**Supplementary data**

*Table S1: The RODI scores for the posterior palate and the pharynx, stratified based on the use of all mostly used interventions (>50%). Data are presented as mean ± SD.*

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| --- | --- | --- | --- |
| More prevalent methods  | Use  | Posterior palate  | Pharynx  |
| Drinking water | YesNo | 3.85 ± 0.973.67 ± 1.53 | 3.92 ± 1.002.00  |
| Eating fruit | YesNo | 3.80 ± 1.024.00 ± 0.89 | 3.77 ± 1.064.18 ± 0.87 |
| Drinking tea | YesNo | 3.81 ± 1.034.00 ± 0.71 | 3.87 ± 1.063.67 ± 1.00 |
| Moistening the lips | YesNo | 3.89 ± 1.023.65 ± 0.93 | 3.93 ± 1.033.44 ± 0.98 |
| Drinking small volumes | YesNo | 3.80 ± 1.003.73 ± 1.10  | 3.86 ± 0.983.57 ± 1.28 |
| Drinking coffee | YesNo | 3.76 ± 1.02 4.00 ± 0.92  | 3.78 ± 1.064.00 ± 1.00 |
| Rinsing of the mouth  | YesNo | 3.85 ± 1.013.79 ± 0.99  | 3.89 ± 1.013.84 ± 1.02 |
| Concentrating on other activities | YesNo | 3.80 ± 0.87 3.84 ± 1.14  | 3.95 ± 0.913.64 ± 1.15  |
| Chewing gum | YesNo | 3.76 ± 0.92 3.85 ± 1.05 | 3.72 ± 0.96 3.91 ± 1.09 |
| Sucking sour candies | YesNo | 3.71 ± 1.10 3.87 ± 0.92 | 3.73 ± 1.113.85 ± 0.99 |
| Using XyliMelts  | YesNo | 3.97 ± 0.91 3.75 ± 1.05  | 3.84 ± 1.003.82 ± 1.06 |
| Using mouth gel | YesNo | 3.97 ± 0.98 3.73 ± 1.02  | 3.93 ± 0.913.70 ± 1.09 |