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| --- |
| **Table S1.** Questions common to both the Food Allergy Quality of Life (FAQLQ) - Adult Form and FAQLQ - Teen Form\*  |
|  |  |  |  |  |  |  |  |
| **Domain 1. Allergen avoidance and dietary restrictions** |   |   |
| *How troublesome do you find it, because of your food allergy, that you :* |  |
| Must always be alert to what you are eating? |  |  |  |
| Are able to eat fewer products? |  |  |  |  |
| Are limited to the products that you can buy? |  |  |  |
| Must read labels? |  |  |  |  |  |  |
| Are less able to spontaneously accept an invitation to stay for a meal? |  |
| Are less able to taste or try various products when eating out? |  |
| Must always check yourself whether you can eat something when eating out? |
| Hesitate eating a product when you have doubts about it? |  |  |
|  |  |  |  |  |  |  |  |
| **Domain 2. Emotional Impact** |  |  |  |  |  |
| How discouraged do you feel during an allergic reaction? |  |  |
| *How troublesome do you find it, because of your food allergy, that you :* |  |
| Have the feeling that you have less control of what you eat when eating out? |
| *How frightened are you because of your food allergy:* |  |  |
| Of an allergic reaction? |  |  |  |  |  |
| Of accidentally eating something wrong? |  |  |  |
|  |  |  |  |  |  |  |  |
| **Domain 3. Risk of Accidental Exposure**  |  |  |  |  |
| *How troublesome is it, because of your food allergy:* |  |  |  |
| That the ingredients of a food change? |  |  |  |  |
| That the label states, "May contain (traces of)…? |   |   |   |
|  |  |  |  |  |  |  |  |
| HRQL is on a scale from 1-7, where 1=best possible HRQL, and 7= worst possible HRQL |

**Table S2.** Descriptions of food allergy-specific health-related quality of life (HRQL), overall and by domains, as ascertained by food allergy-specific questionnaires

|  |  |
| --- | --- |
| **HRQL Element** | **Description** |
| Overall HRQL | Mean score of all three HRQL domains (AADR, EI, RAE) |
| AADR | Perceived trouble, due to food allergy, determining which foods can be safely consumed and how social situations can be managed |
| EI | Discouragement, disappointment, lack of control and fear, due to food allergy |
| RAE | Perceived trouble, due to food allergy, explaining food allergy to others, not being able to eat what others eat in social situations and that labelling may change/indicates 'may contain (traces of)' |

HRQL: Health-related Quality of Life; AADR: Allergen Avoidance and Dietary Restrictions; EI: Emotional Impact; RAE: Risk of Accidental Exposure

**Table S3.** Self-reported symptoms, classified by system and severity

|  |  |  |
| --- | --- | --- |
| Symptoms | System | Severity |
| Itchy mouth, tongue, lips | Oral | Less severe |
| Swollen tongue, lips |
| Runny or blocked nose | Rhinoconjuctivitis |
| Itchy or watery eyes |
| Itchy skin, rash | Skin |
| Oedema, hives |
| Nausea, vomiting | Gastrointestinal |
| Cramping, diarrhoea |
| Swollen throat, difficulty swallowing | Respiratory | More severe |
| Hoarseness, wheeze |
| Shortness of breath |
| Tachycardia | Cardiovascular/neurological |
| Loss of vision |
| Unable to stand |
| Lightheadedness |