

Supplementary Table 2: Responses to the questions of the survey.

	Consultant Endocrinologist	Specialist Nurse	Other (Specialist Registrar/ Fellow)	Overall	%
<i>Type of respondents</i>					
Consultant Endocrinologist	48			48	47.1%
Specialist Nurse		51		51	52.9%
Other* (please specify)			3	3	2.9%
<i>Place of Work (Region)</i>					
England	39	49	3	91	89.2%
Scotland	3	2		5	4.9%
Wales	5	0		5	4.9%
Northern Ireland	1	0		1	1.0%
<i>Q1. Do you look after adult patients (over 18 years of age) with growth hormone deficiency (GHD) on GH replacement therapy? (please tick the answer that applies to your practice)</i>					
Yes	33	32		65	63.7%
No	15	19	3	37	36.3%
<i>Q2. In total, how many adult patients (over the age of 18 years) with GHD do you currently treat with growth hormone in your practice?</i>					
1 - 100				45	69.2%
101 - 400				15	23.1%
Over 400				3	4.6%
Unknown					
No Answer				2	3.1%
<i>Q3. How many of your adult patients on growth hormone treatment are over the age of 25 years?</i>					
1 - 100				45	69.2%
101 - 400				13	20.0%
Over 400				2	3.1%
Unknown					
No Answer				5	7.7%
<i>Q4. How many of your adult patients, over the age of 25 years who are currently on growth hormone treatment, have been on this therapy for more than 5 years?</i>					
1 - 100				49	75.4%

101 - 400			10	15.4%
Over 400			1	1.5%
Unknown				
No Answer			5	7.7%
Q5. Do you routinely offer a trial period of discontinuation of growth hormone therapy to adult patients who have been on treatment for a long time?				
Yes	13	5	18	27.7%
No (skip question 6)	20	27	47	72.3%
Did not answer the question				
Q6. Aside from the absolute contraindications of growth hormone treatment (e.g., active malignancy and allergy), what criteria do you use when offering a trial of growth hormone therapy discontinuation to your adult patients who have been on long-term treatment (please tick all that apply)?				
a. Duration of treatment				
If patient has been on treatment for more than 3 years	0	1	1	1.5%
If patient has been on treatment for more than 5 years	4	0	4	6.2%
If patient has been on treatment for more than 7 years	1	2	3	4.6%
If patient has been on treatment for more than 10 years	3	4	7	10.8%
If patient has been on treatment for more than 15 years	2	1	3	4.6%
b. Patient's age				
If patient is over the age of 60	2	1	3	4.6%
If patient is over the age of 70	3	2	5	7.7%
If patient is over the age of 80	7	3	10	15.4%
If patient is over the age of 90	6	1	7	10.8%
Not applicable (Regardless of age)	4	3	7	10.8%
c. Patient's choice (due to:)				
Side effects of growth hormone treatment	21	16	37	56.9%
Poor concordance/adherence with the daily injection	20	13	33	50.8%
Patient finding the routine of daily injection cumbersome/laborious	20	11	31	47.7%
Needle phobia	19	8	27	41.5%
Patient no longer experiencing positive effects from growth hormone treatment	20	15	35	53.9%
d. Clinical judgement (due to:)				
Side effects of growth hormone treatment	19	12	31	47.7%
Poor concordance/adherence with the	17	12	29	44.6%

