

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 (≥ 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?*

.....