# Supplementary Online Content

Phan C, Touvier M, Kesse-Guyot E, et al. Association Between Mediterranean Anti-inflammatory Dietary Profile and Severity of Psoriasis: Results From the NutriNet-Santé Cohort. *JAMA Dermatol*. Published online July 25, 2018. doi:10.1001/jamadermatol.2018.2127

**eTable 1.** Self-questionnaire on psoriasis
**eTable 2.** Comparison of responders (n=35,735) with non-responders (n=146,321)
**eTable 3.** Multivariate analyses in the incident population

This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable 1. Self-questionnaire on psoriasis**

| Q1 | Do you have psoriasis? |
|----|----|
| Q2 | When did psoriasis first appear? |
| Q3 | This psoriasis has been diagnosed by: a dermatologist, a (non dermatologist) doctor, a paramedic, yourself. |
| Q4 | Have you ever consulted a physician for psoriasis? |
| Q5 | Have you ever been hospitalized for psoriasis? |
| Q6 | If you have been hospitalized for psoriasis, in which year(s) was that? |
| Q7 | Have you ever been treated with psoriasis medications (tablets, injections, creams, etc.)? |
| Q8 | Is your psoriasis still active? |
| Q9 | When did your psoriasis disappear? |
| Q10 | Overall, how severity is or was your psoriasis? (Possible answers: severe or non-severe) |
| Q11 | What impact has psoriasis had on your daily life? (Possible answers: severe or non-severe) |

**eTable 2. Comparison of responders (n=35,735) with non-responders (n=146,321)**

| Psoriasis questionnaire | Responders (n=35,735) | Non-responders (n=146,321) |
|---|---|---|
| **Sociodemographic variables** | | |
| Age, mean (SD) | 47.5 (14.3) | **42.4 (14.7)** |
| Female (%) | 27,220 (76.2) | 96,657 (77.8) |
| BMI<25 (%) | 24,864 (69.7) | 93,816 (67.8) |
| 25≤BMI≤30 (%) | 7,835 (21.9) | 29,862 (21.2) |
| BMI>30 (%) | 2,985 (8.4) | 14,720 (10.6) |
| High physical activity (%) | 10,999 (34.8) | 35,592 (33) |
| Moderate physical activity (%) | 13,642 (43.2) | 45,203 (41.9) |
| Low physical activity (%) | 6,934 (21.9) | 26,997 (25) |
| Never smokers (%) | 18,222 (51) | 69,446 (48) |
| Former smokers (%) | 12,914 (36.1) | 46,564 (32.2) |
| Current smokers (%) | 4,593 (12.8) | **28,535 (19.7)** |
| Primary education (%) | 942 (2.8) | 5,318 (3.9) |
| Secondary education (%) | 5,657 (17) | 24,627 (17.7) |
| Higher education (%) | 26,616 (80.1) | 107,146 (78.3) |
| **Medical history** | | |
| Cardiovascular disease (%) | 790 (2) | 2,394 (1.9) |
| Arterial hypertension (%) | 4,058 (11.4) | 11,305 (9.1) |
| Diabetes (%) | 839 (2.3) | 2,927 (2.3) |
| Hypertriglyceridemia (%) | 620 (1.7) | 1,854 (1.5) |
| CES-D (depression score), mean (SD)* | 10.3 (8.7) | 10.1 (8.6) |

* Depression is defined as a Center for Epidemiologic Studies Depression Scale (CES-D) score ≥16

**eTable 3. Multivariate analyses in the incident population**

| Model* | Severity of psoriasis *** | Tertile 1 | Tertile 2 | Tertile 3 | P trend | Continuous | P linear |
|---|---|---|---|---|---|---|---|
| MEDI-LITE score cut-off | | 0-7 | 8-9 | 10-18 | | | |
| | | n=11093 OR** [95%CI] | n=10082 OR** [95%CI] | n=9707 OR** [95%CI] | | OR** [95%CI] | |
| Model 1 (n=30,882) | non-severe | 1 (ref) | 1.02 (0.73-1.43) | 1.02 (0.73-1.45) | 0.8051 | 1.01 (0.95-1.07) | 0.8358 |
| | severe | 1 (ref) | 0.72 (0.38-1.36) | 0.69 (0.36-1.33) | | 0.97 (0.86-1.09) | |
| Model 2 (n=25,401) | non-severe | 1 (ref) | 1.06 (0.72-1.56) | 1.13(0.76-1.68) | 0.7034 | 1.03 (0.96-1.11) | 0.7112 |
| | severe | 1 (ref) | 0.65 (0.32-1.33) | 0.99 (0.98-1.00) | | 0.98 (0.86-1.13) | |
| Model 3 (n=25,401) | non-severe | 1 (ref) | 1.07 (0.73-1.56) | 1.15 (0.78-1.72) | 0.7105 | 1.03 (0.96-1.11) | 0.6765 |
| | severe | 1 (ref) | 0.66 (0.32-1.35) | 0.69 (0.32-1.47) | | 0.99 (0.87-1.13) | |
| Model 4 (n=21,180) | non-severe | 1 (ref) | 1.21 (0.74-1.97) | 0.96 (0.55-1.66) | 0.8597 | 0.97 (0.89-1.07) | 0.8685 |
| | severe | 1 (ref) | 0.75 (0.31-1.85) | 0.87 (0.35-2.21) | | 1.01 (0.85-1.19) | |

* Model 1: adjusted for age and gender.
Model 2: adjusted for age, gender, BMI, smoking status, physical activity, and educational level.
Model 3: adjusted for age, gender, BMI, smoking status, physical activity, educational level, cardiovascular disease, diabetes, hypertension, and hypertriglyceridemia.
Model 4: adjusted for age, gender, BMI, smoking status, physical activity, educational level, cardiovascular disease, diabetes, hypertension, hypertriglyceridemia and depressive symptoms.
**Odds ratios [95% confidence intervals] were estimated using multinomial logistic regression and adjusted for matching variables.
Tertile 1 was the reference category.
***Reference is free-psoriasis group