**Supplementary Table 7.** Effectiveness of FFNS vs. placebo in long-term treatment studies (>6 weeks). Effect measure: mean difference.

| **Outcome** | **References** | **Number of patients** | **Effect (95% IC)** | **P value** | **I2** |
| --- | --- | --- | --- | --- | --- |
| Nasal symptoms  (Evaluated with: rTNSS) | Máspero 2008  Lee 2014 | 836 | **MD -0.49**  **(-1.06 to 0.08)** | 0.09 | 60 % |