

## Supplementary material

### S1) Self designed questionnaire

1. How old are you?
2. How old were you, when your disease occurred?
3. From which country do you come from originally?
4. What is your highest educational achievement?
5. Do you smoke? (packs, years)
6. Do you have children? (number of children)
7. Did you have miscarriages? (number of miscarriages)
8. Did you ever talk about sexual problems with your treating physician?  
☐ yes ☐ no
9. Do you think that sexuality is relevant with respect to your disease?  
☐ yes ☐ no
10. Do you feel the need to discuss sexual problems more with your treating physician?  
☐ yes ☐ no
11. Are you in a constant relationship?  
☐ yes ☐ no
12. At what age did you have your first menstruation?
13. If applicable, at what age did you have your last menstruation?
14. At what age did you have your first sexual intercourse?
15. How many times a week do you have sexual intercourse?  
☐ none  
☐ 1-2  
☐ 3-4  
☐ more than 4
16. Reasons for no sexual intercourse:  
☐ no partner  
☐ no interest  
☐ other health issues  
☐ partner's health  
☐ disease manifestations
17. If disease manifestations are a reason for no or rare sexual intercourse, what are they?  
☐ Impaired pelvic mobility  
☐ Mucosal dryness  
☐ Painful sexual intercourse  
☐ Vaginal stenosis  
☐ Other reasons: \_\_\_\_\_
18. Did your sexuality change since disease onset?  
☐ yes ☐ no  
☐ if yes, in what respect:  
☐ I have less sex than I used to have.  
☐ I have more sex than I used to have.  
☐ My libido decreased.  
☐ My libido increased.  
☐ Reduced fitness or dyspnea impair my sexual activity.  
☐ My self-confidence changed since disease onset.  
☐ I do not find a partner due to my disease.  
☐ Other reasons: \_\_\_\_\_

### S2) Definitions of organ involvement in systemic sclerosis (SSc) and systemic lupus erythematosus (SLE)

#### Skin:

- SSc: sclerodactily, sclerotic edema
- SLE: alopecia, butterfly rash, subacute cutaneous lupus erythematosus, discoid lupus erythematosus, malar rash or generalised maculopapular rash

#### Gastrointestinal:

- SSc: pseudo-obstruction, gastroparesis, dysphagia, oesophageal hypomotility

#### Lung:

- SSc and SLE: interstitial lung disease (on computed tomography), pleural effusion

#### Heart:

- SSc and SLE: pericardial effusion, troponinemia and findings on MRI consistent with myocardial involvement

#### Central nervous system:

- SLE: psychosis, seizures, encephalitis, myelitis

#### Haematological:

- SLE: non-haemolytic anaemia, autoimmune haemolytic anaemia, immune thrombocytopenia, lymphopenia or leukopenia (not treatment-induced)