

Supplement 1. Online questionnaire “Pharmacoepidemiology of asthenic syndrome” was developed at I. Kant BFU by a group of authors, including doctors of clinical pharmacology and neurology at the Department of Internal Medicine.

<p>1. In which hospital do you work? Clinic <input type="checkbox"/> Inpatient <input type="checkbox"/> Other hospital (please specify) _____</p>
<p>2. Indicate length of service in the specialty? Less than 5 years <input type="checkbox"/> 5–10 years <input type="checkbox"/> More than 10 years <input type="checkbox"/></p>
<p>3. State the most common cause leading to asthenic syndrome? STEMI <input type="checkbox"/> Trauma <input type="checkbox"/> Neuroinfections (including covid-19) <input type="checkbox"/> Mental disorders (depression, anxiety, etc.) <input type="checkbox"/> Dysmetabolic disorders (including endocrine disorders) <input type="checkbox"/> Cancer <input type="checkbox"/> Diseases of the autonomous (autonomic) nervous system <input type="checkbox"/> Others _____ <input type="checkbox"/></p>
<p>4. What diagnosis (with ICD-10 code, if possible) do you make if you hear from a patient complaints of increased weakness, fatigue, decreased motivation, and decreased memory? _____</p>
<p>5. Indicate how often in the past 12 months have you diagnosed asthenic syndrome? 1 time/month <input type="checkbox"/> 5-10 times/month <input type="checkbox"/> >10 times/month <input type="checkbox"/></p>
<p>6. In patients of what age and gender is asthenic syndrome most common? Men <input type="checkbox"/> Women <input type="checkbox"/> Under 40 years old <input type="checkbox"/> 41-60 years old <input type="checkbox"/> 61-70 years old <input type="checkbox"/> 71-80 years old <input type="checkbox"/> Over 80 years old <input type="checkbox"/></p>
<p>7. Which of the following syndromes are most common in patients with asthenia? Depression (according to HADS, BDI, etc.) <input type="checkbox"/> Anxiety (HADS scale, Spielberg scale, etc.) <input type="checkbox"/> Disorders in the motivational and personal sphere <input type="checkbox"/> Somatization <input type="checkbox"/> Increased fatigue (mental, physical) <input type="checkbox"/> Decreased concentration <input type="checkbox"/> Memory decline <input type="checkbox"/> Sleep disorders (difficulty initiating, maintaining sleep, frequent nocturnal awakenings or waking earlier than desired and related disturbances during daytime wakefulness) <input type="checkbox"/> Another syndrome _____ <input type="checkbox"/></p>
<p>8. What additional diagnostic methods do you use in patients diagnosed with asthenic syndrome? Triplex BCA <input type="checkbox"/> ECG <input type="checkbox"/> EEG <input type="checkbox"/> EchoCG <input type="checkbox"/> Lab tests <input type="checkbox"/> Psychometric scales <input type="checkbox"/></p>
<p>9. What neuropsychological tests and scales do you use to diagnose a patient with asthenic syndrome? MFI-20 scale <input type="checkbox"/> scales for depression and anxiety <input type="checkbox"/> Fatigue Severity Scale FSS <input type="checkbox"/> None <input type="checkbox"/> Scales to assess cognitive function <input type="checkbox"/> Other Method _____ <input type="checkbox"/></p>
<p>10. What is your main criterion for selecting a medication to treat asthenic syndrome? Cost of the drug <input type="checkbox"/> Availability in the pharmacy network <input type="checkbox"/> Own experience of use <input type="checkbox"/> Advertising by pharmaceutical companies <input type="checkbox"/> Leading clinical and psychopathologic syndrome <input type="checkbox"/> Other criteria _____ <input type="checkbox"/></p>
<p>11. Which of the following groups of drugs would you recommend as the drugs of choice for the treatment of asthenic syndrome? B vitamins <input type="checkbox"/> GABA derivatives (Picamilon) <input type="checkbox"/> Metabolic drugs (Glycine, Mildronate, Riboxin, Enerion) <input type="checkbox"/> Adaptogens and general tonic agents (Cogitum, Trecrezan) <input type="checkbox"/> Preparations and drugs containing choline alphoscerate (Ceraxone, Cerepro, etc.) <input type="checkbox"/> Antioxidants (Mexidol <input type="checkbox"/> Affinity-purified antibodies to S-protein (Divase, Prospecta, Tenoten). p) <input type="checkbox"/> Antioxidants (mexidol) <input type="checkbox"/> Affinity-purified antibodies to S-protein (Divase, Prospecta, Tenoten) <input type="checkbox"/> Complex preparations of antioxidants and vitamins (MexiB6) <input type="checkbox"/> Adamantyl bromophenylamine (ladasten) <input type="checkbox"/> Other group of drugs _____ <input type="checkbox"/></p>
<p>12. What duration of therapy would you recommend for the treatment of asthenic syndrome? Up to 4 weeks <input type="checkbox"/> 4-8 weeks <input type="checkbox"/> 8-16 weeks <input type="checkbox"/> more than 16 weeks <input type="checkbox"/></p>
<p>13. In your opinion, what treatment methods should be used as an additional therapy for asthenic syndrome? Psychotherapy <input type="checkbox"/> Alternative psychotherapies (music therapy, art therapy) <input type="checkbox"/> Homeopathic medicines <input type="checkbox"/> Cognitive behavioral therapy <input type="checkbox"/> Physical therapy <input type="checkbox"/> Other techniques _____ <input type="checkbox"/></p>