

**Adherence to a gluten-free diet during the lockdown for COVID-19 pandemic: a web-based survey of Italian subjects with celiac disease – Monzani A. - Online Supplementary**

**Material**

**Session 1:**

*Do you agree to take part to the questionnaire?*

Yes -> Go to Session 2

No -> End Survey

**Session 2:**

*Please define your condition:*

I am an adult ( $\geq 18$  yrs) with a certified diagnosis of celiac disease -> Go to Session 3

I am a parent/caregiver of a child/adolescent ( $< 18$  yrs) with a certified diagnosis of celiac disease -> Go to Session 4

**Session 3: Questionnaire for adult subjects ( $> 18$  years) with a certified diagnosis of celiac disease**

1. Demographic data

- *Year of birth*

.....

- *Nationality*

.....

- *Province of residence*

.....

- *Education degree*

None

Primary school

Junior High School

High School

Bachelor degree

Master degree

- *Are you currently?*

Unemployed

Student

Housewife

Employed

Retired

- *During these days about my job*

I am working from home/smart working

I am regularly going to my workplace

I am going to my workplace less frequently

My job has been suspended

I got fired

I am on maternity leave

I am in layoffs

I am retired

- *How many people live in your household?*

.....

- *Has the number of members in your household changed during the COVID-19 pandemic?*

No

Yes, increased

Yes, decreased

- Do you have family members with celiac disease?

Yes

No

-If yes, who?

Parent

Partner

Offspring

Other

-Do you consider yourself compliant with the restrictive measures given by the Government about lock down and social distancing?

Very much

Much

Enough

Little

Not at all

-Are you currently quarantined by the Authorities?

No

Yes, because I have COVID-19-like symptoms

Yes, because I have a confirmed COVID-19 disease

No, I am hospitalized

-Where do you live?

Big city downtown

Suburbs

Small/ medium countryside town

Small/medium seaside town

Isolated house/small village with few hundred residents

- Are the electronic devices in your possession adequate to your needs?

Not at all

A little

Enough

Much

Very much

- Is your income adequate to your needs?

Not at all

A little

Enough

Much

Very much

## 2. Data about celiac disease

- Year of celiac disease diagnosis

.....

-Did you undergo upper digestive tract endoscopy for the diagnosis of celiac disease?

Yes

No

- Why did you perform examination in the suspicion of celiac disease?

Because I had symptoms

Because I had a relative with celiac disease

Incidentally, because I had no symptoms

- Were your celiac disease antibodies negative at the last follow-up control?

Yes

No

*- In the last year, before the COVID-19 pandemic, have you experienced symptoms that you think are attributable to celiac disease?*

Yes

No

*- How is your usual adherence to the gluten-free diet?*

Very strict

Quite strict, with some transgressions

Not very strict, with several transgressions

Not strict at all

### 3. Data about gluten-free diet during COVID-19 pandemic

*- During the Government lockdown, have you had any difficulties finding gluten-free products dispensed with the voucher?*

Yes

No

*- If yes, for what reason?*

Impossibility to leave my house for the restrictive measures

Impossibility to use the voucher because I am outside my region of residence

Difficulties in reaching the stores

Other

*- During the Government lockdown, have you tried homemade recipes with naturally gluten-free ingredients?*

Yes, as I usually do

Yes, more than usual

No, I didn't have time

No, I prefer to use ready-made foods

No, I'm not capable

No, I don't like them

No, I'm concerned about possible contaminations in the making

Other

*- During the Government lockdown, you have the impression that your adherence to the gluten-free diet is:*

Stricter than before

Less strict than before

Unchanged

*- If you believe that your adherence to the gluten-free diet in this period is better than before, what do you believe might be the reasons? (more than one answer can be selected)*

Not eating away from home

More time to prepare food

No social life/home alone

Taking better care of myself

I don't know

Other

*- If you believe that your adherence to the gluten-free diet in this period is worse than before, what do you believe might be the reasons? (more than one answer can be selected)*

Less time to prepare food

Boredom / sadness / worries about the general situation

More occasions for transgression

Difficulties in finding gluten-free products

I don't know

Other

### 3. Care aspects

- During the Government lockdown, have you had symptoms in your opinion attributable to celiac disease?

Yes

No

- During the Government lockdown, who did you consult if you needed health care advice on celiac disease?

Nobody, I didn't need it

Gastroenterologist

Dietician

Nutritionist

Family doctor

Private doctor

Patient association

Friends with celiac disease

Other

- During the Government lockdown, how did you receive health care advice regarding celiac disease?

I didn't need it

Telephone or e-mail contact with my celiac disease center

Telephone or e-mail contact with a patient association

Telephone or e-mail contact with my family doctor

Telephone or e-mail contact with my private doctor

Outpatient visit

Home visit

Other

- During the Government lockdown, did you skip previously scheduled appointments es. checks / exams related to celiac disease?

