

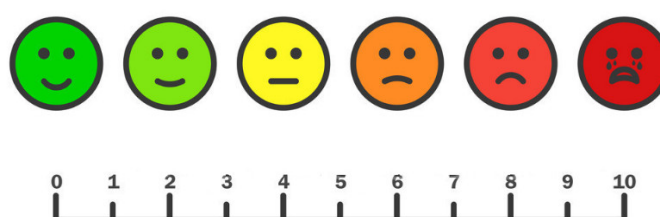
**Figure S1.** Subjective psychophysical experiences in the course of chronic disease

**I. Subjective pain**

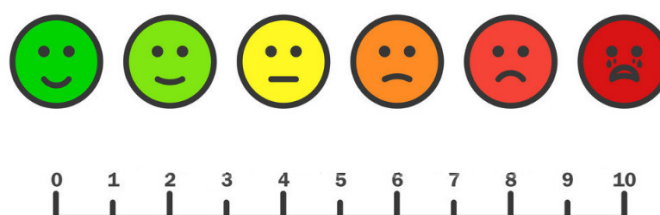
1. Using the 10-point scale below, indicate the intensity of your pain at diagnosis:



2. Using the 10-point scale below, indicate the intensity of pain you experienced during the time of the most intense symptoms.

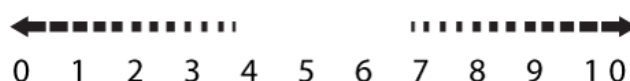


3. Using the 10-point scale below indicate the intensity of your current pain.

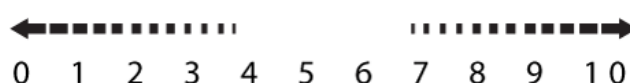


**II. Subjective anxiety**

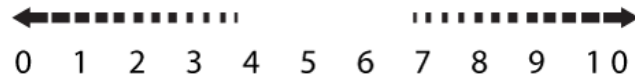
1. On a 10-point scale, rate your level of anxiety related to the disease and treatment that you felt at the time of diagnosis (0, no anxiety, 10, maximum anxiety).



2. On a 10-point scale, indicate the level of your anxiety related to illness and treatment in the period of the highest intensity of disease symptoms (0, no anxiety, 10, maximum anxiety).



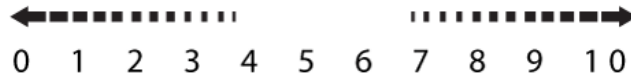
3. On a 10-point scale, indicate the level of anxiety you feel about the disease and the treatment you are currently experiencing (0, no anxiety, 10, maximum anxiety).



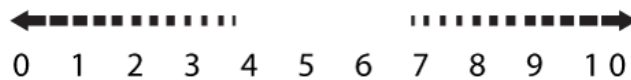
### III. Limitations in social activity (social contacts, school/preschool)

1.

a) Indicate the extent to which the first symptoms (diagnosis period) of the disease limited your contacts with friends (0, had no effect, 10, had the maximum impact).

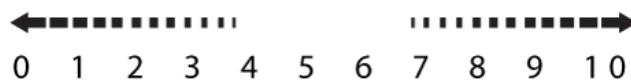


b) Indicate the extent to which the first symptoms (diagnosis period) of the disease limited your participation in school/preschool activities (0, had no effect, 10, had the maximum impact).

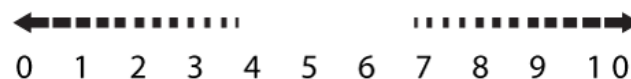


2.

a) Indicate to what extent the highest intensity of disease symptoms limited your contacts with friends (0, had no effect, 10, had the maximum impact).

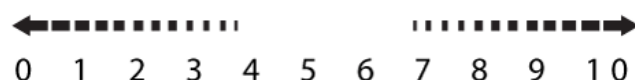


b) Indicate the extent to which the greatest intensity of disease symptoms limited your participation in school/preschool activities (0, had no effect, 10, had the maximum impact).

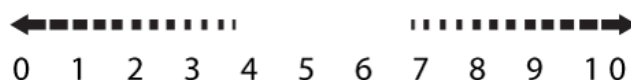


3.

