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Table SI History of skin diseases

	Total <i>N=6809</i>	Males <i>N=3111</i>	Females <i>N=3698</i>
Any skin disease*:			
No	6363 (93.4%)	2949 (94.8%)	3414 (92.3%)
Yes	446 (6.55%)	162 (5.20%)	284 (7.68%)
Atopic dermatitis:			
No	6663 (97.9%)	3066 (98.6%)	3597 (97.3%)
Yes	146 (2.14%)	45 (1.45%)	101 (2.73%)
Prurigo:			
No	6797 (99.8%)	3105 (99.8%)	3692 (99.8%)
Yes	12 (0.18%)	6 (0.19%)	6 (0.16%)
Eczemas:			
No	6666 (97.9%)	3066 (98.6%)	3600 (97.3%)
Yes	143 (2.10%)	45 (1.45%)	98 (2.65%)
Psoriasis:			
No	6746 (99.1%)	3078 (98.9%)	3668 (99.2%)
Yes	63 (0.93%)	33 (1.06%)	30 (0.81%)
Lichen ruber planus:			
No	6774 (99.5%)	3096 (99.5%)	3678 (99.5%)
Yes	35 (0.51%)	15 (0.48%)	20 (0.54%)
Urticaria:			
No	6739 (99.0%)	3085 (99.2%)	3654 (98.8%)
Yes	70 (1.03%)	26 (0.84%)	44 (1.19%)
Contact dermatitis			
No	6763 (99.3%)	3112 (99.7%)	3662 (99.0%)
Yes	46 (0.68%)	10 (0.32%)	36 (0.97%)

*Included skin diseases diagnosed before the 46-year follow-up study. Obtained from the Finnish Institute of Health and Welfare's statutory Care Register of Health Care (CRHC) and selected by all International Classification of Diseases (ICD) 10 codes; L20 atopic dermatitis, L28 prurigo, L30 eczemas, L40 psoriasis, L43 lichen ruber planus, L50 urticaria and L23 contact dermatitis.

Table SII The baseline characteristics of the study population with

A) pruritus in limited areas

	Never <i>N=1466</i>	Seldom <i>N=3037</i>	Monthly <i>N=1085</i>	Weekly <i>N=794</i>	Daily <i>N=427</i>	p-value
History of skin diseases#						<0.001
No	1422 (97.0%)	2898 (95.4%)	1020 (94.0%)	716 (90.2%)	341 (79.9%)	
Yes	44 (3.0%)	139 (4.58%)	65 (5.99%)	78 (9.82%)	86 (20.1%)	
Socioeconomic status:						<0.001
Basic or secondary education	881 (60.1%)	1916 (63.1%)	624 (57.5%)	487 (61.3%)	292 (68.4%)	
Tertiary education	585 (39.9%)	1121 (36.9%)	461 (42.5%)	307 (38.7%)	135 (31.6%)	
Body mass index	26.6 (4.58)	26.7 (4.68)	27.0 (5.36)	26.9 (4.97)	27.3 (5.42)	0.031
Body mass index:						.
Normal	10 (0.68%)	16 (0.53%)	8 (0.74%)	6 (0.76%)	3 (0.70%)	
Underweight	590 (40.4%)	1148 (37.9%)	421 (38.9%)	300 (37.9%)	156 (36.5%)	
Overweight	557 (38.1%)	1253 (41.4%)	416 (38.4%)	299 (37.8%)	142 (33.3%)	
Obese	304 (20.8%)	613 (20.2%)	237 (21.9%)	186 (23.5%)	126 (29.5%)	
Alcohol use:						0.002
No use	150 (10.3%)	299 (9.86%)	121 (11.2%)	89 (11.2%)	54 (12.7%)	
Light	1156 (79.0%)	2456 (81.0%)	856 (79.2%)	604 (76.3%)	319 (74.9%)	
Moderate use (>230/150 g/w, M/W*)	78 (5.33%)	155 (5.11%)	46 (4.26%)	38 (4.80%)	20 (4.69%)	

