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## **APPENDIX S1. Questionnaire.**

### **Background information**

Q1. Sex

- Female
- Male

Q2. Year of birth  
(1945 – 2005)

Q3. What is your current occupation?

- Nurse
- Auxiliary nurse
- Physician
- Midwife
- Secretary
- Cleaner
- Day-care worker
- Student
- Other, describe

Q4. How many years have you been working in the occupation?

Q5. Where do you work today? (multiple answers possible)

- Emergency room/COVID-19 wards/intermediate wards
- Intensive care unit
- Internal medicine
- Cleaning
- COVID-19 test team
- Day-care
- Emergency primary care room
- Emergency primary care centre
- Other

Q6. On average, how many hours per week do you work in the occupation during the COVID-19 pandemic?  
(1-100)

Q7. Currently, which work tasks do you have? (multiple answers possible)

- Patient treatment
- Wound care

- Clinical examination of patients
- Sampling – blood test
- Sampling – COVID-19 test team
- Laboratory work
- Cleaning
- Other, describe

Q8. Do you work daily with patients with suspected or confirmed COVID-19 infection?

- No
- Yes

### **Eczema and skin allergy**

Q9. Have you ever had eczema or any kind of skin allergy?

- No
- Yes

*If you ever had eczema or any kind of skin allergy (yes):*

Q10. Was this confirmed by a doctor?

- No
- Yes

Q11. Do you have dry skin?

- No
- Yes

Q12. Did you have eczema as a child? (also called atopic dermatitis)

- No
- Yes
- Don't know

Q13. Have you ever had an itchy rash that was coming and going for at least 6 months?

- No
- Yes

*If you ever had an itchy rash that was coming and going for at least 6 months (yes):*

Q14. Have you ever had this itchy rash during the COVID-19 pandemic?

- No
- Yes

Q15. Has this itchy rash affected any of the following places: the folds of the elbows, behind the knees, in front of the ankles, under the buttocks or around the neck, ears or eyes?

- No
- Yes

Q16. Have you had any of the following symptoms on your hands or wrist/forearms during the COVID-19 pandemic? (multiple answers possible)

- No symptoms
- Redness
- Dry skin with scaling/flaking
- Fissures or cracks
- Weeping or crusts
- Tiny water blisters (vesicles)
- Papules
- Rapidly appearing itchy wheals/welts (urticarial)
- Itching
- Burning, prickling or stinging
- Tenderness
- Aching or pain
- Other

Q17. Have you had any of the following symptoms on your hands or wrist/forearms before the COVID-19 pandemic? (multiple answers possible)

- No symptoms
- Redness
- Dry skin with scaling/flaking
- Fissures or cracks
- Weeping or crusts
- Tiny water blisters (vesicles)
- Papules
- Rapidly appearing itchy wheals/welts (urticarial)
- Itching
- Burning, prickling or stinging
- Tenderness
- Aching or pain
- Other

**Eczema**

Q18. Have you ever had hand eczema?

- No
- Yes

*If have you ever had hand eczema (yes):*

Q19. How old were you when you first had hand eczema?  
(0-70)

Q20. Have you ever had eczema on your wrists or forearms (excluding fronts of elbows)?

- No
- Yes

*If have you ever had hand eczema (yes) or have you ever had eczema on your wrists or forearms (excluding fronts of elbows)? (yes)*

Q21. How often have you had eczema on your hands, wrists or forearms?

	Only once and for less than two weeks	Only once but for two weeks or more	More than once	(Nearly) all the time	Not relevant
Hand eczema					
Wrist/forearm eczema					

*If have you ever had hand eczema (yes) or have you ever had eczema on your wrists or forearms (excluding fronts of elbows)? (yes)*

Q22. When did you last have eczema on your hands, wrists or forearms?

	I have it just now	Not just now, but within the past 3 months	Between 3-12 months ago	More than 12 months ago	Not relevant
Hand eczema					
Wrist/forearm eczema					

*If have you ever had hand eczema (yes)*

Q23. Does your eczema improve when you are away from your normal work (for example weekends or longer periods)?

- No
- Yes, sometimes
- Yes, usually
- Don't know

*If have you ever had hand eczema (yes) or have you ever had eczema on your wrists or forearms (excluding fronts of elbows)? (yes)*

Q24. Have you experienced exacerbation of eczema during the COVID-19 pandemic?

	No	Yes	Not relevant
Hand eczema			
Wrist/ Forearm eczema			

*If have you ever had hand eczema (yes):*

Q25. Have you noticed that contact with certain materials, chemicals or anything else **outside your work** makes your eczema worse?

- No
- Yes

*If Have you noticed that contact with certain materials, chemicals or anything else **outside your work** makes your eczema worse (yes):*

Q26. Which material?

Free text.

*If have you ever had hand eczema (yes):*

Q27. Have you noticed that contact with certain materials, chemicals or anything else **in your work** makes your eczema worse?

- No
- Yes

*If have you noticed that contact with certain materials, chemicals or anything else **in your work** makes your eczema worse (yes):*

Q28. Which material?

Free text.

*If have you ever had hand eczema (yes):*

Q29. How do you grade your eczema on a scale from 0-10? (today)

Scale 0-10.

*If have you ever had hand eczema (yes):*

Q30. How do you grade your eczema on a scale from 0-10? (at worst)

Scale 0-10.

