

Appendix S1

## THE NEURODERM QUESTIONNAIRE

The *Neuroderm Questionnaire* records: A) sociodemographic data; B) clinical characteristics of CP: duration, frequency, dynamics, at what daytime it occurs, whether there were spontaneous remissions, localization now and at the beginning; Intensity of itch: Visual analogue scales (VAS, range 1–10) for the average and for the worst itch in the last 4 weeks and a VAS and a numeric rating scale (NRS, range 1–10) for the intensity of the past 24 h. C) The patient's experience of itch quality is recorded by asking the patient to mark the qualities, which best describe their itch (In all sections of the Neuroderm, when a selection of different descriptions/items is offered, multiple answers are possible): itching, stinging, crawling, caressing, localized deep inside, like pinpricks, burning, sharp, painful, pointed, localized at the surface, like creeping ants, warm feeling, cold feeling, biting, drilling, like electrical shocks. They are asked whether burning itch occurs only after scratching and whether they experience their itch as: cruel, agonizing, nasty, I can feel nothing else but itch, The itch makes me aggressive, agitating, persistent, terrible, The itch oppresses me. D) Influences on itch: What intensifies/enhances

their itch: strain, rest, bed warmth, physical effort, emotional tension, sweating, touch, pressure, scratching, rubbing the skin, tight clothes; Whether cold water or cold dressings or hot water/hot showers alleviate itch; What patients do in reaction to their itch: rubbing, scratching, pinching, kneading, scrubbing, applying cream, using objects like brushes, scraping spoons, notching the skin with their nails, heat, e.g. hot showers, cold, e.g. cold packs, to be with others / searching company, staying alone. Regarding scratching, the following selection is offered: I scratch myself only when I experience itch; Scratching alleviates itch; Scratching enhances itch; I scratch myself even when I don't experience itch; Scratching leads to satisfaction; Scratching leads to open wounds on my skin; I scratch automatically: often, rarely, for hours, for minutes. E) Patients are asked to appraise whether their itch impairs their quality of life and leads to sleep disturbances and how often, the following thoughts relating to their itch arise (0 = never/sometimes/often/most of the time/always =4): The itch will never stop; I cannot do anything against it; I will scratch myself again until I am disfigured; The itch will get worse and worse; I cannot tolerate it; I am sure, I won't have a quiet minute today/tonight; These perpetual advices make me desperate; The itch is driving me crazy; I'll scratch myself bloody again; I am sure, my skin will look terrible again tomorrow.