

Table SII. Improvement in quality of life as measured by the RAND-36 questionnaire during the empowering heliotherapy course

	Baseline Mean (SD)	Change from baseline	
		Δ Week 2 Mean (95% CI) ^a	Δ Week 14 Mean (95% CI) ^a
Psoriasis			
Physical function	73.6 (21.7)	5.3 (1.9 to 8.7)***	5.0 (1.6 to 8.5)**
Physical role	46.2 (42.3)	14.4 (6.7 to 22.1)***	15.3 (5.5 to 25.2)**
Bodily pain	58.3 (26.1)	7.5 (3.8 to 11.1)***	6.7 (1.3 to 12.0)**
General health perceptions	48.5 (18.9)	6.1 (3.2 to 9.0)***	5.0 (2.1 to 8.0)***
Social function	68.9 (22.7)	10.8 (6.9 to 14.6)***	6.6 (1.1 to 12.2)*
Emotional role	61.8 (42.3)	12.5 (3.8 to 21.3)**	7.5 (-2.5 to 17.5)
Vitality	50.6 (19.9)	15.9 (12.0 to 19.7)***	9.3 (4.9 to 13.8)***
Mental health	67.1 (18.1)	10.5 (7.1 to 13.8)***	4.6 (0.6 to 8.5)*
Atopic dermatitis			
Physical function	84.7 (16.6)	8.1 (3.5 to 12.8)**	6.3 (1.7 to 10.9)**
Physical role	56.6 (42.1)	15.5 (3.2 to 27.7)*	20.7 (5.4 to 36.0)*
Bodily pain	70.0 (24.4)	10.1 (2.7 to 17.4)**	2.7 (-4.8 to 10.3)
General health perceptions	56.0 (21.2)	8.1 (3.5 to 12.8)***	6.3 (1.7 to 10.9)**
Social function	69.1 (24.7)	12.6 (6.2 to 19.0)***	13.2 (5.4 to 21.1)***
Emotional role	63.1 (41.7)	14.8 (1.0 to 28.7)*	16.1 (1.7 to 30.4)*
Vitality	55.5 (20.6)	15.5 (9.8 to 21.1)***	5.8 (-0.3 to 11.8)
Mental health	67.6 (18.1)	11.9 (7.8 to 16.0)***	5.4 (1.1 to 9.7)*

^aBonferroni confidence intervals. Bonferroni-adjusted *p*-values ****p*<0.001, ***p*<0.01, **p*<0.05 compared with values on day 1 of heliotherapy.
95% CI: 95% confidence interval.