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

| **Outcome** | **References** | **Number of patients** | **Effect (95% IC)** | **P value** | **I2** |
| --- | --- | --- | --- | --- | --- |
| Nasal symptoms  (Evaluated with: rTNSS) | Máspero 2008  Lee 2014 | 836 | **SMD -0.18**  **(-0.35 to -0.01)** | 0.03 | 36 % |