Multimedia Appendix 1. Questions adapted from the Health Information Trends Survey (HINTS).

Several questions from the HINTS were adapted to focus on multiple sclerosis (MS) rather than cancer. These are presented below. Question numbers correspond to those used in the full questionnaire.

A. 3	Seeking Inform	lation about Health				
29.	Have you ever	ave you ever looked for information about health or medical topics from any source?				
	□ 1. Yes □	☐ 2. No (Go to Question 34)				
30 .		nt time you looked for information abo	ut health	or medical topics, where did you		
	go first? Mar	k only one.				
	1. Books	\square 6. Brochures, pamphlets, etc.		☐ 10. Friend/co-worker		
	2. Family	☐ 7. (National) Multiple Sclerosis S	ociety	\square 11.Consortium of MS Centers		
	3. Internet	\square 8. Doctor or health care provider		☐ 12. Library		
	4. Newspapers	☐ 9. Telephone information number	1	☐ 13. Magazines		
	5. Complementa	ry, alternative, or unconventional prac	titioner	□ 14. Other \rightarrow <i>Please specify:</i>		
31.	Did you look o	r go anywhere else? Mark all that ap	oply.			
	1. Books	\Box 6. Brochures, pamphlets, etc.		☐ 10. Friend/co-worker		
	2. Family	☐ 7. (National) Multiple Sclerosis S	ociet	☐ 11.Consortium of MS Centers		
		☐ 8. Doctor or health care provider		☐ 12. Library		
	4. Newspapers	☐ 9. Telephone information number	1	☐ 13. Magazines		
	5. Complementa	ry, alternative, or unconventional prac	titioner	\Box 14. Other → <i>Please specify</i> :		
В. 9	Seeking Inform	action about MS				
36 .	Have you ever	looked for information about MS from	n any sou	ırce?		
	□ 1. Yes □	□ 2. No (Go				
37.		e most recent time you looked for inforg ago was that? Write a number in o				
	Days	WeeksMonths		Years		

38. What type of information were you looking for? Mark all that apply.

 □ 1. Information on MS in general □ 2. Causes of MS/Risk factors for MS □ 3. Symptoms of MS □ 4. Paying for medical care □ 5. Where to get medical care □ 6. Information on complementary, all 	 □ 8. MS organizations □ 9. Coping with MS/Dealing with MS □ 10. Treatment for MS □ 11. Insurance □ 12. Prognosis of MS 					
☐ 7. Diagnosis of MS		\square 13. Other \rightarrow <i>Please specify</i> :				
39 . The most recent time you looked for MS information, where did you go first ? Mark only one.						
\square 1. Books \square 6. Brochures, p	amphlets, etc.	☐ 10. Friend/co-worker				
\square 2. Family \square 7. (National) M	ultiple Sclerosis Society	\square 11. Consortium of MS Centers				
□ 3. Internet □ 8. Doctor or hea	alth care provider	☐ 12. Library				
\square 4. Newspapers \square 9. Telephone in	formation number	☐ 13. Magazines				
\square 5. Complementary, alternative, or unconventional practitioner \square 14. Other \rightarrow <i>Please specify</i>						
D. Nutrition and Physical Activity51. As far as you know, which of the following best describes the effect of physical activity or exercise on the chances of getting a MS relapse?						
□ 1. Physical activity increases chances of a relapse□ 2. Physical activity decreases chances of a relapse□ 3. Physical activity makes no difference						
 52. As far as you know, which of the following best describes the effect of physical activity or exercise on the chances of worsening symptoms of MS? □ 1. Physical activity increases chances of worsening symptoms □ 2. Physical activity decreases chances of worsening symptoms □ 3. Physical activity makes no difference 						
53. As far as you know, which of the for exercise on the chances of MS pro □ 1. Physical activity increases cha □ 2. Physical activity decreases cha □ 3. Physical activity makes no different contents.	gressing? unces of MS progressing ances of MS progressing	e effect of physical activity or				