

Supplementary material has been published as submitted.  
It has not been copyedited, typeset or checked for  
scientific content by Acta Dermato-Venereologica

### Appendix S1

If you have questions, contact Alexandra Sjöholm, reg.  
nurse +4631 342 37 21.

Thank you for your participation!

## Diary with experiences after my Photodynamic therapy (PDT)

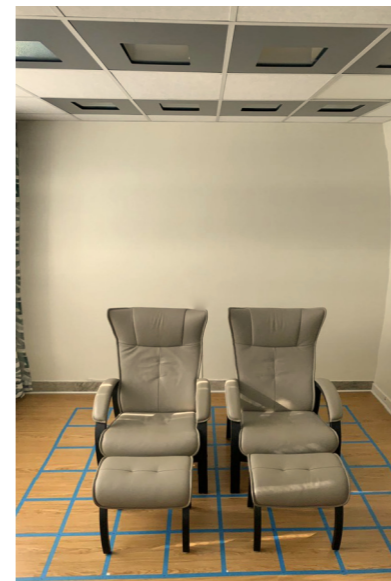
Date for treatment: \_\_\_\_ day \_\_\_\_ / \_\_\_\_ 20\_\_

Dear \_\_\_\_\_

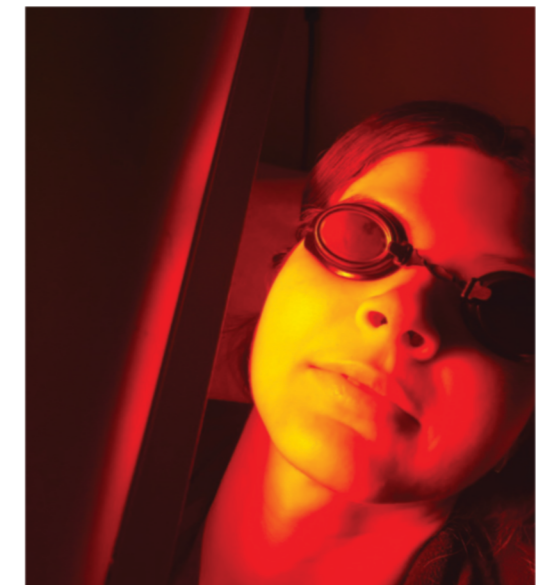
Your thoughts, experiences and opinions are important to us.

The patient perspective on the treatment and your recovery time is relatively unknown to us so far, but important for improving the quality of care.

The diary can be of help to facilitate the conversation in the planned interview in four weeks. Focus on the content and not on your spelling and calligraphy. This diary should not be handed in.



Simulated daylight -PDT



Conventional PDT



GÖTEBORGS UNIVERSITET



VÄSTRA  
GÖTALANDSREGIONEN  
SAHLGRENSKA UNIVERSITETSSJUKHUSET

Day 1 (24 h) \_\_\_\_\_ day \_\_\_\_ / \_\_\_\_ 20 \_\_\_\_

Below you can write your reflections and thoughts, related to your treatments.

Suggested topics:

Your expectations of the healing process.

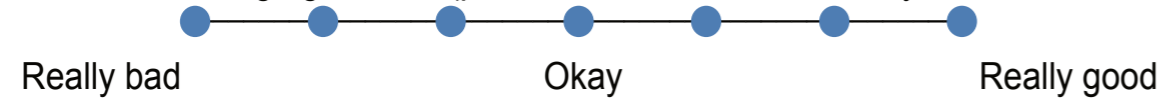
Any pain experience, what strategies do you use?

Has anything in particular happened in the aftermath that you can relate to the treatment?

Has anything happened in general life?

Your feelings, fears, worries.

How am I feeling right now? (put a cross on the line where you think it fits best)



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If the lines are not enough, please use pages 9-10.

