

Appendix S2. Details on Spielberger State-Trait Anxiety Inventory, Beck Depression Inventory, Swedish Universities Scales of Personality and Psoriasis Area and Severity Index

Spielberger State-Trait Anxiety Inventory (STAI)

The STAI, Form-Y is a well-established self-rating scale with high stability and validity, often used in clinical research (35). The first 20 statements assess state anxiety, i.e. anxiety at a particular moment or at a chosen period of time. (The subjects were asked to rate their state anxiety during the last week.) The subsequent 20 statements assess trait anxiety, i.e. the relatively stable anxiety proneness. Answers are given on a 4-point Likert scale, and scores on the state- and trait scales each range from 20 to 80 points. In large normative samples of working adults and college students, the mean values of state and trait anxiety for men range from 35.7–36.5 and 34.9–38.3, respectively, and for women from 35.2–38.8 and 34.8–40.4, respectively (35).

Beck Depression Inventory (BDI-II)

The Beck Depression Inventory Second Edition (BDI-II) is one of the most widely used self-report measures of depression in both research and clinical practice, with high validity and good psychometric properties. This inventory does not measure clinical depression, but different levels of depressive symptoms (36). The questionnaire consists of 21 items, and answers are rated on a 4-point scale (0=low, 3=high). The total score ranges from 0 to 63. Scores from 0–13 represent minimal depressive symptoms, scores of 14–19 indicates mild, scores of 20–28 indicate moderate, and scores of 29–63 indicate severe depressive symptoms (36).

The BDI-II may be divided into a cognitive-affective-, and a somatic subscale, to control for the somatic component of depression in studies of patients with somatic diseases (37). Different models have been suggested (37). We chose the mo-

del by Buckley et al. (38) where the somatic subscale includes (agitation, loss of energy, changes in sleeping patterns, irritability, changes in appetite, concentration difficulty, tiredness or fatigue and loss of interest in sex).

Swedish Universities Scales of Personality (SSP)

The SSP is a thorough revision of the older Karolinska Scales of Personality (KSP). In contrast to many other personality inventories, SSP does not intend to measure "the entire personality", but has been developed to identify stable traits of psychological vulnerability and psychopathology (40). The questionnaire comprises 91 items with a 4-point Likert response scale. The items are sorted into 13 subscales, each designed to measure 1 personality trait: 1) somatic trait anxiety, 2) psychic trait anxiety, 3) stress susceptibility, 4) lack of assertiveness, 5) impulsiveness, 6) adventure seeking, 7) detachment, 8) social desirability, 9) embitterment, 10) trait irritability, 11) mistrust, 12) verbal trait aggression, and 13) physical trait aggression (41). The SSP has been standardized in a large representative Swedish national sample, and the internal consistency with regard to Cronbach's alpha coefficient ranged from 0.59 to 0.84 in a normative sample (40). The subscales are transformed into *T* scores according to the SSP computer algorithm. *T* scores (mean 50, SD 10) are standardized with regard to age and sex on the basis of a normal control group. Values of 10 points above or below 50 in each SSP scale indicate a difference from the standard population by 1.0 SD (41).

Psoriasis Area and Severity Index (PASI)

The PASI scoring system is currently the best evaluated and the most widely used objective method to evaluate clinical severity of psoriasis (42). The PASI combines the assessment of the area affected and the severity of lesions into a single score ranging from 0 (no disease) to 72 (severe disease).