Yes

No

- Do you think that the restrictive measures have had an impact on the management of your celiac disease?

Yes, for the worse

Yes, for the better

No

- If they had an impact, would you like to tell us how?

.....

### **Session 4: Questionnaire for parents/caregivers of young subjects (<18 years) with a certified diagnosis of celiac disease**

#### 1. Demographic data

- Year of birth of the respondent

.....

- Nationality of the respondent

.....

- Province of residence of the respondent

.....

- Education degree of the respondent

None

Primary school

Junior High School

High School

Bachelor degree

Master degree

- *Are you currently?*

Unemployed

Student

Housewife

Employed

Retired

- *During these days about my job*

I am working from home/smart working

I am regularly going to my workplace

I am going to my workplace less frequently

My job has been suspended

I got fired

I am on maternity leave

I am in layoffs

I am retired

- *How many people live in your household?*

.....

- *Has the number of members in your household changed during the COVID-19 pandemic?*

No

Yes, increased

Yes, decreased

- *In which year was the child / adolescent with celiac disease you will talk about in this questionnaire born?*

.....

- *Are there any other people with celiac disease besides him / her in your family?*

Yes

No

- *If yes, who?*

Parent

Partner

Sibling

Me

Other

- *Do you consider yourself compliant with the restrictive measures given by the Government about lock down and social distancing?*

Very much

Much

Enough

Little

Not at all

- *Are you currently quarantined by the Authorities?*

No

Yes, because I have COVID-19-like symptoms

Yes, because I have a confirmed COVID-19 disease

No, I am hospitalized

- *Where do you live?*

Big city downtown

Suburbs

Small/ medium countryside town

Small/medium seaside town

Isolated house/small village with few hundred residents

- *Are the electronic devices in your possession adequate to your needs?*

Not at all

A little

Enough

Much

Very much

*- Is your income adequate to your needs?*

Not at all

A little

Enough

Much

Very much

## 2. Data about celiac disease

*- Year of celiac disease diagnosis of your child*

.....

*- Did he/she undergo upper digestive tract endoscopy for the diagnosis of celiac disease?*

Yes

No

*- Why did he/she perform examination in the suspicion of celiac disease?*

Because he/she had symptoms

Because he/she had a relative with celiac disease

Incidentally, because he/she had no symptoms

*- Were his/her celiac disease antibodies negative at the last follow-up control?*

Yes

No

*- In the last year, before the COVID-19 pandemic, have he/she experienced symptoms that you think are attributable to celiac disease?*

Yes

No

*- How is his/her usual adherence to the gluten-free diet?*

Very strict

Quite strict, with some transgressions

Not very strict, with several transgressions

Not strict at all

## 3. Data about gluten-free diet during COVID-19 pandemic

*- During the Government lockdown, have you had difficulties in finding gluten-free products dispensed with the voucher?*

Yes

No

*- If yes, for what reason?*

Impossibility to leave my house for the restrictive measures

Impossibility to use the voucher because I am outside my region of residence

Difficulties in reaching the stores

Other

*- During the Government lockdown, have you tried homemade recipes with naturally gluten-free ingredients?*

Yes, as I usually do

Yes, more than usual

No, I didn't have time

No, I prefer to use ready-made foods

No, I'm not capable

No, my child doesn't like them

No, I'm concerned about possible contaminations in the making

Other

- During the Government lockdown, you have the impression that your kid's adherence to the gluten-free diet is:

Stricter than before

Less strict than before

Unchanged

- If you believe that the adherence to the gluten-free diet in this period is better than before, what do you believe may be the reasons? (more than one answer can be selected)

Not eating away from home

More time to prepare food

Taking better care of my child

Higher control over my child

I don't know

Other

- If you believe that the adherence to the gluten-free diet in this period is worse than before, what do you believe may be the reasons? (more than one answer can be selected)

Less time to prepare food

Boredom / sadness / worries about the general situation

More occasions for transgression

I don't know

Other

### 3. Care aspects

- During the Government lockdown, has your child had symptoms in your opinion attributable to celiac disease?

Yes

No

- During the Government lockdown, who did you consult if you needed health care advice on celiac disease for your child?

Nobody, I didn't need it

Gastroenterologist

Dietician

Nutritionist

Family doctor

Private doctor

Patient association

Friends with celiac disease

Other

- During the Government lockdown, how have you received health care advice regarding celiac disease for your child?

Telephone or e-mail contact with my celiac disease center

Telephone or e-mail contact with a patient association

Telephone or e-mail contact with my family doctor

Telephone or e-mail contact with my private doctor

Outpatient visit

Home visit

Other

- During the Government lockdown, has your child skipped skip previously scheduled appointments es. checks / exams related to celiac disease?

Yes

No

- *Do you think that the restrictive measures have had an impact on the management of your child's celiac disease?*

Yes, for the worse

Yes, for the better

No

- *If they had an impact, would you like to tell us how?*

.....