

Table S1. Comparison of the experimental group (EG) and control group (CG) at the beginning of the study. EG and CG did not differ concerning age, anxiety, depression, chronic stress level, Cortisol awakening response (CAR) or Severity Scoring of Atopic Dermatitis (SCORAD; all  $p > 0.083$ ). <sup>a</sup>In one case blood withdrawal was not possible.

Variables	EG mean (STD)	CG mean (STD)
Age	23.64 (2.34)	22.29 (2.34)
Anxiety (HADS)	6.29 (3.20)	8.21 (3.64)
Depression (HADS)	3.14 (2.35)	5.00 (3.06)
Chronic stress level (TICS)	18.93 (5.26)	21.00 (8.27)
CAR (nmol/l)	12.20 (8.90)	11.01 (6.63)
SCORAD	38.86 (14.58)	30.22 (14.39)
Patients with intrinsic/extrinsic AD, <i>n</i>	7/7	7/6 <sup>a</sup>
Patients with/without university entrance diploma, <i>n</i>	14/0	13/1

SD: standard deviation