Heavy use (>350/210, g/w, M/W*)	79 (5.40%)	123 (4.06%)	58 (5.37%)	61 (7.70%)	33 (7.75%)	
Alcohol use (g/w)	12.0 (19.9)	10.6 (16.2)	11.1 (18.7)	12.8 (23.4)	14.1 (32.8)	0.001
Smoking:						0.004
Non-smokers	768 (52.9%)	1567 (52.1%)	542 (50.3%)	389 (49.3%)	186 (44.0%)	
Former smoker (quit >0.5 years ago)	304 (20.9%)	717 (23.8%)	272 (25.3%)	176 (22.3%)	109 (25.8%)	
Former smoker (quit <0.5 years ago)	32 (2.20%)	64 (2.13%)	16 (1.49%)	23 (2.92%)	6 (1.42%)	
Current smoker	349 (24.0%)	659 (21.9%)	247 (22.9%)	201 (25.5%)	122 (28.8%)	
Physical activity:						<0.001
Inactive	270 (18.6%)	609 (20.2%)	249 (23.2%)	220 (27.9%)	131 (30.8%)	
Lightly active	583 (40.2%)	1301 (43.1%)	455 (42.4%)	314 (39.8%)	174 (40.9%)	
Active	546 (37.6%)	1009 (33.4%)	344 (32.0%)	238 (30.2%)	112 (26.4%)	
Very active	52 (3.58%)	100 (3.31%)	26 (2.42%)	16 (2.03%)	8 (1.88%)	

#Included skin diseases diagnosed before the 46-year follow up study, obtained from the Finnish Institute of Health and Welfare's statutory Care Register of Health Care (CRHC) with the following ICD-10 codes: L20, L28, L30, L40, L40.3, L50 and L23.

*M/W; Man/Woman

B) generalized pruritus

	Never <i>N=3530</i>	Seldom <i>N=2314</i>	Monthly <i>N=426</i>	Weekly <i>N=299</i>	Daily <i>N=175</i>	p-value
History of skin diseases#						<0.001
No	3403 (96.4%)	2170 (93.8%)	373 (87.6%)	252 (84.3%)	133 (76.0%)	
Yes	127 (3.60%)	144 (6.22%)	53 (12.4%)	47 (15.7%)	42 (24.0%)	
Socioeconomic status:						<0.001
Basic or secondary education	2066 (58.5%)	1481 (64.0%)	288 (67.6%)	194 (64.9%)	129 (73.7%)	
Tertiary education	1464 (41.5%)	833 (36.0%)	138 (32.4%)	105 (35.1%)	46 (26.3%)	
Body mass index	26.5 (4.61)	27.0 (5.03)	26.8 (5.18)	27.6 (5.29)	27.9 (5.39)	<0.001
Body mass index:						.
Normal	21 (0.60%)	16 (0.69%)	3 (0.71%)	2 (0.67%)	1 (0.57%)	
Underweight	1412 (40.1%)	849 (36.8%)	168 (39.5%)	107 (35.8%)	52 (29.9%)	
Overweight	1386 (39.4%)	917 (39.7%)	164 (38.6%)	113 (37.8%)	60 (34.5%)	
Obese	703 (20.0%)	525 (22.8%)	90 (21.2%)	77 (25.8%)	61 (35.1%)	
Alcohol use:						<0.001
Not use	365 (10.4%)	232 (10.1%)	46 (10.8%)	30 (10.1%)	31 (17.8%)	
Light	2816 (79.9%)	1861 (80.6%)	315 (74.1%)	235 (78.9%)	117 (67.2%)	
Moderate (>230/150 g/w, M/W*)	172 (4.88%)	109 (4.72%)	25 (5.88%)	15 (5.03%)	10 (5.75%)	
Heavy (>350/210, g/w, M/W*)	172 (4.88%)	106 (4.59%)	39 (9.18%)	18 (6.04%)	16 (9.20%)	

