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Table 4: Main factors preventing pwRRMs reporting new symptoms to MS team during the wait and see phase

MAIN FACTORS	
1.	Relapses are heterogeneous and there are knowledge gaps and there can be disagreement between pwRRMs and neurologists on what RRMS activity looks like.
2.	Newly diagnosed pwRRMs receive little information and had limited experiential knowledge about RRMS.
3.	There are scarce planned follow-up visits in clinical pathways for those who are not taking DMTs who can often have long-periods of time without contacting specialist MS staff.
4.	The presence of emotional barriers (guilt, regret, denial, failure) which are related to accepting that their “non-RRMS” has advanced to “RRMS” and that their non-biomedical strategies had failed to protect them from transitioning to the next RRMS stage.