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Table SI. Explorative analysis of disease activity, self-control, quality of life, and sleep quality

Questionnaire*	Median (IQR)	
	T0	T1
IGA stage	3.00 (1.00)	2.00 (1.00)
IGA activity	3.00 (2.00)	2.00 (4.00)
ZCCL 'Positive reward'	19.00 (10.75)	10.00 (9.00)
ZCCL 'Difficulty resisting'	17.00 (5.25)	8.00 (11.00)
Skindex-17 Psychosocial	14.00 (9.75)	9.50 (19.25)
Skindex-17 Symptoms	6.50 (4.00)	4.50 (5.50)
EQ-5D-5L index	0.86 (0.89)	0.73 (1.08)
EQ-5D-5L VAS	65.00 (48.00)	80.00 (43.00)
Global PSQI score	12.50 (1.75)	11.50 (7.00)

\* cut-off scores:

IGA stage: range from 0 (clear; no nodules) to 4 (severe; > 100 nodules)

IGA activity: range from 0 (clear; no excoriation or crusts) to 4 (severe; 76–100% of all lesions have excoriation or crusts)

ZCCL 'Positive reward': range from 6 to 30, with a lower score indicating more self-control

ZCCL 'Difficulty resisting': range from 5 to 2, with a lower score indicating more self-control

Skindex-17 Psychosocial: 0-4 (little impairment); 5-9 (moderate impairment); 10-24 (high impairment)

Skindex-17 Symptoms: 0-4 (few); 5-10 (a lot)

EQ-5D-5L index: range from 0 to 1, with a higher score indicating better quality of life

EQ-5D-5L VAS: range from 0 to 100, with a higher score indicating better quality of life

Global PSQI score: range from 0 to 21, with a lower score indicating better sleep quality