



Online Supplementary Material

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Table S1: Interview Guide Outline

Table S2: Example Codes

This supplementary material has been provided by the authors to give readers additional information about their work.



Table S1. Interview Guide Outline

Section of Interview Guide	Specific Interview Guide Topics
Effect of study treatment	<ul style="list-style-type: none"> • Changes experienced due to study treatment • Direction of change (positive or negative) • Type of change (eg frequency, severity, duration) • Meaningfulness of change • Top 3 improvements since starting clinical trial • Changes or lack of changes since prior interviews (weeks 52 and 104 only)
Effect on diet and treatment	<ul style="list-style-type: none"> • Daytime cornstarch intake (frequency and amount)^a • Daytime cornstarch intake prior to trial • Daytime cornstarch intake at time of interview • Change in daytime cornstarch intake • Meaningfulness of change in daytime cornstarch intake • Nighttime cornstarch intake (frequency and amount)^a • Nighttime cornstarch intake prior to trial • Nighttime cornstarch intake at time of interview • Change in nighttime cornstarch intake • Meaningfulness of change in nighttime cornstarch intake • Ease of maintaining prescribed diet • Ease of tracking prescribed diet • Likes and dislikes about cornstarch compared to study treatment • Willingness to use treatment while maintaining restricted diet • Willingness to use treatment while continuing to take cornstarch
Treatment satisfaction	<ul style="list-style-type: none"> • Treatment expectations • Extent to which expectations were met/not met • Likes and dislikes about treatment • Overall treatment satisfaction rating • Changes in satisfaction over the course of the clinical trial • Experience filling out questionnaires daily • Any other feedback

^aParticipants were asked about cornstarch intake in two separate steps: first about frequency, then about amount. For clarity, the topics are presented in this table in a combined format.

Table S2. Example Codes

Concept	Code	Example Related Interview Guide Question/Data
Treatment effect	Tx effect: [description of change]: [Positive change/Negative change]	<ul style="list-style-type: none"> • Did you experience any changes due to the study treatment? • What was the change like (eg, was it positive or negative)?
	Tx effect: [description of change]: Frequency improvement	Did the frequency or amount of [symptom/impact] improve?
	Tx effect: [description of change]: Meaningful: [Yes/No/Missing]	Was this change meaningful to you? <ul style="list-style-type: none"> • [If yes:] Why was it meaningful?
Daytime cornstarch frequency	Diet and tx effect: Cornstarch: Times taken during day previously: [No. of times]	Prior to starting the clinical study, how many times did you take corn starch during the day [define "day" for the participant]: from the time you wake up to the time you go to bed)? ^a
	Diet and tx effect: Cornstarch: Times taken during day now: [No change/{No. of times}]	Now, after about [length of time] weeks in the study, about how many times do you take corn starch during the day?
	Diet and tx effect: Cornstarch: Times taken during day now: Change: [Meaningful yes/meaningful no]	[If the number of times they take corn starch during the day has changed:] Is this change meaningful to you? <ul style="list-style-type: none"> • [If yes:] Why is it meaningful?
	Diet and tx effect: Cornstarch: Times taken during day now: Change: Meaningful no desired change: [No. of times]	<ul style="list-style-type: none"> • [If no:] What would be a meaningful improvement in the number of times you take corn starch during the day?
Effect on diet	Diet and tx effect: Maintaining prescribed diet: [Easy/Difficult/Missing]	Did you find it easy or difficult to maintain your prescribed diet? Why?
	Diet and tx effect: Keep track of prescribed diet: [Easy/Difficult/Missing]	Did you find it easy or difficult to keep track of your prescribed diet? Why?
Treatment satisfaction	Tx satisfaction: Expectation: [description]	What did you expect from the treatment?
	Tx satisfaction: Expectation met: [Yes/No/Missing]	Have your treatment expectations been met? <ul style="list-style-type: none"> • [If yes:] Please explain how. • [If no:] Why not?
	Tx satisfaction: Study tx likes: [description]	What did you like about the treatment? Why?
	Tx satisfaction: Study tx dislikes: [description]	What did you dislike about the treatment? Why?
	Tx satisfaction: Satisfaction changed since start of study: [Yes: {description}/No/Missing]	How does your satisfaction with treatment now compare to when you started the clinical study?
Study experience	Tx satisfaction: Experience completing questionnaires: [Easy/Difficult/Missing]	<ul style="list-style-type: none"> • How was your experience with filling out the questionnaires at home each day? • Was it easy or difficult to fill out the questionnaires each day? Please explain.

^aInterview question included in Week 24 interview guide. At Week 52 and Week 104, participants were provided with their Week 24 interview response as a reference point in responding to the question regarding change in cornstarch intake.