

Table 1. Summary of included studies.

Reference	Study type	Population	Intervention	No.		Gender Male/ Female	Age Mean (SD)	BMI
				Intervention	Control			
Hu, 2020 ³²	Retrospective cohort	Moderate-to-severe active Graves' disease ophthalmopathy	Intravenous MP 0.5 g once per week x 6 weeks, then intravenous MP 0.25 g per week for 6 weeks	16 with 2 courses	-	19/26	42.5 (13.24)	-
				45 with 1 course	-			
Harsløf, 2023 ²⁵	Prospective cohort	Active Graves' disease orbitopathy with clinical activity score 3 or more		32	-	11/21	52.9 (10.2)	25.45
Rymuza, ^a 2022 ²⁷	Prospective cohort	Moderate-to-severe active Graves' disease orbitopathy, euthyroid		23	-	3/20	54 (12)	26.5
Censi, 2018 ²⁴	Prospective cohort	Active Graves' disease orbitopathy		11	-	1/10	56 (47–71)	24.5
Rymuza, ^a 2019 ²⁹	Prospective cohort	Moderate-to-severe active Graves' disease orbitopathy, euthyroid		35	-	6/29	47 (22–66)	27
Rymuza, ^a 2022 ²⁸	Prospective cohort	Moderate-to-severe active Graves' disease orbitopathy, euthyroid		15	-	2/13	53.6 (40–74)	28
Simeakis, 2023 ³⁰	Prospective cohort	Newly diagnosed multiple sclerosis	Intravenous MP 1g x 5 days followed by PO prednisolone tapering over 21 days	25	-	15/10	-	26.72
Zorzon, 2004 ³¹	Prospective randomised trial	Multiple sclerosis	Regular pulses of MP (1 g/day for 5 days, every 4 months for 3 years, then every 6 months for 2 years) + pulses of MP for relapses	25	61	7/18	-	-
			Pulses of MP for relapses only	18		7/11		
Frediani, 2004 ³³	Prospective randomised trial	Active rheumatoid arthritis	Intervention: intravenous MP 1 g for 3 alternate days, repeated monthly if disease still active Control: oral MP 16 mg/day for at least 1 month, tapered to minimum 4 mg/day	31	31	5/12	-	-
Haugeberg, 2004 ²⁶	Prospective cohort	Various rheumatic disorders requiring intravenous MP pulse treatment	Intravenous MP pulses (dose and schedule varied based on disease and patient's response), with or without concomitant oral prednisolone	38 including 14 without oral prednisolone	-	8/30	48.4 (16.3)	24.9

BMI: body mass index; MP: methylprednisolone; PO: per os/by mouth; SD: standard deviation

^a Recognised as the same study in 3 publications.