

Supplementary 1

First line DMTs are defined as the first DMT that the participant was prescribed and includes: glatiramer acetate, interferone beta, teriflunomide and dimethyl fumarate

Questionnaire details

The EQ5D-VAS health score for that day is scored 0-100, with 0 indicating 'worse health' and 100 indicating the 'best health one can imagine'. Participants using HADS are asked to choose one response from the four given for each interview and are instructed to answer how it currently described their feelings. For each of the items listed on the PBMSI, participants were instructed to choose the option they were most often in, over the past week based on the current level of ability for each of the 10 items. Participants completed the PASE, which is a validated 12-item self-administered document that is designed to measure the amount of physical activity undertaken by individuals over the age of 65. The PASE assesses the types of activities typically chosen by older adults and measures frequency, duration, and intensity level of activity over the previous week with scores ranging from 0 to 793, with higher scores indicating greater physical activity.