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

Date of inclusion:

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<th>Birth date of the patient:</th>
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<td>Birth date of the guardian:</td>
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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.

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<th>Therapy</th>
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<td>Allegen immunotherapy (allergy vaccines)</td>
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<td>Homeopathy</td>
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<td>Oral immunotherapy with food (desensitization)</td>
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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!