

Appendix S1. Semi-structured outline/plot suggested to patients for writing their narrative

1. Something in my life has changed

I was [...] when I felt [...]. At the beginning I thought it was [...] and I decided to [...]. The first physician who I consulted was [...] and he told me [...]. In the immediate aftermath [...]. The itching [...]. And it was like [...]. Then I turned to [...] and she/he suggested [...]. And I thought [...]. Urticaria have driven me to go/do not go to the emergency room [...] and the specialist who visited me there was [...]. And he suggested I [...].

2. The diagnosis of urticaria

When they told me I had urticaria, I felt [...]. The first person who gave me the diagnosis was [...]. In order to understand the causes of urticaria [...]. In the end he told me that the cause of my illness was [...]. I felt [...]. And I decided to [...]. At that time I found relief if [...]. I noticed urticaria reoccurs if [...]. And I could [...]. While I could not [...]. With others I felt [...].

3. Today

Today, life with urticaria is [...]. I feel [...] and with others [...]. The person who cares for me is [...]. And I feel cured [...]. Looking back onto the path and where it has taken me today [...] I think [...]. Today I can/cannot [...]. Tomorrow I see it as [...]. If I imagine the future, I would like treatment for urticaria [...].

Thanks for your time, energy and thoughts.

One last question: How did you feel in being able to tell us your experience? [...]