	Never <i>N=3530</i>	Seldom <i>N=2314</i>	Monthly <i>N=426</i>	Weekly <i>N=299</i>	Daily <i>N=175</i>	p-value
Alcohol use (g/w)	11.0 (17.5)	11.1 (18.9)	14.4 (25.6)	13.6 (32.4)	14.9 (31.1)	<0.001
Smoking status:						.
Non-smokers	1870 (53.4%)	1156 (50.5%)	190 (44.7%)	135 (45.3%)	69 (39.9%)	
Former smoker (quitted >0.5 years ago)	799 (22.8%)	560 (24.5%)	91 (21.4%)	64 (21.5%)	44 (25.4%)	
Former smoker (quitted <0.5 years ago)	66 (1.89%)	49 (2.14%)	15 (3.53%)	7 (2.35%)	3 (1.73%)	
Current smoker	766 (21.9%)	523 (22.9%)	129 (30.4%)	92 (30.9%)	57 (32.9%)	
Physical activity:						<0.001
Inactive	673 (19.2%)	537 (23.4%)	114 (27.0%)	83 (28.0%)	54 (31.2%)	
Lightly active	1455 (41.5%)	969 (42.2%)	191 (45.2%)	116 (39.2%)	73 (42.2%)	
Active	1249 (35.7%)	730 (31.8%)	115 (27.2%)	88 (29.7%)	45 (26.0%)	
Very active	125 (3.57%)	62 (2.70%)	3 (0.71%)	9 (3.04%)	1 (0.58%)	

#Included skin diseases diagnosed before the 46-year follow up study, obtained from the Finnish Institute of Health and Welfare's statutory Care Register of Health Care (CRHC) with following ICD-10 codes L20, L28, L30, L40, L40.3, L50 and L23.

*M/W; Man/Woman

Table SIII The association between pruritus and psychological symptoms in adjusted multivariate linear regression analyses

Athens Insomnia Scale (AIS)		
	Pruritus in limited areas	Generalized pruritus
Seldom	0.49 (0.11) ^{***} p = 0.0001	
Monthly	1.06 (0.14) ^{***} p = 0.00	
Weekly	1.28 (0.15) ^{***} p = 0.00	
Daily	0.93 (0.19) ^{***} p = 0.0000	
Seldom		0.65 (0.09) ^{***} p = 0.00
Monthly		0.95 (0.18) ^{***} p = 0.0000
Weekly		0.74 (0.21) ^{***} p = 0.0004
Daily		0.95 (0.28) ^{***}

The State-Trait Anxiety Inventory (STAI)

	Pruritus in limited areas	Generalized pruritus
Seldom	0.41 (0.10) ^{***} p = 0.0001	
Monthly	0.92 (0.13) ^{***} p = 0.00	
Weekly	1.00 (0.14) ^{***} p = 0.00	
Daily	1.31 (0.18) ^{***} p = 0.00	
Seldom		0.54 (0.08) ^{***} p = 0.00
Monthly		0.86 (0.16) ^{***} p = 0.0000
Weekly		0.78 (0.19) ^{***} p = 0.0001
Daily		1.25 (0.25) ^{***} p = 0.0000

The fifteen-dimensional measure of health-related quality of life (15D HRQoL)

Pruritus in limited areas

Generalized pruritus

Seldom	0.41 (0.07) ^{***} p = 0.0000	
Monthly	0.84 (0.09) ^{***} p = 0.00	
Weekly	1.00 (0.10) ^{***} p = 0.00	
Daily	1.12 (0.12) ^{***} p = 0.00	
Seldom		0.55 (0.06) ^{***} p = 0.00
Monthly		0.80 (0.12) ^{***} p = 0.00
Weekly		0.70 (0.13) ^{***} p = 0.0000
Daily		1.16 (0.18) ^{***} p = 0.00

**OR; odds ratio, 95% CI; confidence interval, Linear regression analyses, adjusted with the following confounding factors: Smoking, alcohol use, body mass index, physical activity, socioeconomic status and the history of skin disease*