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Table SI. List of notable adverse effects. Adverse effects mentioned by the participants were categorized manually into “due to heat it”, “due to heat it or insect bite”, “due to insect bite”, “possible adverse reaction” or “not categorizable”. The reports of adverse effects were generally composed by participants in German and have been translated.

#	Side effect description	Category
0	Almost too hot, even with sensitive setting	Due to heat it
1	Became hot. Treatment interrupted earlier	Due to heat it
2	Heat	Due to heat it
3	Heat	Due to heat it
4	Heat	Due to heat it
5	Heat	Due to heat it
6	Heat	Due to heat it
7	Heat Pain	Due to heat it
8	Heat Pain	Due to heat it
9	Heat Pain	Due to heat it
10	Heat Pain	Due to heat it
11	Heat Pain	Due to heat it
12	Heat Pain	Due to heat it
13	Heat Pain	Due to heat it
14	Hot	Due to heat it
15	Hot	Due to heat it
16	I set the Heat is too strong so I had to stop early. Itching has disappeared	Due to heat it
17	Itching	Due to insect bite
18	Pain	Due to heat it or insect bite
19	Pain	Due to heat it or insect bite
20	Pain	Due to heat it or insect bite
21	Pain	Due to heat it or insect bite
22	Pain	Due to heat it or insect bite
23	Pain	Due to heat it or insect bite
24	Pain	Due to heat it or insect bite
25	Pain	Due to heat it or insect bite
26	Pain	Due to heat it or insect bite
27	Pain	Due to heat it or insect bite
28	Pain	Due to heat it or insect bite
29	Pain (was a man)	Due to heat it or insect bite
30	Patchy redness around the stick	Due to insect bite
31	Presses on the eye	Not categorizable
32	Pressure	Due to insect bite
33	Red spot	Due to heat it or insect bite
34	Skin flushed	Due to heat it or insect bite
35	Slight burn	Possible adverse reaction
36	Slight pain	Due to heat it or insect bite
37	Slight swelling of the hand	Due to heat it or insect bite
38	Sting on the inside of the heel: burns enormously after treatment. Before only itching	Possible adverse reaction
39	Stitch swells	Due to heat it or insect bite
40	Swelling	Due to heat it or insect bite
41	Swelling	Due to heat it or insect bite
42	Swelling	Due to heat it or insect bite
43	Swelling	Due to heat it or insect bite
44	Swelling	Due to heat it or insect bite
45	Swelling	Due to heat it or insect bite
46	Swelling	Due to heat it or insect bite
47	Swelling	Due to heat it or insect bite
48	Swelling	Due to heat it or insect bite
49	Swelling around the sting	Due to heat it or insect bite
50	Swelling of the site	Due to heat it or insect bite
51	Swelling, but already appeared at the beginning due to the sting.	Due to insect bite
52	Swollen	Due to insect bite
53	Swollen	Due to insect bite
54	Swollen	Due to insect bite
55	The heatit becomes MUCH too hot for the back of the knee	Due to heat it
56	The heatit was way too hot	Possible adverse reaction
57	The treated area has become very flushed in a diameter of 2cm.	Due to heat it or insect bite
58	Thick red outside (2cm diameter) /from Lacewing larvae.	Not categorizable
59	Too hot	Due to heat it
60	Too hot	Due to heat it
61	Very hot	Due to heat it
62	Was extremely hot	Possible adverse reaction
63	Yes abort	Due to heat it