

Table SI. Mean scores of case 1 on the outcome measures at pre-, post- and 6-month follow-up assessment compared with mean scores (and standard deviations) of norm groups of patients with psoriasis (PS) and healthy controls

Outcome measures	Range	Pre-	Post-	FU 6 months	Change		Improvement ≥ 30%		Norm PS patients	Norm healthy controls
					Pre-post	Pre-FU	Post-	FU		
<i>Physical functioning</i>										
Itch (ISDL)	3-16	15.76	13.40	11.56	-0.61 SD	-1.09 SD	No	No	8.30 (3.87) (37)	NA
Fatigue (CIS-f)	8-56	23	10	11.43	-1.29 SD	-1.15 SD	Yes	Yes	NA	17.3 (10.1) (39)
<i>Psychological functioning</i>										
Negative mood (ISDL)	0-24	10	4	6	-1.31 SD	-0.85 SD	Yes	Yes	4.96 (4.69) (37)	NA
Anxiety (ISDL)	10-40	15	10	18	-0.83 SD	+0.50 SD	Yes	No	20.6 (5.99) (37)	NA
Depressive symptoms (BDI)	0-63	8	1	1	NA	NA	Yes	Yes	NA	Minimal (0-13) Mild (14-19) Moderate (20-28) Severe (29-63) (40)
<i>Impact on daily life</i>										
Emotional role functioning (RAND-36)	0-100	100	100	100	0 SD	0 SD	NA	NA	NA	84.1 (32.3) (42)
Physical role functioning (RAND-36)	0-100	100	100	100	0 SD	0 SD	NA	NA	NA	79.4 (35.5) (42)
<i>Cognitive-behavioural factors</i>										
<i>Illness cognitions (ICQ)</i>										
Helplessness	6-24	15	10	10	-1.23 SD	-1.23 SD	Yes	Yes	10.58 (4.08) (37)	NA
Acceptance	6-24	13	15.6	14	+0.56 SD	+0.21 SD	No	No	15.76 (4.62) (37)	NA
<i>Social factors</i>										
Perceived social support (ISDL)	5-20	20	20	20	0 SD	0 SD	NA	NA	15.16 (3.98) (37)	NA
Stigmatization (ISDL)	6-24	6	6	7	0 SD	+0.25 SD	NA	No	10.41 (3.93) (37)	NA
Worrying (PSWQ)	16-80	39	28	30	-0.80 SD	-0.65 SD	No	No	NA	48.8 (13.8) (44)
<i>Scratching behaviour (ISDL)</i>										
Automatic scratching	3-12	9	3	4	-3.31 SD	-2.76 SD	Yes	Yes	4.84 (1.81) (37)	NA
Conscious scratching	3-12	12	8	8	-1.53 SD	-1.53 SD	Yes	Yes	6.85 (2.62) (37)	NA
<i>Disease-related variables</i>										
Clinician-assessed disease severity (PASI)	0-72	4.70	2.20	8.10	NA	NA	Yes	No	>10 severe (46)	NA
Self-assessed disease severity (SAPASI)	0-72	3.90	3.66	2.22	NA	NA	No	Yes	>10 severe (47)	NA
Treatment compliance	1-5	5	5	5	0 SD	0 SD	NA	NA	NA	NA

For all outcome measures higher scores reflect more symptoms and worse functioning, except for the scales emotional role functioning, physical role functioning, acceptance and perceived social support, where higher scores reflect better functioning. For norm groups mean and standard deviation were reported, with the exception of the measures for which a cut-off score is generally used.

NA: not applicable, data not available in healthy controls or patients with PS; BDI: Beck Depression Inventory; CIS-f: Checklist Individual Strength-fatigue; ICQ: Illness Cognitions Questionnaire; ISDL: Impact of Skin Disease on Daily Life; PASI: Psoriasis Area and Severity Index; PSWQ: Penn State Worry Questionnaire; RAND-36: RAND-36 Health Status Inventory; SAPASI: Self-Administered Psoriasis Area and Severity Index; SD: standard deviation; FU: follow-up.