

Appendix: The used 12-item questionnaire including the standardised written information:

Survey on the worries concerning the use
of topical corticosteroids (steroid containing creams/ointments)

- Thank you very much for taking your time to answer this questionnaire.
- Please read the questions carefully and mark the answer(s) most applicable
- Please make sure, that you answer the last question (nr. 11) after the doctor's appointment
- Please return the questionnaire to the responsible person in the waiting room before you leave

I am the patient <input type="checkbox"/>
My child is the patient <input type="checkbox"/>
child's age : ____ child's sex: female <input type="checkbox"/> male <input type="checkbox"/>
My age: ____
My sex: female <input type="checkbox"/> male <input type="checkbox"/>

1. Have you ever been prescribed a steroid containing cream/ointment?

<input type="checkbox"/> Yes, for myself
<input type="checkbox"/> Yes, for my child
<input type="checkbox"/> No

2. Do you have any worries, concerns or fears to apply a steroid containing cream/ointment?
More than one answer possible

<input type="checkbox"/> Yes, I am concerned about my health when using topical corticosteroids
<input type="checkbox"/> Yes, I am concerned about my child's health when using topical corticosteroids
<input type="checkbox"/> No. If this answer is applicable you can skip questions nr. 3-7 and answer nr. 8-10 only

3. Have you ever not applied a prescribed topical corticosteroid due to your worries?

<input type="checkbox"/> Yes

☐ No

4. Which are your worries? More than one answer possible

- ☐ Thinning of the skin
- ☐ Effect on the whole body
- ☐ Impairment of immune system
- ☐ Cortisone dependency
- ☐ Worsening of skin problem
- ☐ others such as _____

5. Where do your worries come from? More than one answer possible

- ☐ I have made bad experience with that treatment
- ☐ Relatives/friends of mine have made bad experience with that treatment
- ☐ I have read about this topic on the internet
- ☐ Other media draw my attention to dangers resulting from topical corticosteroids

6. How strong are your worries? (Please mark the applicable nr. with a cross. 0= no worries, 10= extreme fear)

0 1 2 3 4 5 6 7 8 9 10

Please read the following information on the use of topical corticosteroids thoroughly

This treatment has been used worldwide for approx. 50 years. Hence, its advantages and disadvantages are very well known.

Possible side effects might be thinning of the skin with translucent vessels, locally increased growth of hair, skin bruises or acne-like skin changes. Very rarely, side effects affecting not only the skin such as worsening of diabetes, osteoporosis, high blood pressure or reduced own production of cortisone might occur.

The above-mentioned side effects occur in case of inappropriate use of topical corticosteroids during weeks or months. If used as prescribed they hardly ever occur. Therefore the benefits outweigh the risks of the treatment with topical corticosteroids.

Topical corticosteroids are classified by their potency. The doctor will determine the appropriate potency of the steroid containing cream/ointment according to your individual skin problem. Thus, side effects can be avoided or at least considerably reduced. Early signs of side effects would attract the doctor's attention in the medical follow-up, so that the treatment would be discontinued timely.

7. How strong are your worries now after reading the information?

0 1 2 3 4 5 6 7 8 9 10

8. Do you also use complementary alternative medicine?

- ☐ Yes. Which kind? _____
- ☐ Because of my skin problems
- ☐ Because of other health problems
- ☐ No

9. What is your level of education?

- ☐ Primary school
- ☐ Vocational- /professional- or trade school
- ☐ University

10. Do you work as a health care professional?

- ☐ Yes, as _____
- ☐ No

If you have a little more time prior to the doctor's visit, we would like to ask you some additional questions concerning question nr. 4,

Please indicate that you are finished with the questionnaire by laying the green piece of paper on your lap.

Please read also the note preceding question nr. 11

If any sorrows, concerns or fears concerning topical corticosteroids remain, please address them during the doctor's appointment. The doctor will respond to them.

Please answer the last question (nr.11) only after the doctor's appointment.

11. How strong are your worries now, after the doctor's appointment?

0 1 2 3 4 5 6 7 8 9 10

- ☐ This question is not applicable to me, as the doctor did not prescribe any topical corticosteroid

12. Feel free to add a comment on that questionnaire here:

Thank you very much for your participation!