

**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      10      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.

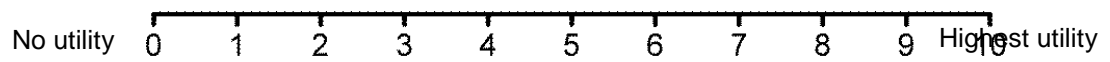
- ☐ To obtain supplementary medical information, after visiting my allergist.
- ☐ Look up information about new treatments.
- ☐ To receive information about food security items.
- ☐ Socializing with other patients
- ☐ Other:

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

Mark as many options as apply.

- ☐ Scientific societies
- ☐ Healthcare professionals
- ☐ Patient associations
- ☐ Pharmaceutical 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!**