

Figure S1. Flow Diagram of Participant Enrollment

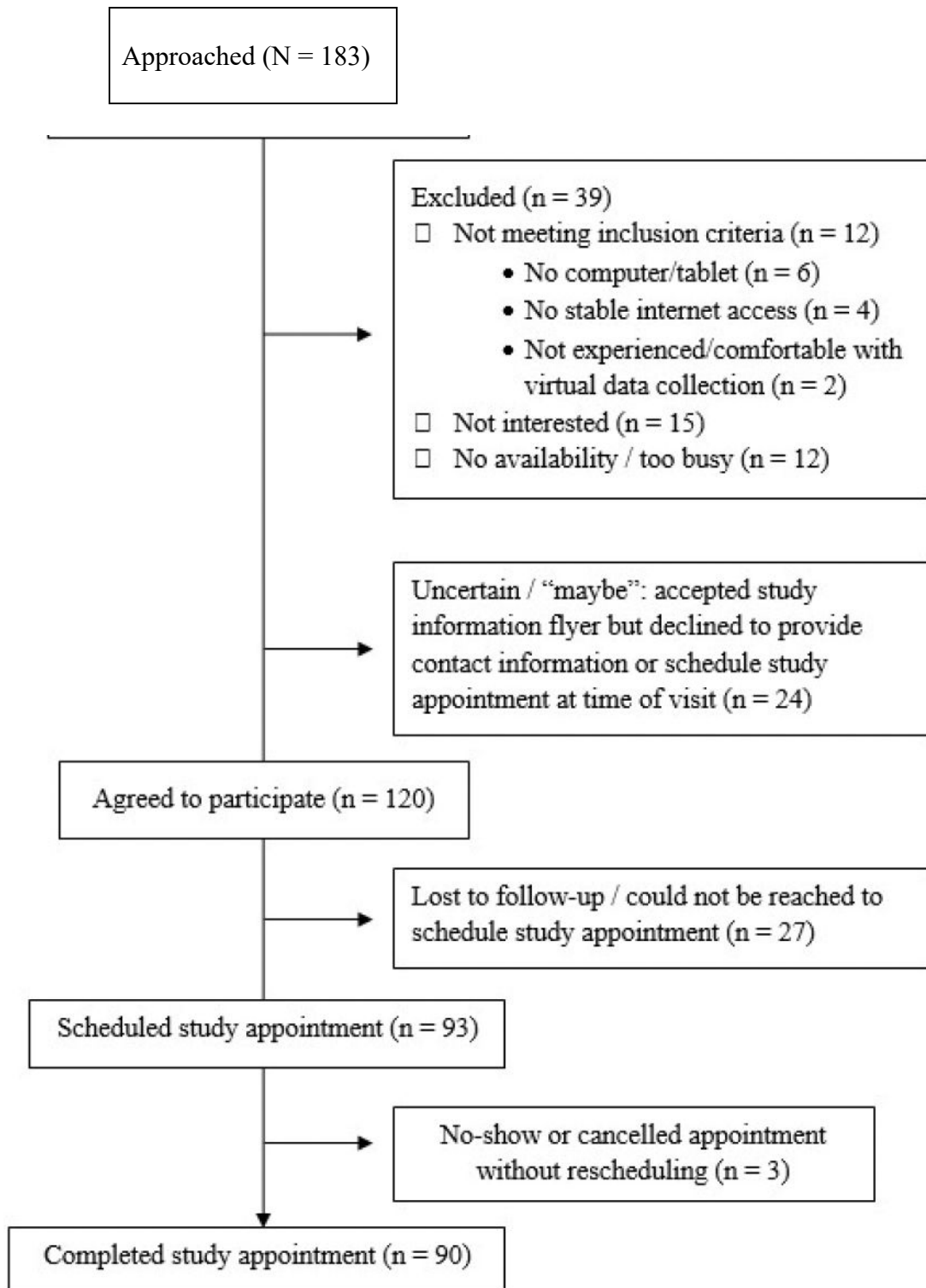


Table S1. Demographic Characteristics of the Sample (N = 90)

| | n (%) or mean \pm SD |
|---|------------------------|
| Gender | |
| Female | 71 (78.9) |
| Male | 19 (21.1) |
| Race* | |
| White | 79 (87.8) |
| African American | 8 (8.9) |
| Hispanic or Latino | 3 (3.3) |
| Native American | 1 (1.1) |
| Asian | 1 (1.1) |
| Other | 1 (1.1) |
| Age (years) | 50.71 \pm 11.68 |
| Education (years) | 16.21 \pm 3.03 |
| Highest level of education completed | |
| High school/GED | 7 (7.8) |
| Some college | 21 (23.3) |
| Graduate of 2-year college | 12 (13.3) |
| Graduate of 4-year college | 29 (32.2) |
| Graduate of professional degree (eg, MA, MD, PhD) | 21 (23.3) |
| Employment status | |
| Employed full time | 48 (53.3) |
| Employed part time | 7 (7.8) |
| Not employed due to MS | 19 (21.1) |
| Not employed due to other reason | 3 (3.3) |
| Retired | 13 (14.4) |

*Participants were permitted to select multiple ethnicities, as applicable.

Table S2. Clinical Characteristics of the Sample (N=90)

| | n (%) or Mean \pm SD | Minimum/Maximum |
|----------------------------------|------------------------|-----------------|
| MS subtype | | |
| Relapsing remitting | 66 (73.3) | |
| Secondary progressive | 17 (18.9) | |
| Primary progressive | 7 (7.8) | |
| Duration of diagnosis (years) | 16.79 \pm 10.97 | 0.25/49.84 |
| PDDS, median (IQR) | 2 (1, 4) | 0/7 |
| Number of comorbidities | 3.39 \pm 2.87 | 0/13 |
| Meet criteria for polypharmacy | 40 (44.4) | |
| Number of daily medications | 4.78 \pm 3.67 | 0/14 |
| Anticholinergic Cognitive Burden | 1.48 \pm 1.92 | 0/8 |
| Anticholinergic Drug Scale | 1.67 \pm 2.19 | 0/12 |
| Drug Burden Index | 1.05 \pm 1.10 | 0/4.20 |

IQR, interquartile range; PDDS, Patient Determined Disease Steps.

Table S3. Correlations Between Polypharmacy Indices

| Variable | Mean | SD | Min/Max | 1 | 2 | 3 |
|-----------------------------------|------|------|---------|--------------------|--------------------|--------------------|
| Total number of daily medications | 4.78 | 3.67 | 0/14 | | | |
| Anticholinergic Cognitive Burden | 1.48 | 1.92 | 0/8 | .58* [.42, .70] | | |
| Anticholinergic Drug Scale | 1.67 | 2.19 | 0/12 | .61* [.45, .73] | .85* [.76, .91] | |
| Drug Burden Index | 1.05 | 1.11 | 0/4.20 | .75* [.64, .82] | .68* [.54, .79] | .73* [.58, .83] |

SD, standard deviation.

Values in brackets indicate the lower and upper limit of the 95% confidence interval for each correlation.

* $P < .001$.