes	20%	-3.87	<0.001	Negative
Restless	12%	-3.43	<0.001	Negative
Scattered	21%	-3.62	<0.001	Negative
Unmotivated	20%	-3.71	<0.001	Negative
Active	9%	-3.95	<0.001	Positive
Chill	54%	-3.67	<0.001	Positive
Clear	23%	-3.86	<0.001	Positive
Comfy	41%	-3.99	<0.001	Positive
Creative	17%	-4.41	<0.001	Positive

Dreamy	39%	-3.83	<0.001	Positive
Energetic	14%	-4.10	<0.001	Positive
Focused	24%	-3.91	<0.001	Positive
Frisky	12%	-4.36	<0.001	Positive
Grateful	25%	-4.07	<0.001	Positive
Great	22%	-4.45	<0.001	Positive
Happy	32%	-4.21	<0.001	Positive
Light	29%	-4.10	<0.001	Positive
Optimistic	27%	-4.15	<0.001	Positive
Peaceful	57%	-3.87	<0.001	Positive
Productive	15%	-4.04	<0.001	Positive
Reflective	32%	-3.83	<0.001	Positive
Relaxed	64%	-3.76	<0.001	Positive
Tuned	26%	-4.19	<0.001	Positive
Couchlocked	22%	-3.91	<0.001	Context-Specific
Distracted	19%	-3.74	<0.001	Context-Specific
High	53%	-3.78	<0.001	Context-Specific
Hungry	23%	-4.05	<0.001	Context-Specific
Silly	17%	-4.55	<0.001	Context-Specific
Sleepy	23%	-3.95	<0.001	Context-Specific
Talkative	13%	-4.59	<0.001	Context-Specific
Thinky	25%	-3.81	<0.001	Context-Specific
Thirsty	30%	-4.01	<0.001	Context-Specific
Tingly	31%	-3.96	<0.001	Context-Specific
Visuals	6%	-5.18	<0.001	Context-Specific

Notes: Side effects are categorized according to their visceral descriptions under varying circumstances. The average symptom relief among users that indicated each side effect and the associated p-value of symptom intensity changes for individuals that indicated each side effect are reported.