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APPENDIX S1

Adapted version of the Feelings of Stigmatization Questionnaire (FSQ), from Ginsburg and Link, 1989 (24)

Factor I: Anticipation of rejection

1. When my psoriasis/atopic dermatitis improves after intensive treatment, I feel much better about myself.
2. I feel physically unattractive and sexually undesirable when the psoriasis/atopic dermatitis is bad.
3. People with psoriasis/atopic dermatitis often think of themselves as being "clean" when their psoriasis improves greatly.
4. If I thought an employer might discriminate against someone because of psoriasis/atopic dermatitis, I would not apply for the job.
5. I would not apply or get training for a job that involved dealing with the public because of my psoriasis/atopic dermatitis.
6. I sometimes avoid social situations because of my psoriasis/atopic dermatitis.
7. When the psoriasis/atopic dermatitis is severe, I am too ashamed to engage in sexual activity.
8. An employer who knows a person has a history of psoriasis/atopic dermatitis will probably pass over the application and give the job to someone else.

Factor II: Feelings of being flawed

9. There are times when I feel dirty, as though there is something deeply the matter with me, beyond the fact of my psoriasis/atopic dermatitis.
10. Many people assume that having psoriasis/atopic dermatitis is a sign of personal weakness.
11. I often think that others think that psoriasis/atopic dermatitis patients are dirty.
12. I sometimes think family members feel that I am weaker than they are because I have psoriasis/atopic dermatitis and they do not.
13. When people learn that you have psoriasis/atopic dermatitis, they begin to search for flaws in your personality.
14. Having to use many creams and medications on the skin keeps the psoriasis/atopic dermatitis patient preoccupied with feeling unclean.

Factor III: Sensitivity to the opinions of others

15. Some people act as though my having psoriasis/atopic dermatitis were my fault somehow.

16. Most people believe that a person with psoriasis/atopic dermatitis is just as emotionally stable as the average person.*
17. People avoid me and shy away for fear that the skin rash is contagious.
18. I have been hurt by what other people say to me because I have psoriasis/atopic dermatitis.
19. Sometimes I feel like an outcast because of my psoriasis/atopic dermatitis.

Factor IV: Guilt and shame

20. I never feel embarrassed or ashamed because of my psoriasis/atopic dermatitis.*
21. Having psoriasis/atopic dermatitis makes me feel different from other people.
22. If my child were to develop psoriasis/atopic dermatitis, I would not feel guilty.*
23. I rarely feel the need to hide the fact that I have psoriasis/atopic dermatitis.*
24. I do not mind when a family member gives me a vacuum cleaner to clean up the scales that fall from my psoriatic/atopic skin.*

Factor V: Positive attitudes

25. If my child developed psoriasis/atopic dermatitis, I feel he or she could have as good a life as he or she didn't have it.*
26. Psoriasis/Atopic dermatitis patients are treated like lepers.
27. If my child were to have psoriasis/atopic dermatitis, I think he or she could develop his or her potential just as though he or she did not have it.*
28. The people closest and most important to me do not seem to notice that I have psoriasis/atopic dermatitis.*

Factor VI: Secretiveness

29. I do my best to keep family members I do not live with from knowing that I have psoriasis/atopic dermatitis.
30. If someone were to notice a psoriasis/atopic dermatitis plaque and ask what it was, I do not say that it is psoriasis/atopic dermatitis.
31. If I were to make a new friend, I would tell him or her all about my psoriasis/atopic dermatitis.*
32. I have told people close to me to keep the fact of my psoriasis/atopic dermatitis a secret.
33. People do not want to be my friend when they learn I have psoriasis/atopic dermatitis.

Explanations:

FSQ total: range 0 to 165; factors I to VI: mean range 0 (“strongly disagree”) to 5 (“strongly agree”)

*reversed questions