

Table SI. Aims and content of the Norwegian climate/heliotherapy programme in Gran Canaria

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*Aims*

Reduce disease severity

Increase knowledge and insight about the disease, treatment and symptom management

Increase awareness about how to reduce deteriorating risk factors, such as smoking, stress and overweight

Discuss recent knowledge about psoriasis comorbidity, how to reduce risk profiles and motivate positive lifestyle changes

*Content*

Examination by the dermatologist and nurse on 3 occasions (at arrival, after 1 week and after 3 weeks) and personalized follow-ups when needed

A combination of tailored sun treatment and salt-water bathing. Exposure according to skin type and current ultraviolet index

Physical activities: morning "workout" and voluntary participation in other physical activities, such as water aerobics, walking/running, swimming, muscular training and relaxation techniques

Interactive educational sessions conducted by a dermatologist, nurses and physiotherapist about psoriasis pathogenesis, manifestations, comorbidity, quality of life and treatment options and the importance of a healthy lifestyle focusing on physical activity, stress reduction and healthy eating.

Educational sessions: creams and ointments (2 h), sun treatment (1 h), nutrition (2 h), physical activity (1 h), education about psoriasis (2 h), comorbidity related to the disease (1 h), medical treatment (2 h) and research (1 h)

Group meetings (8–12 participants) focused on experiences of living with psoriasis, coping with stress, nutrition in daily life and self-management (1–3 h)

Voluntary smoking cessation course (4–6 h)

Interaction with others with similar health challenges in formal and informal settings

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