|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Hyperglycaemia (%)** | **Hypertension (%)** | **Gastric disturbance (%)** | **Affected mood/sleep (%)** | **Severe hyperglycaemia (%)** |
| Koo 2016 | 1/24 (4.2) | 1/24 (4.2) | 1/24 (4.2) | Sleep: 2/24 (8.4) |  |
| Han 2009 | 1/48 (2.1) |  |  |  | 1/49 (2.0)\* |
| Rauch 2011 | 36/121 (29.8) |  | Appetite: 28/121 (23.1) | Mood: 54/121 (44.6) |  |
|  |  |  | Weight change: 22/121 (18.2) | Sleep: 44/121 (36.4) |  |
| Halevy 2022 | 32/143 (22.4) | 21/143 (14.7) |  |  |  |
| Choi 2014 (normal dose) | 17 (25.8) | 17/66 (25.8) | 14/66 (21.2) | Sleep: 5/66 (7.6) |  |
| Choi 2014 (low dose) | 6 (14.0) | 15/43 (34.9) | 12/43 (27.9) | Sleep: 1/43 (2.3) |  |
| Plontke 2024 HD-Dex | 12/102 (11.8) | 32/94 (32.0) |  |  |  |
| Plontke 2024 Pred-Control | 3/99 (3.0) | 36/95 (37.9) |  |  |  |
| Kara 2010 | 6/31 (19.4) |  |  |  |  |

*Table 4: Adverse events in oral steroid-only arms.*