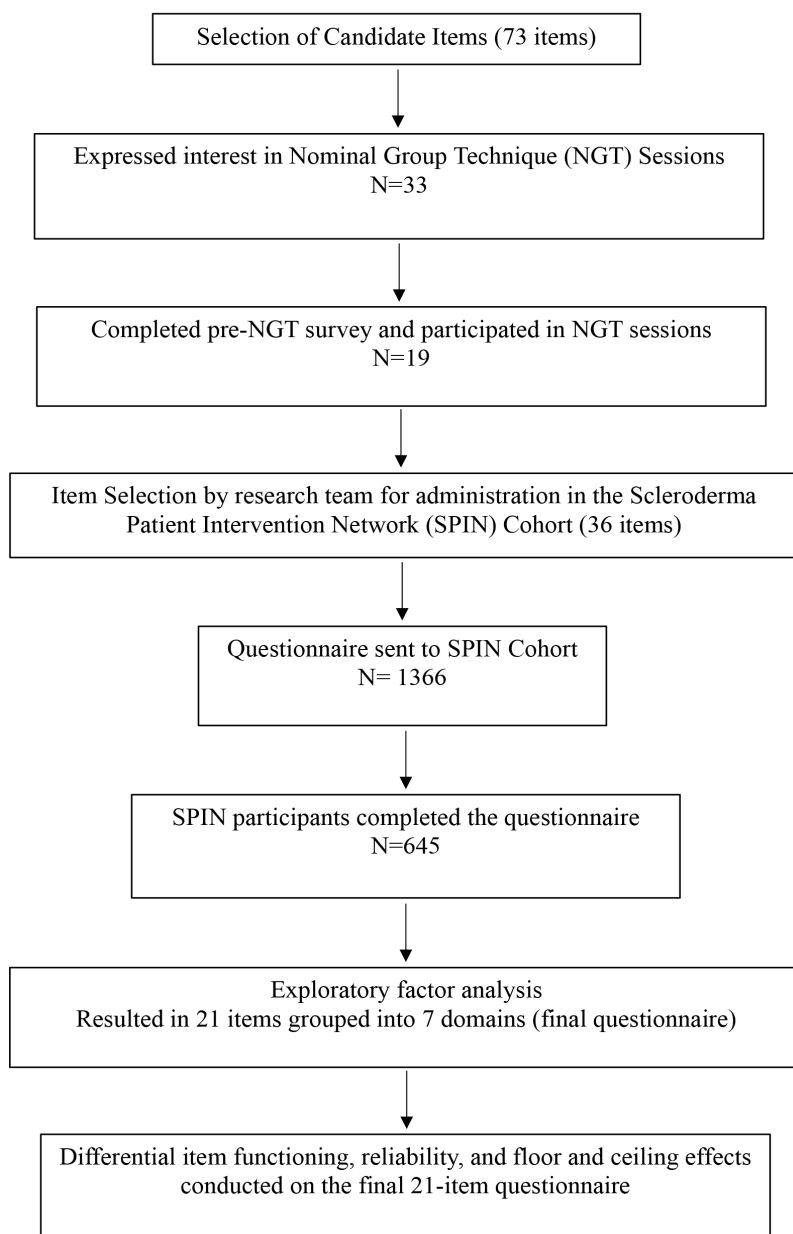


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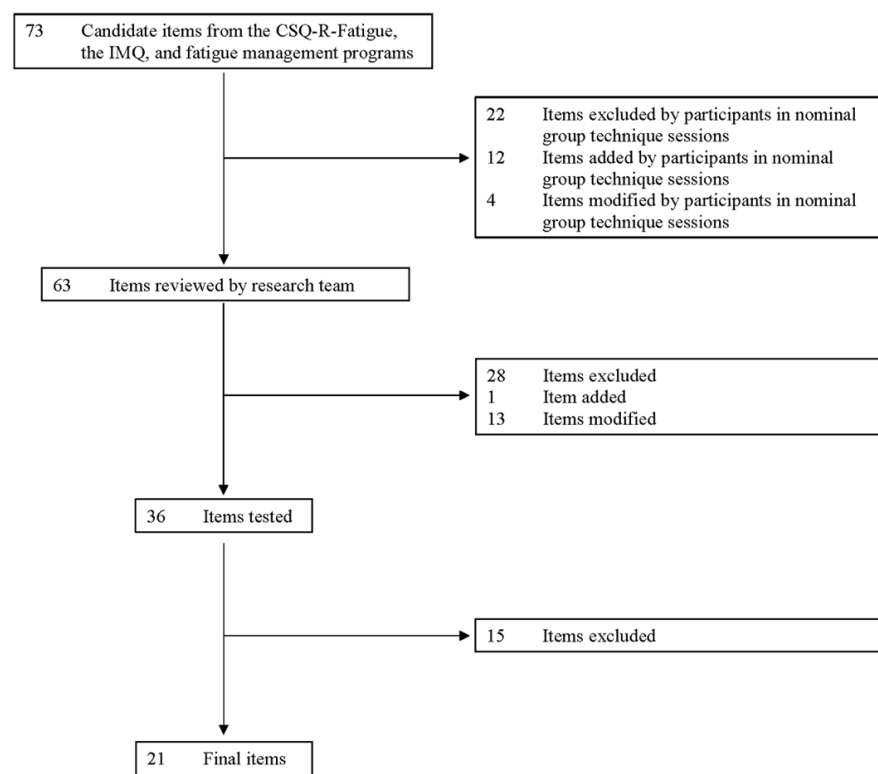
**Supplementary Fig. S1.** Flow diagram of methods for the development of the Fatigue Coping Strategies Questionnaire along with attrition of participants.

