Supplementary table 2. The full UPDRS subitems during the different stage of treatment

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Baseline  | End of 1st week PBM+H2 water | End of 2nd week PBM+H2 water | cessation of therapy for 1 week |
| UPDRS 1Cognition | 0.94±1.14 | 0.24±0.56\* | 0.41±0.71 | 0.49±0.84 |
| UPDRS 2Activity of daily living | 0.47±0.87 | 0.65±0.93 | 0.35±0.71 | 0.53±0.87 |
| UPDRS 3Depression | 0.65±0.70 | 0.18±0.53\* | 0.12±0.33\*  | 0.29±0.47 |
| UPDRS 4Motivation | 1.00±1.17 | 0.47±0.87 | 0.41±0.70 | 0.47±0.62 |
| UPDRS 5Speech | 0.82±1.07 | 0.71±0.92 | 0.47±0.62 | 0.65±0.70 |
| UPDRS 6Salivation | 0.82±0.81 | 0.53±0.72 | 0.29±0.47 | 0.35±0.61 |
| UPDRS 7Swallowing | 0.88±0.93 | 0.41±0.71 | 0.65±0.86 | 0.41±0.72 |
| UPDRS 8Handwriting | 1.41±1.00 | 1.06±0.97 | 1.12±1.17 | 1.06±1.09 |
| UPDRS 9Cutting Food and Handling Utensils | 1.12±1.36 | 1.00±1.06 | 0.88±1.05 | 1.12±1.27 |
| UPDRS 10Dressing | 1.24±1.09 | 1.47±1.18 | 1.35±1.06 | 1.53±1.46 |
| UPDRS 11Hygrine  | 0.82±0.73 | 0.88±0.86 | 0.88±0.78 | 0.94±0.75 |
| UPDRS 12Bed activity | 2.53±2.00 | 2.35±1.83 | 3.35±4.57 | 2.29±2.26 |
| UPDRS 13Falling (unrelated to freezing) | 1.24±1.25 | 0.65±1.11 | 0.24±0.56\*\* | 0.35±0.49\* |
| UPDRS 14Freezing of gait | 1.06±0.97 | 0.88±0.86 | 0.88±0.93 | 0.71±0.85 |
| UPDRS 15Walking | 1.29±0.59 | 1.41±0.93 | 1.12±0.85 | 1.35±1.00 |
| UPDRS 16Tremor | 1.06±1.30 | 1.06±1.25 | 0.76±1.09 | 1.00±1.06 |
| UPDRS 17Sensory  | 1.89±1.23 | 1.71±1.36 | 1.41±1.42 | 1.64±1.06 |
| UPDRS 18Speech | 0.82±0.81 | 1.18±0.81 | 1.12±0.60 | 1.06±0.75 |
| UPDRS 19Facial expression | 0.76±0.83 | 0.82±0.95 | 0.94±1.03 | 1.12±1.05 |
| UPDRS 20Rest tremor | 2.82±3.63 | 1.06±1.71 | 1.00±1.58\* | 0.59±0.79\* |
| UPDRS 21Postural and action tremor | 1.76±1.99 | 1.00±0.87 | 1.29±0.92 | 0.94±1.03 |
| UPDRS 22Rigidity | 5.24±3.61 | 5.29±4.16 | 4.47±2.83 | 4.47±3.48 |
| UPDRS 23Finger tapping | 1.76±1.44 | 2.47±2.15 | 2.24±2.39 | 2.47±2.21 |
| UPDRS 24Grasping | 2.29±3.36 | 2.18±1.51 | 1.88±1.36 | 2.06±1.64 |
| UPDRS 25Rapid alternative movement | 1.71±0.85 | 1.47±0.94 | 1.24±0.83 | 1.65±1.11 |
| UPDRS 26Foot tapping | 2.24±1.95 | 2.06±1.52 | 20.06±1.98 | 2.18±2.16 |
| UPDRS 27Arising from chair | 0.53±0.80 | 0.35±1.00 | 0.41±0.71 | 0.47±1.12 |
| UPDRS 28Posture | 1.24±0.83 | 1.29±0.92 | 1.18±0.88 | 1.41±0.87 |
| UPDRS 29Gait | 1.24±0.90 | 1.24±0.90 | 1.00±0.87 | 1.29±0.85 |
| UPDRS 30Postural instability | 1.24±1.15 | 1.18±1.29 | 1.06±1.14 | 1.18±1.38 |
| UPDRS 31General appurtenance  | 1.65±1.06 | 1.47±1.12 | 1.65±0.93 | 1.82±1.28 |

\*, p<0.05; \*\*, p<0.01. Statistical analysis was conducted by one-way ANOVA with post-hoc analysis, with the baseline as reference.