Supplementary Table 2: Non-therapeutic procedures for data collection (n=1309; 87%)

### Invasive physical procedures (n=287; 19%)

| Procedure                                                                 | Count | Percentage |
|---------------------------------------------------------------------------|-------|------------|
| Blood sample (n=147; 9.7%)                                                |       |            |
| Blood sample without extra needle penetration (n=22; 1.5%)                |       |            |
| Tissue sample (n=19; 1.3%)                                                |       |            |
| Biopsy, amniocentesis (n=4; 0.3%)                                        |       |            |
| Lumbar puncture (n=4; 0.3%)                                               |       |            |
| Spinal sample without extra needle penetration (n=2; 0.1%)                |       |            |
| Setting a catheter into spinal canal (n=1; 0.1%)                         |       |            |
| X-ray imaging including dual-energy X-ray absorptiometry (n=22; 1.5%)    |       |            |
| Computed tomography scan and/or positron emission tomography with imaging agent (n=13; 0.9%) |       |            |
| Computed tomography scan without imaging agent (n=5; 0.3%)              |       |            |
| X-ray imaging with imaging agent (n=4; 0.3%)                             |       |            |
| Magnetic resonance imaging with imaging agent (n=2; 0.1%)                |       |            |
| Angiography with imaging agent (n=1; 0.1%)                               |       |            |
| Optical coherence tomography with imaging agent (n=1; 0.1%)              |       |            |
| Ultra-sound imaging with imaging agent (n=1; 0.1%)                       |       |            |

### Non-invasive physical procedures (n=655; 43%)

| Procedure                                                                 | Count | Percentage |
|---------------------------------------------------------------------------|-------|------------|
| Urine sample (n=75; 5.0%)                                                |       |            |
| Stool sample (13; 0.9%)                                                   |       |            |
| Tissue waste (12; 0.8%)                                                   |       |            |
| Exhalation air sample (n=8; 0.5%)                                        |       |            |
| Swab sample (n=8; 0.5%)                                                   |       |            |
| Saliva sample (n=5; 0.3%)                                                 |       |            |
| Hair sample (n=3; 0.2%)                                                   |       |            |
| Breast milk sample (n=1; 0.1%)                                           |       |            |
| Chewed food sample (n=1; 0.1%)                                           |       |            |
| Nasal rinse sample (n=1; 0.1%)                                           |       |            |
| Sperm sample (n=1; 0.1%)                                                  |       |            |
| Magnetic resonance imaging (n=33; 2.2%)                                   |       |            |
| Ultra-sound imaging (n=23; 1.5%)                                         |       |            |
| Infrared imaging (n=7; 0.5%)                                             |       |            |

### Non-physical procedures (n=367; 24%)

| Procedure                                                                 | Count | Percentage |
|---------------------------------------------------------------------------|-------|------------|
| Measurements and examinations (n=367; 24%)                                |       |            |
| Questionnaire (n=169; 11%)                                               |       |            |
| Interview (n=114; 7.5%)                                                  |       |            |
| Diary (n=58; 3.8%)                                                       |       |            |
| Comparison between established treatments (n=11; 0.7%)                   |       |            |
| Observation (n=6; 0.4%)                                                  |       |            |
| Psychological testing (n=5; 0.3%)                                        |       |            |
| Expression of feelings in writing (n=3; 0.2%)                            |       |            |
| Bringing a meal for analysis (n=1; 0.1%)                                 |       |            |

- *) Diagnostic agents such as oral glucose in glucose tolerance test or mydriatic agents in ophthalmology
- **) Measuring or monitoring blood pressure, heart rate, body temperature, or breathing rate