Table 1. Table of identified triggers and their reported association with different types of symptoms ( > 3 participants required for allocation to a symptom category).

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| **Themes** | **Codes**  |
| Physiological Factors: |
| Diet | Diet does not trigger symptoms; (G)  |
| Meal times (during or just after); (SV, U) |
| Salt; (A) |
| Dairy; Chocolate; Caffeine; Alcohol |
| Physical factors | Tiredness; (SV, U) |
| Physical exertion / tension; Vibration |
| Blood pressure (high / changes in blood pressure); (G) |
| Postural factors | Head position (e.g. bending, turning, looking up); (LM, SM, U)  |
| Standing still too long; Lying flat; Getting up too quickly; (U)  |
| Quick head movements; (SV, U) |
| Environmental factors: |
| The natural environment | No patterns in time of day; (G) |
| Time of day (primarily mornings - symptoms wear off as day goes on); (SV, U) |
| Atmospheric air pressure; (A) |
| Windy weather; Time of year |
| Visual environments | Watching TV; Supermarkets / shops; (SM, U) |
| Reading; (SV) |
| Looking at water; (SM) |
| Bright / flashing / flickering lights; moving objects; (U) |
| Travel | Car (as passenger); Bus or Coach; (U) |
| Car (as driver); Train; Flying; Boats  |
| Aural factors | Crowd noise; Loud volumes; (U) |
| Sharp noises (e.g. church bells, shredding paper, chinking crockery); (SM, U) |
| Psychological Factors: |
| Emotional factors | Stress; (SV, LM, U) |
| Positive emotions/ special days (e.g. excitement, weddings, Christmas); (U) |
| Avoidance behaviours | Activity restriction; Dietary restriction; (G) |
| Patterns of Association with Triggers: |
| Level of exposure | Severity of exposure (SV, U) |
| Prolonged and cumulative exposure (SV, SM, U) |
| Irregular factors | Fluctuating good / bad days; Triggers are inconsistent (SM, U) |
| Symptoms occur without triggers (G) |

(G) Discussed in relation to Ménière’s disease in general rather than particular symptom type. (SV) Severe vertigo: a sense of spinning, sweating, nausea and vomiting, lasting several hours. (LM)Long mild vertigo/dizziness: A sense of less severe/slower spinning or severe dizziness and nausea, lasting 1-2 hours. (SM) Short mild vertigo/dizziness: A sense of spinning or dizziness, lasting between a few seconds and a few minutes. (U) Unsteadiness. (A) Aural fullness or pressure in the ear. *Note:* Triggers associated with tinnitus, hearing loss/changes, balance-related falls or near falls were reported by few or no participants and so were excluded from this report.