

*Multimedia Appendix 1: Scale Construction - Intensity of Online Support Group Participation*

The next questions refer to how frequently and intense you participate on the online forum.

If you think about the last four weeks...

**Frequency of visits**

How often did you visit the online forum?

- Less than once a month
- Approximately once a month
- Multiple times per month
- Approximately once a week
- Multiple times per week
- Approximately once a day
- Multiple times per day

**Average length of visits**

What was the average length per visit?

- Less than 10 minutes
- 10 to 30 minutes
- 30 minutes to one hour
- More than one hour

**Forum contribution**

Did you contribute to the online forum?

- I only read posts from others
- I reacted on (a) post(s) of someone else
- I started a new topic or asked a question
- I both started a new topic/asked a question AND I reacted on (a) post(s) of another

**Frequency of posts**

How many messages\* did you post?

(\*initial posts and reactions to questions or stories from others)

- None
- One per week or less
- Multiple posts per week, but not every day
- Every day one post or more