*If have you ever had hand eczema (yes):*

Q31. Have you been on sick leave because of your hand eczema during the COVID-19 pandemic?

- No
- Yes

**Other skin disease – hands**

Q32. Do you have any other skin disease on the hands, e.g. psoriasis or urticaria?

- No
- Yes

*If do you have any other skin disease on the hands, e.g. psoriasis or urticaria? (yes):*

Q33. Which skin disease?

Free text.

**Other skin disease – face**

Q34. Have you ever had facial skin symptoms during the COVID-19 pandemic?

- No
- Yes

Q35. Have you ever had facial skin symptoms before the COVID-19 pandemic?

- No
- Yes

*If have you ever had facial skin symptoms during the COVID-19 pandemic? (yes)*

*Or have you ever had facial skin symptoms before the COVID-19 pandemic? (yes)*

Q36. Have you experienced aggravation of facial skin symptoms during the COVID-19 pandemic?

*If have you ever had facial skin symptoms before the COVID-19 pandemic? (yes):*

Q37. What kind of facial skin disease? (multiple answers possible)

- Eczema
- Seborrheic eczema
- Rosacea
- Acne
- Wounds/pressure ulcers
- Other

**Hand wash/hand disinfectants**

Q38. During the COVID-19 pandemic:

How often do you wash your hands at work?

	0-5 times per day	6-10 times per day	11-20 times per day	21-50 times per day	51-100 times per day	More than 100 times per day
With soap and water						
With hand disinfectants						

Q39. Before the COVID-19 pandemic:

How often did you wash your hands at work?

	0-5 times per day	6-10 times per day	11-20 times per day	21-50 times per day	51-100 times per day	More than 100 times per day
With soap and water						
With hand disinfectants						

**Washing/disinfection of surfaces**

Q40. During the COVID-19 pandemic:

How often do you use the following at work?

	Never/seldom	1-3 days/week	Almost daily	1-10 times daily	More than 10 times daily
Disinfectant-spray					
Disinfectant-foam, liquid or wet wipes					
Other detergents-sprays					
Other detergents - foam, liquid or wet wipes					



Q41. Before the COVID-19 pandemic:  
How often did you use the following at work?

	Never/seldom	1-3 days/week	Almost daily	1-10 times daily	More than 10 times daily
Disinfectant-spray					
Disinfectant-foam, liquid or wet wipes					
Other detergents-sprays					
Other detergents - foam, liquid or wet wipes					

**Personal protective equipment**

Q42. How often do you use disposable gloves at work, during the COVID-19 pandemic?

- Never/seldom
- 1-3 days/week
- Almost daily
- 1-10 times daily
- More than 10 times daily

Q43. How often did you use disposable gloves at work, before the COVID-19 pandemic?

- Never/seldom
- 1-3 days/week
- Almost daily
- 1-10 times daily
- More than 10 times daily

Q44. How often do you use masks or respirators at work, during the COVID-19 pandemic?

- Never/seldom
- 1-3 days/week
- Almost daily
- 1-10 times daily
- More than 10 times daily

Q45. How often did you use masks or respirators at work, before the COVID-19 pandemic?

- Never/seldom
- 1-3 days/week
- Almost daily
- 1-10 times daily
- More than 10 times daily

Q46. On average, for how long time in total do you use protective gown during daily work?

- More than 5 hours
- 3-4 hours
- 1-2 hours
- Less than one hour
- Less than 30 minutes
- I do not use protective gown

Q47. On average, for how long time in total do you use eye protection (face shield/protective glasses) during daily work?

- More than 5 hours
- 3-4 hours
- 1-2 hours
- Less than one hour
- Less than 30 minutes
- I do not use eye protection

### **Moisturizers**

Q48. How often do you use moisturizers during the COVID-19 pandemic?

- More than one time daily
- 4-7 days per week
- 1-3 days per week
- Less than one day per week
- Never

Q49. How often did you use moisturizers before the COVID-19 pandemic?

- More than one time daily
- 4-7 days per week
- 1-3 days per week
- Less than one day per week
- Never

**Other**

Q50. Do you have any nasal allergies including hay fever?

- No
- Yes

Q51. Do you have or have you ever had asthma?

- No
- Yes

Many will be able to experience stress in various contexts during the COVID-19 pandemic. For some, the stressful situation may affect hand hygiene procedures and possibly trigger actions that are constantly repeated.

Q52. How much have the following experiences distressed or bothered you before the COVID-19 pandemic?

	Not at all	A little	Moderately	A lot	Extremely
I washed my hands more often or longer than necessary					
I washed my hands and used hand disinfectants afterwards, even though it was not recommended					
Sometimes I had to wash or clean myself simply because I felt contaminated					

Q53. Have you ever had COVID-19?

- No
- Yes
- I don't know

Q54. How frequently do you exercise? (Give an average)

- Never
- Less than once a week
- Once a week
- 2-3 times a week
- Approximately every day

*If you do such exercise as frequently as one or more times a week:*

Q55. How hard do you push yourself?

- I take it easy without breaking into a sweat or losing my breath
- I push myself so hard that I lose my breath and break into a sweat
- I push myself to near-exhaustion

Q56. Do you smoke? (this applies even if you only smoke the odd cigarette/e-cigarette/cigar or pipe every week)

- No
- Yes

Q57. How tall are you? (cm)

(140 – 210)

Q58. How much do you weigh? (kg)

(40 – 200)