daily injection				
Patient finding the routine of daily injection cumbersome/laborious	16	8	24	36.9%
Needle phobia	14	7	21	32.3%
Patient no longer experiencing positive effects from growth hormone treatment	19	11	30	46.2%
e. Other (please specify)				
Q7. Do you have a clinical guideline/protocol for discontinuing long-term growth hormone replacement therapy in adults in your department?				
Yes	1	3	4	6.2%
No	31	28	59	90.8%
Did not answer the question	1	1	2	3.1%
Q8. Should adult patients who have been taking growth hormone treatment for a long time, be offered routinely a trial period of discontinuation of treatment?				
Yes	10	9	19	29.2%
Maybe	18	21	39	60.0%
No (skip question 9)	5	1	6	9.2%
Did not answer the question	0	1	1	1.5%
9. Aside from the absolute contraindications of growth hormone treatment (e.g., active malignancy and allergy), what criteria do you think should be used when considering a trial of growth hormone treatment discontinuation to adult patients who have been on long-term therapy (please tick all that apply)?				
a. Duration of treatment				63.1%
If patient has been on treatment for more than 3 years	3	3	6	9.2%
If patient has been on treatment for more than 5 years	5	8	13	20.0%
If patient has been on treatment for more than 7 years	0	2	2	3.1%
If patient has been on treatment for more than 10 years	6	8	14	21.5%
If patient has been on treatment for more than 15 years	0	6	6	9.2%
b. Patient age				86.2%
If patient is over the age of 60	4	5	9	13.9%
If patient is over the age of 70	5	4	9	13.9%
If patient is over the age of 80	7	7	14	21.5%
If patient is over the age of 90	4	3	7	10.8%
Not applicable (Regardless of age)	10	7	17	26.2%
c. Patient choice (due to:)				
Side effects of growth hormone treatment	30	20	50	76.9%

Poor concordance/adherence with the daily injection	30	21	51	78.5%
Patient finding the routine of daily injection cumbersome/laborious	28	20	48	73.9%
Needle phobia	27	14	41	63.1%
Patient no longer experiencing positive effects from growth hormone treatment	32	23	55	84.6%
d. Clinical judgement (due to:)				
Side effects of growth hormone treatment	26	17	43	66.2%
Poor concordance/adherence with the daily injection	25	21	46	70.8%
Patient finding the routine of daily injection cumbersome/laborious	22	16	38	58.5%
Needle phobia	23	10	33	50.8%
Patient no longer experiencing positive effects from growth hormone treatment	30	22	52	80.0%
Other (please specify):			0	0.0%
e. Other (please specify)				
10. If you are currently offering (or if you were to offer) a trial of growth hormone treatment discontinuation to adult patients, how soon after stopping their treatment would you monitor your patients?				
Within 3 months	3	13	16	25.4%
3-6 months	25	17	42	66.7%
Within 12 months	5	1	6	9.5%
Other (please specify):		1	1	1.6%
Did not answer the question				
11. If you are currently offering (or if you were to offer) a trial of growth hormone treatment discontinuation in adult patients, what monitoring do you complete during follow-up clinic visit? (please tick all that apply)				
a. Observations				
Blood pressure	24	21	45	69.2%
Heart rate	13	20	33	50.8%
Weight	29	25	54	83.1%
BMI	26	21	47	72.3%
Waist-hip circumference	4	9	13	20.0%
b. Biochemical parameters				
IGF-1	25	30	55	84.6%
HbA1c	25	23	48	73.9%
Lipid profile	25	24	49	75.4%
Fasting glucose	10	15	25	38.5%

c. Radiological assessment				
Body composition measurement (muscle mass)	1	7	8	12.3%
Body composition measurement (fat mass)	2	6	8	12.3%
Bone mineral density (DXA scan)	5	6	11	16.9%
d. Quality of life assessment				
AGHDA	29	29	58	89.2%
SF-36	0	1	1	1.5%
TRIM-AGHD		1	1	1.5%
e. Signs and symptoms assessment (please specify)				
	24	25	49	75.4%
f. Other (please specify)				
12. If you are currently offering (or if you were to offer) a trial of growth hormone treatment discontinuation to adult patients, how often should patient be reviewed in clinic if they decide to remain off treatment?				
3 monthly during the first year then back to standard care	4	12	16	24.6%
6 monthly during the first year then back to standard care	23	12	35	53.9%
Back to standard care	5	5	10	15.4%
Other (please specify):				
When required	1		1	1.5%
Yearly		1	1	1.5%
PIFU		1	1	1.5%
At 3 months then at 6 months then yearly		1	1	1.5%

*Specialist Registrar/Research Fellow

BMI; body mass index. IGF-1: insulin-growth factor-1, HbA1c: glycated haemoglobin. DXA: dual energy absorptiometry. AGHDA: adult growth hormone deficiency assessment. SF-36: short form survey-36. TRIM-AGHD: treatment related impact measure-adult growth hormone deficiency. PIFU: patient-initiated follow-up.