

Appendix 1: Recalculation of the symptom score

Different scales:

The following calculation was performed to convert the symptom scores on a 6-point scale (0-5) to scores on a 4-point scale (0-3):

If a patient had a maximum symptom score of 5 on a 6-point scale, the patient would receive a score of 3 on a 4-point scale. To change a score on a 6-point scale (5) to a score on a 4-point scale (3), the score should be multiplied by 0.6 ($5 * 0.6 = 3$). For this reason, all scores based on a 6-point scale were multiplied by 0.6 to obtain the corresponding values on a 4-point scale.

- Score of 5 (6-point scale) \cong Score of 3 (4-point scale)
- Score of 4 (6-point scale) \cong Score of 2.4 (4-point scale)
- Score of 3 (6-point scale) \cong Score of 1.8 (4-point scale)
- Score of 2 (6-point scale) \cong Score of 1.2 (4-point scale)
- Score of 1 (6-point scale) \cong Score of 0.6 (4-point scale)
- Score of 0 (6-point scale) \cong Score of 0 (4-point scale)

Percentages:

In some studies, the improvement of the symptom score was reported as a percentage. The following calculation was performed to convert these values to a 4-point scale:

- An improvement of the scores by 100% \cong Score of 3
- An improvement of the scores by 66.6% ($2/3$) \cong Score of 2
- An improvement of the scores by 33.3% ($1/3$) \cong Score of 1
- An improvement of the scores by 0% \cong Score of 0