



Cannabinoid use in multiple sclerosis; a survey of patients at the University of British Columbia Multiple Sclerosis Clinic

Please only complete this survey **ONE** time

General Patient Information

Gender

- Male Female Unspecified

Age

- 18-25 years 25-35 years 35-45 years
 45-55 years 55-65 years > 65 years

Employment Status?

- Full Time Part Time Stay at home parent/caregiver Unemployed/Disability

Illness information

Disease course?

- Relapsing MS Primary Progressive MS Secondary Progressive MS
 Clinically Isolated Syndrome Diagnosis other than MS Not sure

Time since FIRST symptom related to MS?

- < 1 year 1-5 years 5-10 years >10 years

Have you EVER taken? (check all that apply)?

- Avonex, Betaseron, Rebif (Interferons 1a/b) Copaxone (Glatiramer Acetate) Aubagio (Teriflunimide)
 Tecfidera (Dimethyl Fumarate) Tysabri (Natalizumab) Gilenya (Fingolimod)
 Rituximab/Ocrelizumab Lemtrada (Alemtuzumba)

Are you CURRENTLY taking any of the following (check all the apply)?

- Interferons (Avonex, Betaseron, Rebif) Copaxone (Glatiramer Acetate) Aubagio (Teriflunimide)
 Tecfidera (Dimethyl Fumarate) Tysabri (Natalizumab) Gilenya (Fingolimod)
 Rituximab/Ocrelizumab Lemtrada (Alemtuzumba)

Have you used any of the following for symptomatic management (check all that apply)?

- | | | | | |
|-------------|--|--|-------------------------------------|--------------------------------|
| Bladder: | <input type="checkbox"/> Oxybutynin (Ditropan) | <input type="checkbox"/> Mirabegron (Myrbetriq) | <input type="checkbox"/> Botox | <input type="checkbox"/> Other |
| Cognition: | <input type="checkbox"/> Modafinil (Alertec) | <input type="checkbox"/> Vyvanse | <input type="checkbox"/> Amantidine | <input type="checkbox"/> Other |
| Spasticity: | <input type="checkbox"/> Baclofen | <input type="checkbox"/> Botox | <input type="checkbox"/> Tizanidine | <input type="checkbox"/> Other |
| Pain: | <input type="checkbox"/> Gabapentin/Lyrica | <input type="checkbox"/> Amitriptyline/Nortriptyline | <input type="checkbox"/> Cymbalta | <input type="checkbox"/> Other |

Patient Perceived Disability Scale (NARCOMS)

Please select one of the following that you feel best describes your disability level?

- 0 Normal:** I may have some mild symptoms, mostly sensory, due to MS, but they do not limit my activity. If I do have an attack, I return to normal when the attack has passed.
- 1 Mild disability:** I have some noticeable symptoms from my MS, but they are minor and have only a small effect on my lifestyle.
- 2 Moderate disability:** I don't have any limitations in my walking ability. However, I do have significant problems due to MS that limit daily activities in other ways.
- 3 Gait disability:** MS does interfere with my activities, especially my walking. I can work a full day, but athletic or physically demanding activities are more difficult than they used to be. I usually don't need a cane or other assistance to walk, but I might need some assistance during an attack.
- 4 Early cane:** I use a cane or a single crutch or some other form of support (such as touching a wall or leaning on someone's arm) for walking all the time or part of the time, especially when walking outside. I think I can walk 25 feet in 20 seconds without a cane or crutch. I always need some assistance (cane or crutch) if I want to walk as far as 3 blocks.
- 5 Late cane:** To be able to walk 25 feet, I have to have a cane, crutch, or someone to hold onto. I can get around the house or other buildings by holding onto furniture or touching the walls for support. I may use a scooter or wheelchair if I want to go greater distances.
- 6 Bilateral support:** To be able to walk as far as 25 feet I must have 2 canes or crutches or a walker. I may use a scooter or wheelchair for longer distances.
- 7 Wheelchair/scooter:** My main form of mobility is a wheelchair. I may be able to stand and/or take 1 or 2 steps, but I can't walk 25 feet, even with crutches or a walker.
- 8 Bedridden:** Unable to sit in a wheelchair for more than 1 hour.

Cannabinoid use

Have you used any of the following Cannabinoid products (check all that apply) for MS symptoms?

- | | | | |
|---------------------------------------|--|----------------------------------|---|
| <input type="checkbox"/> Oral/Edibles | <input type="checkbox"/> Mucosal spray | <input type="checkbox"/> Topical | <input type="checkbox"/> Smoked/Vaporized |
|---------------------------------------|--|----------------------------------|---|

If using Cannabinoid products, which ratio of CBD/THC do you commonly use?

- | | | | |
|-----------------------------------|------------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Pure CBD | <input type="checkbox"/> CBD > THC | <input type="checkbox"/> THC > CBD | <input type="checkbox"/> Unsure |
|-----------------------------------|------------------------------------|------------------------------------|---------------------------------|

How often do you use Cannabinoid products?

- | | | | | |
|--------------------------------|---------------------------------|----------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> Daily | <input type="checkbox"/> Weekly | <input type="checkbox"/> Monthly | <input type="checkbox"/> Rarely | <input type="checkbox"/> Never |
|--------------------------------|---------------------------------|----------------------------------|---------------------------------|--------------------------------|

How long have you been using Cannabinoid products?

- <1 year 1-2 years 2-5 years 5-10 years > 10 years

Which symptoms did you INITIALLY start taking Cannabinoid products to help (check all that apply)?

- Pain Spasticity Sleep Mood
 Tremor Urinary Incontinency Urinary Urgency Other

Did you experience improvement in the symptoms that led you to start taking Cannabinoid products?

- Yes | No

Overall perceived benefits (check all that apply):

- Pain Spasticity Sleep Mood
 Tremor Urinary Incontinency Urinary Urgency Other

Perceived side effects?

- Worsening memory Increased brain fog Disrupted sleep
 Mood dysregulation Psychosis Other

Were the Cannabinoid products prescribed by your MS physician?

- Yes | No

Did you discuss your Cannabinoid product use with your MS Physician?

- Yes | No

Did you regularly use cannabinoid products regularly before your diagnosis of MS?

- Yes | No