

Appendix S1. *Extended interview of 11 patients*

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1. Female born 1981. She has a dog and goes to a gym once a week. She cycles often during summer. She attends adult education classes. Has not been a member of any sports club. No preference between being outside or inside when exercising. Tries to avoid swimming due to the presence of halogens. Prefers to be in cool surroundings.
2. Male born 1981. Studies design. Prefers swimming indoors. Has not been a member of any sports club. Cannot confirm that he gets embarrassed due to the eczema. Cannot confirm that he prefers exercise outside.
3. Female born 1990. Has had an active eczema for 6 months. Works as a mail carrier, runs a lot in the staircases of buildings. Goes to a gym. Has not been a member of any sports club. Has not noted any positive or negative effect on her eczema due to sports.
4. Female born 1949. Is a telephone operator. Takes walks, 5 km twice a week. Has joined a swimming club. Sweats and has itching, but has not changed her habits due to the eczema.
5. Female born 1975. Working as a licensed practical nurse. Takes walks. Not very active exercising; would like to exercise more. Has not been a member of any sports club. Her eczema does not influence her sporting activity, except for swimming. No itching due to exercise.
6. Female born 1986. Plays tennis and is a student. Prefers to be outside during winter. When she gets sweaty her itching starts. She thinks it is uncomfortable to show her skin. Is a member of a tennis club.
7. Female born 1978. Working in home care service. Goes to a gym 1–2 times per week. Takes walks for 1 h per day. Prefers to be outside due to the itching and sweating. Feels uncomfortable showing her skin. Has not been a member of any sports club.
8. Female born 1990. Student. Goes to a gym twice per week, and runs twice per week. Has not been a member of any sports club. Sweating makes itching worse. However, no preference for being outside or inside when doing sports.
9. Female born 1958. Teacher at pre-school. Takes quick walks, physically active in total 1 h per week. Has not been a member of any sports club. She prefers to be outside. She feels uncomfortable showing her skin. Sweating makes her itch.
10. Female born 1975. High school teacher. Exercises twice per week. She exercises indoors during winter and outdoors during summer. Has been a member of a basketball club. Has not noted negative or positive changes due to engaging in sports regarding her skin problems. Refuses to give in to the eczema in this respect.
11. Female born 1965. Works at Swedish Radio. Does not exercise substantially. She would like to start engaging in sports. Has not been a member of any sports club. Prefers to be outdoors when engaging in sports. When she sweats she first gets pain and then itching.

*What the extended interviews showed*

Most of the interviewed patients with atopic dermatitis exercised and some of them preferred to exercise outside. There was a large variation in choice of sport activities.

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