

Supplementary file 2. Example of analysis in Malterud's four stages of systematic Text Condensation

1. From chaos to themes (total impression)

Five initial themes and examples of subgroups

- The meaning of the language
- Permeating body, thoughts, behavior and feelings
- Constantly unpredictable fight
- To be sick
- Overwhelming life situation

Subgroups according to the theme 'Intimidating life situation'

- Everyday challenges
- Thoughts about one's self and others
- Limitations to social relationships, leisure time and jobs

2. Identifying and sorting meaning units - from themes to codes

Examples of text-bites/coding in the sub-group "Everyday challenges" from the initial theme "Intimidating life situation"

- Everyday tasks can be a trigger to fatigue (4)
- Functional impairment due to RA means that activities are harder and take longer (4)
- Everything takes time when you must rest and take breaks (5)
- Reduced possibilities to be spontaneous because it takes time mentally to adjust to new plans (3)
- Fatigue is experienced as frustrating in everyday life, because of the difficulty of managing work, social life and leisure time as wanted (3)
- Fatigue results in the largest limitation on everyday tasks due to its unpredictable nature and the need for unexpected rests during the day (20)
- Fatigue creates imbalance in everyday life and leads to increases in sedentary behavior, sleep and being alone (20)

3. Condensation - from code to meaning

Example of the condensation from the sub-group "Everyday challenges" withdraw as new abstract meaning, written as artificial text:

Fatigue has consequences for daily life, creating the greatest challenge in everyday tasks because of its unpredictable nature and the unexpected need for rest during the day. It is frustrating not to be able to manage a job, housekeeping, social life and leisure activities, as you want to. Fatigue limits and causes an imbalance in everyday life, because of an increased need for sedentary behavior, sleep and being alone. Too many daily and housekeeping tasks trigger fatigue and there is a need to conserve one's energy. Fatigue takes time and causes imbalance. Possibilities to be spontaneous are reduced, because mentally it takes time to adjust plans, to rest and to take breaks. Other RA symptoms worsen fatigue, and makes everyday activities harder and take longer.

4. Synthesizing - from condensation to descriptions and concepts

Example on recontextualization illustrated by a "golden quote", to concretize new findings, from where the interpretive themes were prepared => **Time as a challenge.**

Days are limited to minimal physical activity because patients have an increasing need for rest, sedentary behavior, sleep and to be alone. Fatigue is experienced as the largest limitation in everyday life, because of the unpredictable nature and the demand for unexpected need to rest, which is impossible to resist. Everything takes longer and creates imbalance in everyday life and it does not feel satisfying to use the time to rest and to take breaks, and not be able to manage a job, housekeeping, social life and leisure, as you want.