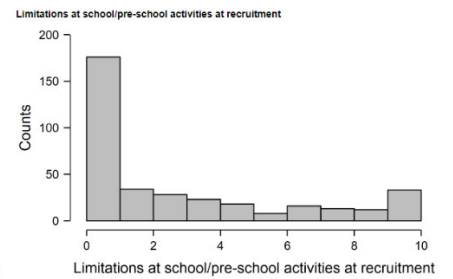
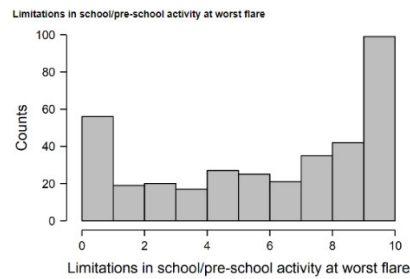
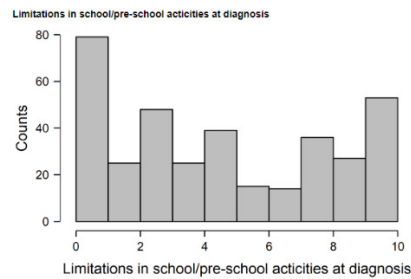
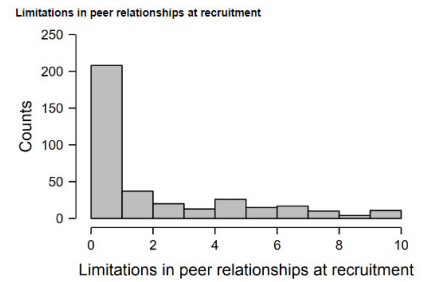
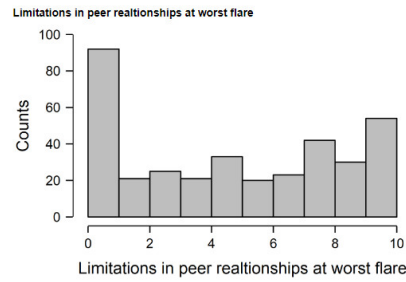
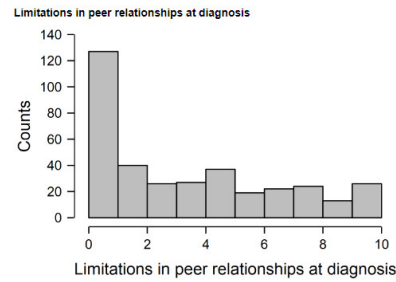
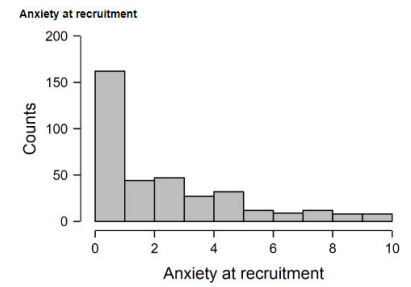
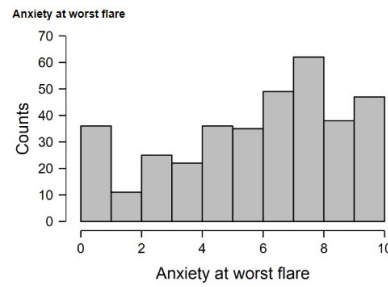
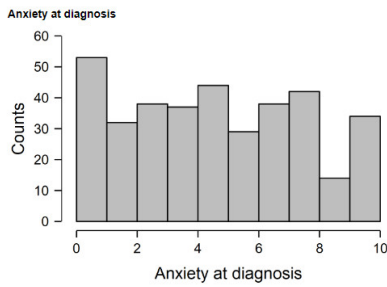
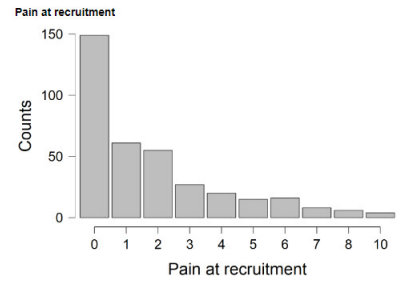
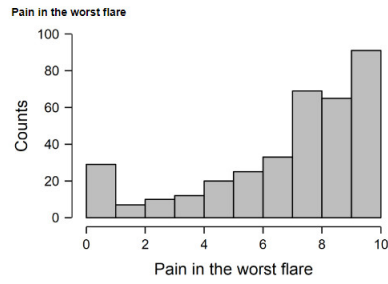
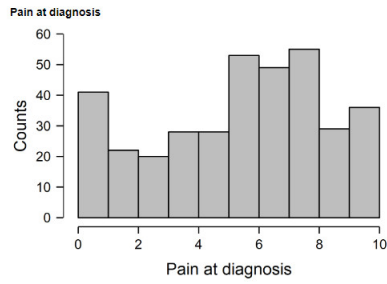
a) Indicate the extent to which the disease limits your friends' contacts at present. (0, has no effect, 10, has maximum effect).