My own notes:

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My own notes:

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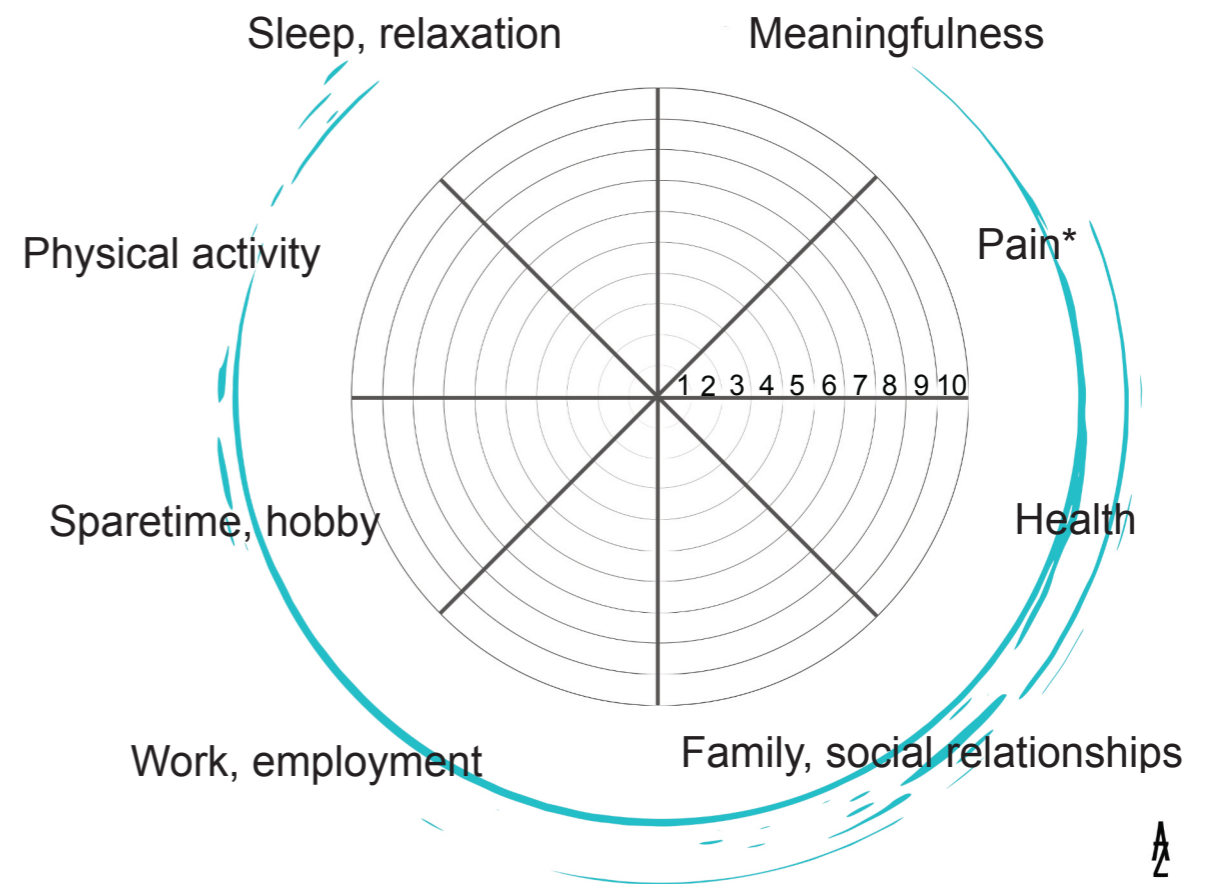
Day 2 (24 h)

## *Wheel of Life*

Describe how different aspects of your life are working right now. You will also be able to fill in your wheel of life on day 28.

Fill in the markings you feel right now.

In the center of the figure = 0 which represents nothing at all, while 10 is the most imaginable of something.



<https://frihetsresan.com/2021/01/22/livshjul-mallar/>

\*At the treatment area

Day 2 (48 h) \_\_\_\_\_ day \_\_\_\_ / \_\_\_\_ 20 \_\_\_\_

Below you can write your reflections and thoughts, related to your treatments.

Suggested topics:

Your expectations of the healing process.

Any pain experience, what strategies do you use?

Has anything in particular happened in the aftermath that you can relate to the treatment?

Has anything happened in general life?

Your feelings, fears, worries.

