Appendix 1: Search strategy

PubMed was searched from 18 January 2017.

((((((((((((((((((((((((complementary therapies[MeSH Terms]) OR diet records[MeSH Terms]) OR diet therapy[MeSH Terms]) OR diet surveys[MeSH Terms]) OR nutrition therapy[MeSH Terms]) OR exercise[MeSH Terms]) OR exercise movement techniques[MeSH Terms]) OR exercise tolerance[MeSH Terms]) OR exercise therapy[MeSH Terms]) OR exercise test[MeSH Terms]) OR sports nutritional sciences[MeSH Terms]) OR dietary supplements[MeSH Terms]) OR cannabis[MeSH Terms]) OR medical marijuana[MeSH Terms]) OR marijuana smoking[MeSH Terms]) OR sunlight[MeSH Terms]) OR sunlight exposure[Text Word]) OR mind-body therapies[MeSH Terms]) OR behavior therapy[MeSH Terms]) OR mindfulness[MeSH Terms]) OR tobacco use cessation[MeSH Terms]) OR smoking cessation[MeSH Terms]) OR comorbidity control[Text Word]) OR comorbidity management[Text Word]) OR comorbidity treatment[Text Word]))

AND

multiple sclerosis[MeSH Terms]

The search terms include terms for major categories of CAM used by PwMS, including diet, exercise, and cannabis. They are intentionally broad, and include complementary therapies generally, in an attempt to return as many studies as possible. The search results were then evaluated using the criteria outlined in the text.