

Appendix S1. Questionnaire on frequency of psoriasis exacerbation during or after a sore throat.

The frequency of exacerbation of psoriasis during or after a sore throat

Please answer as accurately as possible by writing or ticking the appropriate boxes for each question

1. How old are you: _____
2. What is your gender:
 - Male
 - Female
3. How old were you when you first noticed you had psoriasis: _____
4. Did the first signs of your psoriasis appear during or within 3 weeks of having a sore throat (painful inflammation or infection or in the throat) or a streptococcal throat infection (strep throat)?
 - Yes
 - No
 - Unsure
5. Has a dermatologist confirmed that you have psoriasis?
 - Yes
 - No
 - Unsure
6. Which of the following statements describe your psoriasis best? (You may tick more than one box)
 - I have plaque psoriasis with raised, circular-to-oval red patches covered with silvery scales, for example on my scalp and/or knees, elbows and lower back
 - I have guttate psoriasis with small (1-10mm), dot-like, fine scaled rash, mostly on my trunk and/or upper arms and legs
 - I have palmoplantar pustulosis (PPP) that appears as white blisters (pustules) surrounded by red skin in my palms and/or soles
 - I have psoriasis in my nails (all or some of these changes);
 - Pitting (small nail depressions, less than 1 mm in diameter)
 - Discolouration (circular areas resembling an oil drop)
 - Subungual hyperkeratosis (thickening of the nails)
 - Onycholysis (separation of the nail from the nail bed)
 - I have psoriasis arthritis diagnosed by a dermatologist or rheumatologist
 - None of the above applies to my psoriasis
7. Have you experienced worsening of your psoriasis during or within 3 weeks after having a sore throat?
 - Yes
 - No
 - Unsure
8. How many times during the past 12 months have you had a sore throat?

<input type="radio"/> Never	<input type="radio"/> 4	<input type="radio"/> 8
<input type="radio"/> 1	<input type="radio"/> 5	<input type="radio"/> 9
<input type="radio"/> 2	<input type="radio"/> 6	<input type="radio"/> >10
<input type="radio"/> 3	<input type="radio"/> 7	
9. Have you been diagnosed with a streptococcal throat infection (strep throat) by a physician, a throat swab or a rapid strep test?
 - Yes
 - No
 - Unsure
10. If yes, how many times _____
11. Did you notice worsening of your psoriasis during or within 3 weeks after having a streptococcal throat infection (strep throat)?
 - Yes
 - No
 - Unsure
12. Have you experienced worsening of your psoriasis in association to the following? (You may tick more than one box)
 - General sickness
 - Stress
 - Cold weather
 - Alcohol
 - Food, what food _____
 - Pregnancy
 - Medication, which medication? _____
 - Other, what? _____
13. Have you had your tonsils removed (had tonsillectomy)?
 - Yes
 - No
 - Unsure
14. If yes, at what age were your tonsils removed _____
15. Did your psoriasis improve after the tonsillectomy?
 - Yes
 - No
 - Unsure