How am I feeling right now? (put a cross on the line where you think it fits best)



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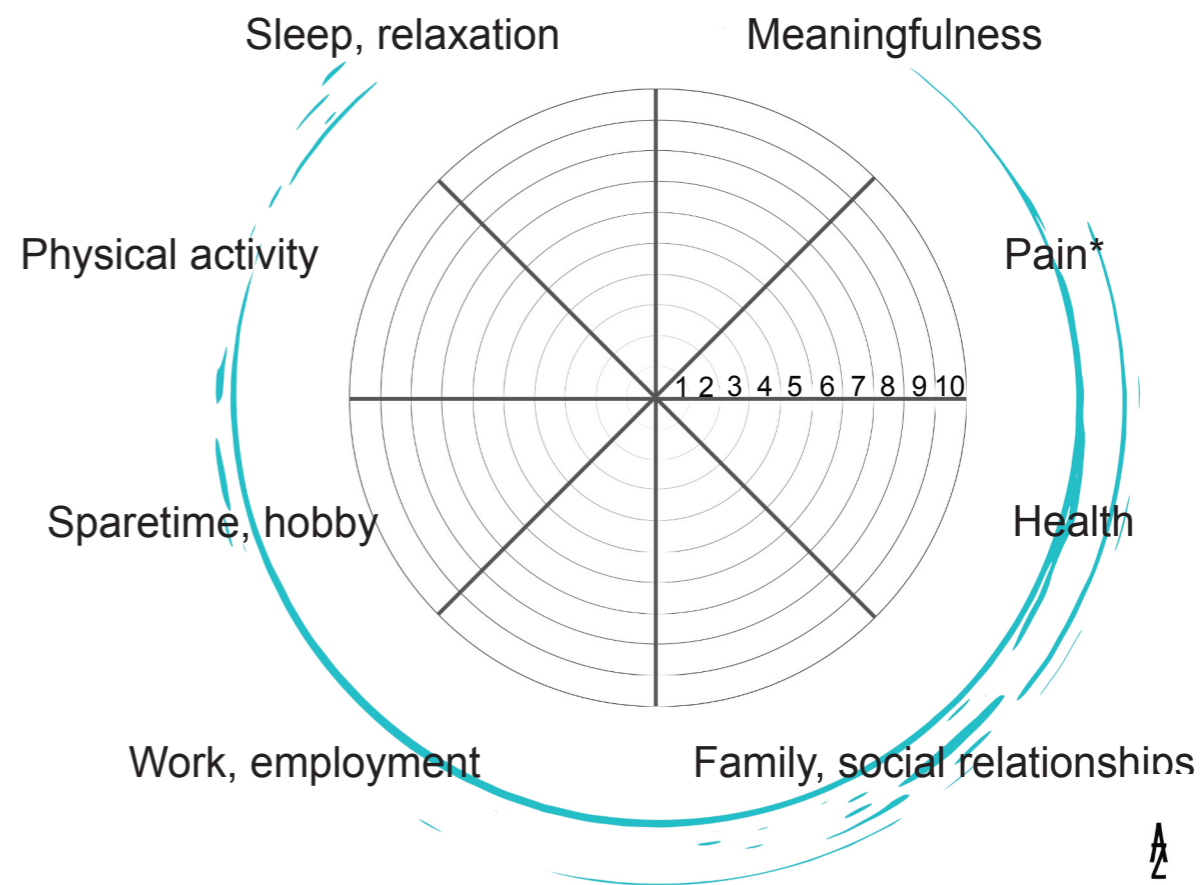
Day 28

## Wheel of Life

Describe how different aspects of your life are working right now.

Fill in the markings you feel right now.

In the center of the figure = 0 which represents nothing at all, while 10 is the most imaginable of something.



<https://frihetsresan.com/2021/01/22/livshjul-mallar/>

\*At the treatment area

Day 28

\_\_\_\_\_ day \_\_\_\_ / \_\_\_\_ 20 \_\_\_\_

Below you can write your reflections and thoughts, related to your treatments.

Suggested topics:

Your expectations of the healing process.

