

Supplementary Table 2: Illustrative quotes on lifestyle adjustments.

- a. "I don't restrict her too much; for instance, if we attend a birthday party where there is face-painting, I don't allow her to participate because I'm uncertain about how that paint could affect my daughter's face." (Female caregiver of 5-year-old patient, Spain)
- b. "I try not to forbid him a lot of things, but there are times when it's unavoidable, like spending too much time on the beach playing in the sand." (Female caregiver of 2-year-old patient, Spain)
- c. "It's very difficult to remind and push my son to stick to one lifestyle, away from particular food options and football." (Female caregiver of 6-year-old patient, Saudi Arabia)
- d. "I am very controlling with clothes, food, etc., but I don't stress about the condition, as long as I control the condition, I am relaxed." (Female caregiver of 9-year-old patient, Portugal)
- e. "I feel a little bit uncomfortable when the weather outside gets warmer and I can't go outside when everyone around me is already out. Such that during the weekdays in summertime, everyone goes outside during lunch break while I stay inside, fearing that my symptoms will show up uncontrollably." (17-year-old patient, Portugal)
- f. "Weather, food and other factors can easily affect the child and cause allergies. That is why we limit the child's outings if it is windy, or the air quality is bad." (Male caregiver of 8-year-old patient, China)
- g. "We have given up family travel plans for the child because he/she is more easily affected by the outdoor environment." (Male caregiver of 8-year-old patient, China)

- h. "I am very careful when choosing what clothes to wear. It should not make her feel too hot or too dry. It should have good air permeability so that her condition would not relapse. As for diet, allergic substances should be avoided, including eggs. Once mild symptoms start to show up, body lotion should be used frequently in a large amount to solve the problem as soon as possible." (Female caregiver of 7-year-old patient, China)

- i. "I get worried about the progress of the disease and how the symptoms might affect our life and my son's life later on in life. Sometimes at night we don't sleep because of his inability to sleep, so we stay up till he sleeps. We try our best to maintain a healthy lifestyle, like staying away from sugar and fast food and follow the doctor's instructions. For instance, we always cover the car with sunshades so that it won't affect my son's skin." (Female caregiver of 3-year-old son, Saudi Arabia)