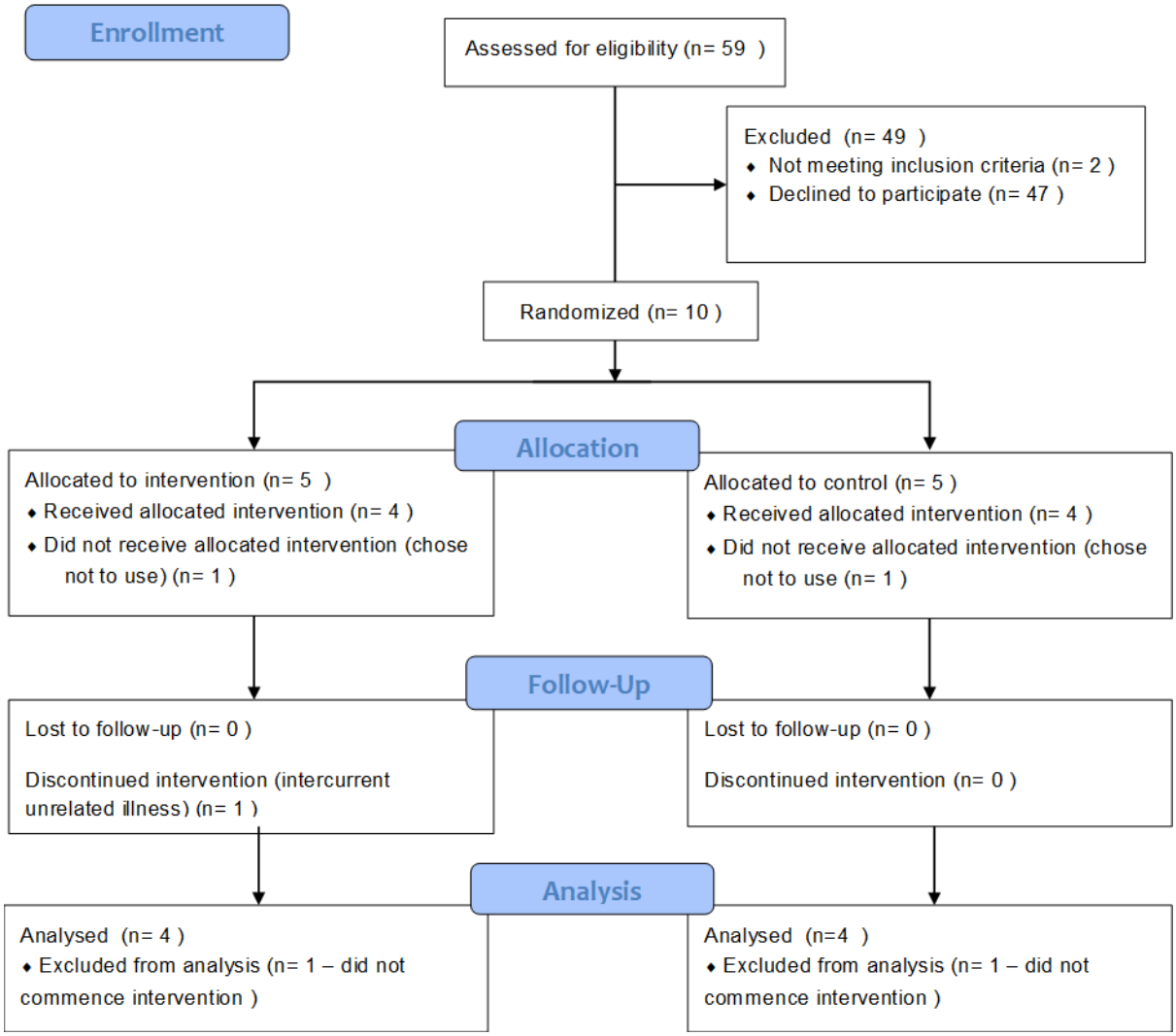
ISCTRN IDYLL Results Summary

Participant Flow: A flow diagram showing participants involved at each stage of the study (namely enrolment, intervention allocation, follow-up, and data analysis).

CONSORT 2010 Flow Diagram



Baseline Characteristics: Table(s) showing demographic data and any clinical characteristics for participants at baseline, as well as any measures assessed at baseline that are used in analysing a primary outcome measure.

