



Fig. S1. Overview of the 3 different rating scales used in the present study.

Instructions for the classic visual analogue scale (cVAS, shown on the left, panel a) were as follows: "The experiment will involve the researcher rubbing spicules from the pod of a cowhage plant into the forearm for 45 s. This will feel itchy and may also create a slight stinging/pricking sensation. In each of the sessions you will be required to rate the intensity of the itch every 15 s on a computerized scale for 10 minutes. The scale starts from 0 (no itch) to 100 (most intense itch imaginable). Once you have given your response, the scale will disappear until 15 s have passed. If you felt that itch intensity fluctuated (went up and down) during the last 15 s, you should base your response on the most intense itch perception that you felt during these last 15 s." Instructions for the tVAS, centre panel b), were identical except for the following addition. "The additional line at one third of the scale represents the scratch threshold. You should give ratings above this threshold if the itch is so intense that you feel the urge to scratch". Instructions for the gLMS (right panel c) were identical to those of the cVAS, except the wording of the verbal anchors in the instructions was changed accordingly. All participants were reminded verbally that they should not focus on the labelled points of the scale, but could use all points in between as well, depending on the strength of the itch experience.