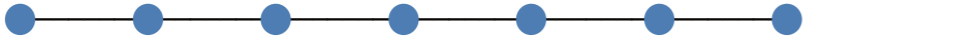
Any pain experience, what strategies do you use?

Has anything in particular happened in the aftermath that you can relate to the treatment?

Has anything happened in general life?

Your feelings, fears, worries.

How am I feeling right now? (put a cross on the line where you think it fits best)



Really bad Okay Really good

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Day 7

\_\_\_\_\_ day \_\_\_\_ / \_\_\_\_ 20 \_\_\_\_

Below you can write your reflections and thoughts, related to your treatments.

Suggested topics:

Your expectations of the healing process.

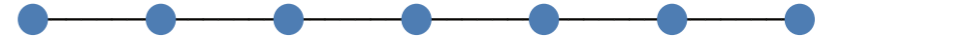
Any pain experience, what strategies do you use?

Has anything in particular happened in the aftermath that you can relate to the treatment?

Has anything happened in general life?

Your feelings, fears, worries.

How am I feeling right now? (put a cross on the line where you think it fits best)



Really bad Okay Really good

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Day 14

\_\_\_\_\_ day \_\_\_\_ / \_\_\_\_ 20 \_\_\_\_

Below you can write your reflections and thoughts, related to your treatments.

Suggested topics:

Your expectations of the healing process.

Any pain experience, what strategies do you use?

Has anything in particular happened in the aftermath that you can relate to the treatment?

Has anything happened in general life?

Your feelings, fears, worries.

How am I feeling right now? (put a cross on the line where you think it fits best)



Really bad

Okay

Really good

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Day 21

\_\_\_\_\_ day \_\_\_\_ / \_\_\_\_ 20 \_\_\_\_

Below you can write your reflections and thoughts, related to your treatments.

Suggested topics:

Your expectations of the healing process.

Any pain experience, what strategies do you use?

Has anything in particular happened in the aftermath that you can relate to the treatment?

Has anything happened in general life?

Your feelings, fears, worries.

How am I feeling right now? (put a cross on the line where you think it fits best)



Really bad

Okay

Really good

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# Interview guide

## 1 Before the interview

Intervju no:

Name of the interviewer:	Date:
Participant (Study ID):	Time:
Start:	End:

The purpose of the study is: To explore patients' experiences of C-PDT and SDL-PDT.

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## 2 Introduction to the interview

- Welcome interview participants
- Introduction interviewer
- Explanation of the interview structure (how does it work?)
- Informed consent (verbal confirmation of previous written consent)
- Voluntary, can end study participation at any time without having to give reasons
- Time frame individual interview (30-60 minutes)

## 3 Questions

- "Can you tell us a little about when you got your diagnosis?" (what is the history with e.g. the face?)
- "How is your relationship with the sun?" (life situation)
- "Can you tell us about your experiences with the two different treatment methods?"

After the first question, the interviews will be open, but the interview will focus on overarching questions such as

- "What were your expectations before the treatments?"
- "What were your expectations of the pain experience?"
- "Which methods do/did you have to manage any pain in connection with the treatment?"
- "How did you manage your pain?" (During treatment, after treatment. What helped you?)

- "Would you like to share what you wrote in the diary?" (encourage to use the information in the diary)
- "How do you experience treatment and care in connection with diagnosis and treatment methods?"
- "What did you wish the doctor and/or nursing staff had done differently for you in connection with the treatment?" (What do you think I could have done differently?)
- "Which treatment do you prefer and why?" (Do you prefer one of the different treatments?)
- "What is your experience?" of the healing period?" (difference between the two different methods?)

#### 4 Rounding

- Ask the participant to summarize thoughts, statements or questions that were most important. (Please also summarize what you have perceived in the interview. Ex: Did I understand correctly.... Is there something missing?)
  - Thank the participant for the cooperation
  - Inform about the possibility to get a summary of results (available on the project website)
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#### 5 After the interview: notes and reflections:

(Eg. How did it go? What was the atmosphere like? Did all the questions work? Are there new aspects that should be explored further? )