	Intervention (VR)	**Control (MP3)**	**Comparison**
Gender	5 F	4F:1M	Fisher's exact test p>0.99
MS subtype	4 SP : 1 PP	4 SP : 1 PP	Fisher's exact test p>0.99
Age	Range 54-67; median = 58 ; IQR = 11	Range = 60-77; median 72= ; IQR =3	**Man Whitney U p=0.0317**

	Median	Range	IQR	Median	Range	IQR	Mann-Whitney U test p
Baseline PDDS	7	5-8	2	7	6-8	0	>0.99
Baseline EDSS (=2.9+ (0.63*PDDS)	7.5	6-8	1	7	7-8	0	-
Baseline pain score	6	4-6	2	8	6-10	0	>0.99
Baseline LMS-QoL score	14	9-17	6	15	5-20	9.5	0.5
Baseline FSS	54	23-63	32	61	22-63	30.9	>0.99
Baseline FSS VAS	3.5	2-8	5	5	0-10	5.5	0.79
Baseline Coop-Wonca physical	5	4-5	0.5	5	5-5	0	>0.99
Baseline Coop-Wonca feelings	3	2-4	2	4	1-5	2.5	0.18
Baseline Coop-Wonca daily activities	3	1-4	2.5	3	2-4	1	0.76
Baseline Coop-Wonca social activities	2	1-3	2	1	1-5	2.5	0.84
Baseline Coop-Wonca change in health	3	3-4	1	3	2-4	1	0.64
Baseline Coop-Wonca overall health	3	3-5	2	4	2-5	1.5	>0.99
Baseline Athens Insomnia Scale	13	10-16	3	15	4-18	8.5	0.64
Baseline MSIS-29 physical	80	57-92	29.75	77	77-77	0	n/d
Baseline MSIS-29 psychological	33	29-42	9	16	16-16	0	n/d
Baseline EQ5D mobility	2	2-3	0.5	3	2-3	1	0.52
Baseline EQ5D self care	2	1-3	1	3	2-3	1	0.37
BaselineEQ5D usual activities	2	1-3	1.5	2	1-2	0.5	0.63
Baseline EQ5D pain	3	2-3	0.5	2	2-3	1	0.52
Baseline EQ5D anxiety / depression	2	1-3	1.5	2	1-3	1.5	0.71
Baseline EQ5D VAS	50	20-80	37.5	50	20-80	60	>0.99

Outcome Measures: Table(s) of the results for the outcome measures listed in the ISRCTN study record. It is essential you should report on the primary outcome measure listed in the ISRCTN study record. Secondary outcome measures can also be reported here. Please see an example of an outcome measures table.

Feasibility and acceptability

Feasibility measures	Outcomes

Recruitment	Target of 10 participants achieved but took longer than 2 months initially estimated. Most from invitation letters, some from direct approach from clinical team
Retention	1 drop out in each arm after training but before using device; 1 drop out part way through in VR arm
Study delivery	Equipment generally well received. Small buttons could be challenging for people with impaired dexterity. Some issues with charging.
Reliability of use	Journals not reliably completed.

Collection of outcome measures

For the majority of participants, it was not possible to collect all outcome measures at all visits. This was most frequently due to fatigue but also sometimes at the investigator's discretion (e.g. recognising that some of the questionnaires could be perceived as negative and the relevant information had been obtained already), time limitations, or at the request of the participant.

Outcome measures were collected as follows:

	Pain	LMSQoL	FSS	FSS VAS	Coop Wonca	Athens Insomnia Scale	MSIS-29	EQ5D5L	EQ5D5L VAS
Baseline	10/10	10/10	9/10	10/10	10/10	10/10	5/10	10/10	8/10
Week 4	8/8	6/8	5/8	7/8	7/8	7/8	4/8	7/8	6/8
Week 8	7/8	5/8	4/8	7/8	6/8	5/8	2/8	7/8	7/8
Week 12	7/7	5/7	6/7	7/7	6/7	4/7	0/7	6/7	5/7
Total	32/33	26/33	24/33	31/33	29/33	26/33	11/33	30/33	26/33
	97%	79%	73%	94%	88%	79%	33%	91%	79%
Overall								**235/297 (79%)**	

Clinical outcomes

Each outcome measure was compared within groups between baseline, 4 weeks, 8 weeks and 12 weeks using Friedman's test and excluding missing values. No statistically significant differences were seen between any of the outcome measures at the different time points (all $p>0.05$).

Adverse Events: Table(s) of all anticipated and unanticipated serious adverse events (life-threatening) and other adverse events (non-life threatening), which will include a description of the adverse event and the number of participants affected.

Each line represents one event in one participant

Adverse event	**Intervention arm**	**Intensity**	**Causality**	**Outcome**
COVID infection	VR	mild	unrelated	Resolved
UTI	MP3	mild	Unrelated	Resolved

Anaemia	MP3	mild	Unrelated	Under investigation
Fall	MP3	mild	unrelated	Seen by paramedics
Leg pain	MP3	mild	unrelated	Under investigation
Worsening of pre-existing long COVID symptoms	MP3	mild	unrelated	Withdrawn from study
Fall	MP3	mild	unrelated	Withdrawn from study
Chest infection	VR	Mild	Unrelated	Resolved
Post infective headache	VR	mild	unrelated	Withdrawn from study
Elective inpatient stay	VR	mild	unrelated	Discharged
Headache, eye pain and watering	VR	mild	Possibly related	Hiatus from VR use; did not recur on restarting use
Upper respiratory tract infection	MP3	mild	unrelated	Resolved
Light headed and dizzy when trying to turn to see all of view	VR	mild	Likely related	Resolved