

Table SI. Demographic characteristics according to severity of psoriasis at baseline

	Mild psoriasis <i>n</i> = 116	Moderate-severe psoriasis <i>n</i> = 184	<i>p</i> -value
Sex, male, <i>n</i> (%)	51 (44)	91 (50)	0.354
Age, years, mean ± SD	49 ± 17	50 ± 17	0.478
Education, <i>n</i> (%)			
Primary	48 (42)	82 (46)	
Secondary	26 (23)	54 (30)	
Higher education	35 (35)	43 (24)	0.100
Family history, <i>n</i> (%)			
1 st degree relative	25 (22)	58 (32)	0.060
Any relative (including 1 st degree)	42 (36)	79 (43)	0.247
Smoking, <i>n</i> (%)			
Non-smoker	85 (73)	119 (65)	
Smoker	31 (27)	65 (35)	0.120
Alcohol intake, <i>n</i> (%)			
Non-drinker	46 (40)	87 (47)	
Occasional drinker	46 (40)	57 (31)	
Regular (>=1/day)	24 (20)	40 (22)	0.282
BMI, <i>n</i> (%)			
Normal (<25)	46 (41)	65 (37)	
Overweight (25–30)	42 (38)	71 (40)	
Obese (>30)	23 (21)	40 (23)	0.744
Other cardiovascular comorbidities*, <i>n</i> (%)	31 (27)	45 (24)	0.660
Psychosocial comorbidities**, <i>n</i> (%)	45 (39)	57 (31)	0.164
Psychiatric disorder, <i>n</i> (%)	31 (27)	54 (29)	0.623
Current psychiatric treatment, <i>n</i> (%)	7 (6)	27 (15)	0.022
Psoriasis subtype, <i>n</i> (%)			
Plaques	56 (48)	129 (70)	0.001
Scalp psoriasis	37 (32)	64 (35)	0.606
Palmo-plantar psoriasis	26 (22)	19 (10)	0.004
Small plaque and/or guttata	27 (23)	84 (46)	0.001
Flexural	6 (5)	8 (4)	0.742
Erythroderma	0	3 (2)	0.167
Nail psoriasis (present), <i>n</i> (%)	15 (13)	50 (27)	0.004
Itch VAS, mean ± SD	4.4 ± 0.3	5.5 ± 0.3	0.005
Psoriatic arthritis, <i>n</i> (%)	15 (12)	29 (16)	0.313
Flare-ups/year, <i>n</i> (%)			0.181
1–2	24 (25)	52 (32)	
>2	5 (6)	10 (7)	
Systemic treatment/phototherapy (last year), <i>n</i> (%)	22 (19)	78 (42)	0.001

Moderate to severe psoriasis defined as PASI ≥ 10 or BSA ≥ 10 or DLQI ≥ 10.

*Includes the diagnosis of at least one of the following disorders: diabetes, hyperlipidemia, hypertension, cardiovascular events. **Includes the diagnosis of at least one of these functional syndromes: fibromyalgia, migraine, vertigo-instability, irritable bowel syndrome, fatigue.

PASI: Psoriasis Area Severity Index; BSA: Body Surface Area; DLQI: Dermatology Life Quality Index; SD: standard deviation.