

Table SII. Components of E-learning Quality of Life (EQoL)

Domain of HRQoL	Component	Type of content	Description		
<i>Symptoms</i>	Itch	Encyclopaedia, interview with expert	Definition of itch, information about consequences of itch, itch-scratch cycle		
		Poll	Locations of itch		
		Tips & tools, Did you know that...	Coping with itch and scratching behaviour		
		Assignment	1) Registration of own itch and scratching behaviour 2) Habit reversal exercise (scratching behaviour)		
		Self-assessment	Itch-related cognitions (Juckreiz Kognitions Fragebogen ^a), feedback about dysfunctional and helpful itch-related cognitions		
		Interview with patient	How a patient copes with itch and scratching		
		External links	Information about skin diseases		
		<i>Emotions</i>	Worries	Encyclopaedia	Information about factors influencing worries, different types of worries, worrying as a trait versus specific worrying
				Assignment	1) Writing down own worries. 2) Relaxation exercise
				Tips & tools, Did you know that...	Coping with worries
Interview with patient	How a patient copes with worries				
Poll	Degree of worrying				
Self-assessment	Worrying as a trait, worries about skin disease				
Anger	Encyclopaedia, Interview with expert			Encyclopaedia, Interview with expert	Definition of anger, ways of coping with anger, ways to communicate about anger
				Interview with patient	How a patient copes with anger
				Self-assessment	Degree of anger and frustration in past week
				Did you know that...	Importance of communicative skills in managing anger
		Assignment	1) practicing with anger management and disclosure of angry feelings in imagery situations 2) practicing with anger management and disclosure of angry feelings in real life		
		Depression	Encyclopaedia	Encyclopaedia	Information about depressive symptoms, causes of depression, preventing depression, possible treatments of depression, social support
				Interview with expert	Difference between depression and depressive episodes, treatment of depression
				Tips & tools	Coping with depressive episodes
				Did you know that...	Prevalence of depression
				Self-assessment	General Health Questionnaire (GHQ-12 ^b)
Interview with patient	How a patient copes with depression				
Assignment	1) practicing with positive/neutral/negative interpretation of neutral situations. 2) focus on positive experiences, planning activities				
<i>Functioning</i>	Social contacts			Encyclopaedia	Information about the importance and functions of social contacts, ways to improve social contacts
				Interview with expert	Feelings of shame may hamper social contacts, assertiveness, ways to improve social contacts
				Tips & tools	Ways to improve social contacts
		Did you know that...	Problems in social relations are common		
		External links	Voluntary work and patient associations		
		Interview with patient	Experiences of a patient who had a social skills training		
		Assignment	1) Registration of own social contacts 2) Starting new social contacts 3) Maintaining existing social contacts		
		Leisure time	Encyclopaedia	Encyclopaedia	Nervousness/anxiety in social situations may hamper leisure activities, importance of leisure activities, types of leisure activities
				Interview with patient	How a patient learned to cope with feelings of shame and stopped avoiding leisure activities
				Tips & tools	Ways to feel more comfortable in social situations
Assignment	1) Registration of own leisure activities. 2) Planning and undertaking more and/or other leisure activities. 3) Mindfulness exercise				
Did you know that...	Importance of leisure activities				
Poll	Avoiding social contacts				
Self-assessment	Nervousness/anxiety in social situations				

^aStangier U, Ehlers A, Gieler U. (1996). Fragebogen zur Bewältigung von Hautkrankheiten (FBH). Handanweisung. Göttingen: Hogrefe.

^bGoldberg D, Williams P. (1988) A users guide to the General Health Questionnaire. Slough: NFER-Nelson.

HRQoL: health-related quality of life.