

Supplementary material: English translation of the full survey about the use of social media by patients with food allergy.

Date of inclusion:

Birth date of the patient:

Sex:

Birth date of the guardian:

Sex:

1.- Patient's food allergies:

Mark as many options as apply.

- Milk
- Egg
- Peanuts and tree nuts
- Fish
- Legumes
- Other:

2.- Time since food allergy diagnosis:

- Less than 1 year.
- 1-5 years.
- More than 5 years.

3.- Have you ever had food allergy-triggered anaphylaxis?

Anaphylaxis is a severe allergic reaction with involvement of at least two of the following: skin, respiratory system, digestive, neurologic, loss of consciousness, hypotension.

- Yes
- No

4.- Do you have an epinephrine auto-injector?

- Yes
- No

5.- Have you suffered a food allergy-triggered allergic reaction within the last year?

- Yes
- No

6.- Have you had food allergy-triggered anaphylaxis within the last year?

- Yes
- No

7.- Did you receive epinephrine within the last year?

- Yes
- No

8.- How was the epinephrine delivered?

- My own auto-injector
- Administered by a healthcare professional
- Other:

9.- Are you a member of a patient association?

- Yes
- No

10.- Please, rate the knowledge of food allergy among the general population:

No knowledge 0 1 2 3 4 5 6 7 8 9 Highest knowledge

11.- Please, rate your knowledge of food allergy:

No knowledge 0 1 2 3 4 5 6 7 8 9 10 Highest knowledge

12.- Which of the following do you use?

Mark as many options as apply.

- Personal computer
- Smartphone
- Tablet (*iPad* or similar)

13.- Where do you have an Internet connection?

Mark as many options as apply.

- Home
- Mobile phone
- Work

14.- Do you use social media?

- Yes
- No

15.- How often do you use social media?

- Every day
- At least once a week
- Less frequently

16.- What social media networks do you use for any reason?

Mark as many options as apply.

- Facebook
- Twitter
- YouTube
- Instagram
- None
- Other:

17.- What social media networks do you use for food allergy-related purposes?

Mark as many options as apply.

- Facebook
- Twitter
- YouTube
- Instagram
- None
- Other:

18.- What do you use social media for, in relation with food allergy?

Mark as many options as apply.

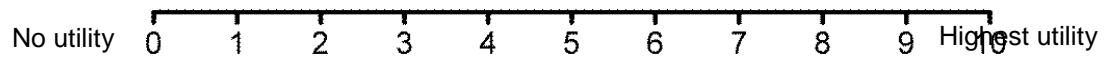
- To obtain supplementary medical information, after visiting my allergist.
- Look up information about new treatments.
- To receive information about food security items.
- Socializing with other patients
- Other:

19.- What kind of accounts do you follow in social media?

Mark as many options as apply.

- Scientific societies
- Healthcare professionals
- Patient associations
- Pharmaceutic companies
- Alternative therapies

20.- In your opinion, how useful are social networks as a source of information about food allergy?



21.- Which is your opinión on the following therapies?

Please, consider 1 is the most negative opinion and 5 the most positive opinion. Mark with an X.

| | Unknown | 1 | 2 | 3 | 4 | 5 |
|--|---------|---|---|---|---|---|
| Allegen immunotherapy (allergy vaccines) | | | | | | |
| Homeopathy | | | | | | |
| Oral immunotherapy with food (desensitization) | | | | | | |
| Reiki | | | | | | |
| Inhaled corticosteroids | | | | | | |
| Bach flower remedies | | | | | | |
| Accupuncture | | | | | | |
| Epinephrine | | | | | | |
| Osteopathy | | | | | | |
| Naturopathy | | | | | | |

22.- Do you use any mobile application (*app*) for your food allergy?

- Yes
- No

23.- If you use any mobile application for your food allergy, can you specify its name?

24.- Do you use instant messaging (e.g. *WhatsApp*) for food allergy-related purposes?

- Yes
- No

Thank you!