

Achievement and maintenance of remission with upadacitinib in patients with moderate-to-severe rheumatoid arthritis in Italy: 1-year data from UPHOLD, a prospective real-world observational study

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Supplementary Table 1. Statements of the DASS-21 questionnaire.

#	Subscale	Statement
1	Stress	I found it hard to wind down
2	Anxiety	I was aware of dryness of my mouth
3	Depression	I couldn't seem to experience any positive feeling at all
4	Anxiety	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)
5	Depression	I found it difficult to work up the initiative to do things
6	Stress	I tended to over-react to situations
7	Anxiety	I experienced trembling (e.g. in the hands)
8	Stress	I felt that I was using a lot of nervous energy
9	Anxiety	I was worried about situations in which I might panic and make a fool of myself
10	Depression	I felt that I had nothing to look forward to
11	Stress	I found myself getting agitated
12	Stress	I found it difficult to relax
13	Depression	I felt down-hearted and blue
14	Stress	I was intolerant of anything that kept me from getting on with what I was doing
15	Anxiety	I felt I was close to panic
16	Depression	I was unable to become enthusiastic about anything
17	Depression	I felt I wasn't worth much as a person
18	Stress	I felt that I was rather touchy
19	Anxiety	I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)
20	Anxiety	I felt scared without any good reason
21	Depression	I felt that life was meaningless

Each statement should be graded with the following rating scale: 0 - Did not apply to me at all; 1 - Applied to me to some degree, or some of the time; 2 - Applied to me to a considerable degree or a good part of time; 3 - Applied to me very much or most of the time. (Lovibond and Lovibond 2015)

Supplementary Table 2. Recommended cut-off scores for conventional severity labels of the DASS-21 questionnaire.

	Depression	Anxiety	Stress
Normal	0-4	0-3	0-7
Mild	5-6	4-5	8-9
Moderate	7-10	6-7	10-12
Severe	11-13	8-9	13-16
Extremely severe	14+	10+	17+

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress. Each of the three DASS-21 scales contains 7 items, divided into subscales with similar content. The depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. The anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The stress scale is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. Scores for depression, anxiety and stress are calculated by summing the scores for the relevant items. NB: Scores on the DASS-21 will need to be multiplied by 2 to calculate the final score. (Lovibond and Lovibond 2015)

Supplementary Table 3. Dermatology Life Quality Index (DLQI) questionnaire items.

ITEM #	Question
Item 1	Over the last week, how itchy, sore, painful or stinging has your skin been?
Item 2	Over the last week, how embarrassed or self-conscious have you been because of your skin?
Item 3	Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?
Item 4	Over the last week, how much has your skin influenced the clothes you wear?
Item 5	Over the last week, how much has your skin affected any social or leisure activities?
Item 6	Over the last week, how much has your skin made it difficult for you to do any sport?
Item 7a	Over the last week, has your skin prevented you from working or studying?
Item 7b	If 'No', over the last week how much has your skin been a problem at work or studying?
Item 8	Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives?
Item 9	Over the last week, how much has your skin caused any sexual difficulties?
Item 10	Over the last week, how much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time?

The available answers are: “Not relevant” (0), “Not at all” (0), “A little” (1), “A lot” (2), “Very much” (3). (Finlay and Khan 1994)

Supplementary Table 4. ESS questionnaire items.

ITEM #	Question	Available answers
Item C1	Taking all things together, how happy would you say you are?	From 0 (extremely unhappy) to 10 (extremely happy)
Item C2	How often do you meet socially with friends, relatives or work colleagues?	Never Less than once a month Once a month Several times a month Once a week Several times a week Every day

(European Social Survey London: ESS ERIC Headquarters c/o City, University of London 2022:11)

Supplementary Table 5. WHO-5 questionnaire items

ITEM #	Question
Item 1	I have felt cheerful and in good spirits
Item 2	I have felt calm and relaxed
Item 3	I have felt active and vigorous
Item 4	I woke up feeling fresh and rested
Item 5	My daily life has been filled with things that interest me

The available answers are: “At no time” (0), “Some of the time” (1), “Less than half of the time” (2), “More than half of the time” (3), “Most of the time” (4), “All the time” (5). (Psychiatric Research Unit WHO Collaborating Centre in Mental Health 1998; Topp et al. 2015)

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