

## Questionnaire about cooling with ice chips (IC)

1. Did you manage to have the IC in your mouth the whole cooling time?

- Yes (skip to question 4)
- No

2. Roughly how long did you have the IC in your mouth?

- 1–20 minutes
- 21–40 minutes
- 41–60 minutes
- 61–80 minutes
- 81–100 minutes
- >100 minutes but not the full time

3. Which of the following was the reason? Mark one or more alternatives.

- Chills
- Numbness
- Bad taste
- Headache
- Teeth sensation
- Oral soreness
- Nausea
- Vomiting sensation
- Difficulties swallowing
- Other discomforts.....

Supplement 4

4. Was it unpleasant to have the IC in your mouth?

- No, not at all (skip to question 6)
- No, hardly at all
- Yes, a little
- Yes, very much so

5. If you experienced some form of discomfort, in what way was it unpleasant? (several alternatives may be chosen)

- Chills
- Numbness
- Bad taste
- Headache
- Teeth sensations
- Oral soreness
- Nausea
- Vomiting sensation
- Difficulties swallowing
- Other discomforts.....

6. Did the IC limit your ability to do something else during the time?

- No, not at all
- No, not very much
- Yes, a little
- Yes, very much so

Supplement 4

7. Other viewpoints.....

8. How painful was the cooling of the oral mucous membrane?

- Not at all painful
- Slightly painful
- Rather painful
- Painful
- Very painful
- Very, very painful
- Extremely painful, was forced to break off cooling before the end

## Questionnaire about cooling with intraoral cooling device (ICD)

1. Did you manage to have ICD in your mouth the whole cooling session?

- Yes (skip to question 4)
- No

2. Roughly how long did you have the ICD in your mouth?

- 1–20 minutes
- 21–40 minutes
- 41–60 minutes
- 61–80 minutes
- 81–100 minutes
- >100 minutes but not the full time

3. Which of the following was the reason? Mark one or more alternatives.

- Chills
- Numbness
- Bad taste
- Headache
- Teeth sensations
- Oral soreness
- Poor fit
- Nausea
- Vomiting sensation
- Difficulties swallowing
- Rubbing discomfort
- Other discomforts.....

Supplement 4

4. Was it unpleasant to have the ICD in your mouth?

- No, not at all (skip to question 6)
- No, hardly at all
- Yes, a little
- Yes, very much so

5. If you experienced any form of discomfort, in what way was it unpleasant? (several alternatives may be chosen)

- Chills
- Numbness
- Bad taste
- Headache
- Teeth sensations
- Oral soreness
- Poor fit
- Nausea
- Vomiting sensation
- Difficulties swallowing
- Rubbing discomfort
- Other discomforts.....

6. Did the ICD limit your ability to do something else during the time?

- No, not at all
- No, not very much
- Yes, a little
- Yes, very much so

Supplement 4

7. Other viewpoints.....

8. How painful was the cooling of the oral mucous membrane?

- Not at all painful
- Slightly painful
- Rather painful
- Painful
- Very painful
- Very, very painful
- Extremely painful, was forced to break off cooling before the end