b) Indicate the extent to which the disease limits your participation in school/preschool activities currently. (0, has no effect, 10, has maximum effect).



**Figure S2.** Distribution plots of answers in psychologic assessment in regard to three domains: pain, anxiety, and social activity (school and peer relationships) measured at the time of recruitment, diagnosis and the worst flare. The measurements were portrayed with a visual analogue scale (0, no effect, 10, unimaginable effect).



**Table S1a.** Disease characteristics of the patients with Crohn's disease enrolled in the study.

| Paris Classification |                                                       | At diagnosis* | At worst flare** |
|----------------------|-------------------------------------------------------|---------------|------------------|
|                      |                                                       | n (%)         | n (%)            |
| Age                  | A1a: 0–10 years                                       | 51 (26.2)     | 20 (11.8)        |
|                      | A1b: 10–16 years                                      | 133 (68.2)    | 130 (76.9)       |
|                      | A2: 17–40 years                                       | 11 (5.6)      | 19 (11.3)        |
| Location             | L1: Ileal                                             | 49 (25.1)     | 38 (19.5)        |
|                      | L2: Colonic                                           | 36 (18.5)     | 27 (13.9)        |
|                      | L3: Ileocolonic                                       | 88 (45.1)     | 85 (43.6)        |
|                      | L4a: upper disease proximal to the ligament of Treitz | 22 (11.3)     | 18 (9.2)         |
|                      | L4b: upper disease distal to the ligament of Treitz   | 7 (3.6)       | 8 (4.1)          |
| Behaviour            | B1: nonstricturing                                    | 138 (70.8)    | 112 (57.4)       |
|                      | B2: structuring                                       | 14 (7.2)      | 19 (9.7)         |
|                      | B3: penetrating                                       | 15 (7.7)      | 18 (9.2)         |
|                      | B2B3: penetrating and stricturing                     | 3 (1.5)       | 4 (2.1)          |
|                      | P: perianal disease modifier                          | 14 (7.2)      | 16 (8.2)         |
| Growth               | G0: no evidence of growth delay                       | 138 (70.8)    | 117 (60.0)       |
|                      | G1: growth delay                                      | 28 (14.4)     | 32 (16.4)        |

\*out of total n=195; \*\*out of total n=169

**Table S1b.** Disease characteristics of the patients with ulcerative colitis enrolled in the study.

| Paris Classification |                        | At diagnosis | At worst flare |
|----------------------|------------------------|--------------|----------------|
|                      |                        | n (%)        | n (%)          |
| Extent               | E1: Proctitis          | 17 (9.4)     | 7 (3.9)        |
|                      | E2: Left-sided colitis | 32 (17.8)    | 28 (15.6)      |
|                      | E3: Extensive colitis  | 25 (13.9)    | 20 (11.1)      |
|                      | E4: Pancolitis         | 88 (48.9)    | 80 (44.4)      |
| Severity             | S0: never severe       | 110 (61.1)   | 85 (47.2)      |
|                      | S1: ever severe        | 37 (20.6)    | 48 (26.7)      |