

Table SI. Improvement in the Dermatology Life Quality Index (DLQI) and alleviation of disease severity during the empowering heliotherapy course

	Baseline Mean (SD)	Change from baseline	
		Δ Week 2 Mean (95% CI)	Δ Week 14 Mean (95% CI)
Psoriasis			
DLQI	8.2 (5.9)	-5.4 (-6.4 to -4.4)***	-2.6 (-3.7 to -1.4)***
RAND-36 physical component	41.1 (10.7)	2.7 (1.4 to 4.0)***	3.9 (2.4 to 5.3)***
RAND-36 mental component	45.7 (11.0)	6.1 (4.3 to 7.9)***	3.0 (1.0 to 4.9)**
Self-Administered Psoriasis Area and Severity Index	7.4 (5.8)	-5.0 (-5.9 to -4.1)***	-2.7 (-3.8 to -1.6)***
Visual analogue scale pruritus	3.4 (2.4)	-2.0 (-2.4 to -1.7)***	-0.7 (-1.2 to -0.1)*
Visual analogue scale global	4.1 (2.0)	-2.0 (-2.3 to -1.7)***	-1.2 (-1.7 to -0.8)***
Atopic dermatitis			
DLQI	10.4 (5.5)	-7.7 (-9.1 to -6.4)***	-4.8 (-6.2 to -3.5)***
RAND-36 physical component	46.6 (8.8)	3.3 (1.5 to 5.2)**	2.8 (0.9 to 4.7)*
RAND-36 mental component	44.5 (10.5)	6.5 (3.9 to 9.2)***	4.7 (2.4 to 7.1)**
Patient-Oriented Scoring of Atopic Dermatitis	36.8 (15.5)	-24.0 (-27.3 to -20.1)***	-14.6 (-18.7 to -10.6)***
Visual analogue scale pruritus	4.5 (2.3)	-3.4 (-4.0 to -2.8)***	-2.4 (-3.1 to -1.6)***
Visual analogue scale global	3.9 (2.1)	-2.8 (-3.3 to -2.3)***	-1.9 (-2.5 to -1.4)***

Bonferroni-adjusted *p*-values: ****p*<0.001, ***p*<0.01, **p*<0.05 compared with day 1 of heliotherapy.