**Supplementary Table S1.** List of 73 items in the pre-NGT survey with their final French translation and source.

| English item                                                                     | French translation                                                                                                    | Source            |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------|
| I try to ignore my fatigue                                                       | J'essaie d'ignorer ma fatigue                                                                                         | IMQ/CSQ-R-Fatigue |
| I tell myself I can't let fatigue stand in the way of what I have to do          | Je me dis que je ne peux pas laisser la fatigue gêner ce que j'ai à faire                                             | IMQ/CSQ-R-Fatigue |
| Even though fatigued, I just go on as if I was feeling OK                        | Même si je suis fatigué(e), je continue comme si je me sentais bien                                                   | IMQ/CSQ-R-Fatigue |
| I make myself carry on despite feeling fatigued                                  | Je m'impose de continuer malgré ce que je ressens                                                                     | IMQ/CSQ-R-Fatigue |
| Although I am fatigued, I just keep on going                                     | Même si je suis fatigué(e), je continue à faire ce que j'ai à faire                                                   | IMQ/CSQ-R-Fatigue |
| I pretend I am not fatigued                                                      | Je fais comme si je n'étais pas fatigué(e)                                                                            | IMQ/CSQ-R-Fatigue |
| I tell myself that I can overcome the fatigue                                    | Je me dis que je peux surmonter la fatigue                                                                            | IMQ/CSQ-R-Fatigue |
| I push myself until I can do no more                                             | Je me pousse jusqu'à ce que je ne puisse plus rien faire                                                              | IMQ               |
| I do something I want to do, even though I know I will feel worse after          | Je fais quelque chose que j'ai envie de faire, même si je sais que je me sentirai moins bien après                    | IMQ               |
| I push myself to stay active                                                     | Je me pousse à rester actif(ve)                                                                                       | IMQ               |
| I look for new information about fatigue                                         | Je cherche de nouvelles informations sur la fatigue                                                                   | IMQ               |
| I organize my life to avoid overdoing things                                     | J'organise ma vie pour éviter d'en faire trop                                                                         | IMQ               |
| I try to control how much stress there is in my life                             | J'essaie de contrôler le niveau de stress dans ma vie                                                                 | IMQ               |
| I manage my time so that I don't have to do too much in one day                  | Je gère mon temps pour ne pas avoir à faire trop de choses en une seule journée                                       | IMQ               |
| I plan my day so that there are times when I am active and times when I can rest | Je planifie ma journée de manière à ce qu'il y ait des moments où je suis actif(ve) et d'autres où je peux me reposer | IMQ               |
| I plan my activities carefully, to take account of my limitations                | Je planifie mes activités avec soin, en tenant compte de mes limites                                                  | IMQ               |
| I try to keep some energy "in reserve" in case I need it                         | J'essaie de garder de l'énergie «en réserve» au cas où j'en aurais besoin                                             | IMQ               |
| I try to strike a balance between resting and staying active                     | J'essaie de trouver un équilibre entre le repos et l'activité physique                                                | IMQ               |
| I try not to pay attention to the fatigue                                        | J'essaie de ne pas prêter attention à la fatigue                                                                      | IMQ               |
| I do something regardless of how it affects my fatigue                           | Je fais quelque chose indépendamment de l'impact que cela a sur ma fatigue                                            | IMQ               |
| My symptoms are always at the back of my mind                                    | Mes symptômes sont toujours présents dans mon esprit                                                                  | IMQ               |
| My fatigue is the most significant thing in my life                              | Ma fatigue est la chose la plus importante dans ma vie                                                                | IMQ               |
| I pay close attention to how well or badly I am feeling                          | Je suis très attentif(ve) à la façon dont je me sens (bien ou mal)                                                    | IMQ               |
| I read books and articles about fatigue                                          | Je lis des livres et des articles sur ma maladie                                                                      | IMQ               |
| I find out as much as I can about fatigue                                        | Je me renseigne le plus possible sur la fatigue                                                                       | IMQ               |
| I deliberately break "the rules" to give my spirits a life                       | J'enfreins délibérément «les règles» pour me remonter le moral                                                        | IMQ               |
| I try to make my life stress-free                                                | J'essaie de vivre sans stress                                                                                         | IMQ               |
| I make sure that I don't overdo things                                           | Je m'assure de ne pas en faire trop                                                                                   | IMQ               |
| I select an approach to my illness and persevere with that                       | Je choisis une approche de ma maladie et je persévère dans cette voie                                                 | IMQ               |
| I take a chance and do something, even though I may feel worse later             | Je tente ma chance et je fais quelque chose, même s'il est probable que je me sente moins bien plus tard              | IMQ               |
| I tell myself I don't feel too bad                                               | Je me dis que je ne me sens pas trop mal                                                                              | IMQ               |
| I try to do the things I did before the fatigue                                  | J'essaie de faire les choses que je faisais avant la fatigue                                                          | IMQ               |
| I try anything I hear of that might help me to get better                        | J'essaie tout ce dont j'entends parler qui pourrait m'aider à aller mieux                                             | IMQ               |
| I try not to think about the fatigue                                             | J'essaie de ne pas penser à la fatigue                                                                                | IMQ               |
| I spend a lot of time thinking about my fatigue                                  | Je passe beaucoup de temps à penser à ma maladie                                                                      | IMQ               |
| I think a great deal about my symptoms                                           | Je pense beaucoup à mes symptômes                                                                                     | IMQ               |
| I avoid emotionally stressful situations                                         | J'évite les situations émotionnellement stressantes                                                                   | IMQ               |
| I control my negative feelings                                                   | Je contrôle mes sentiments négatifs                                                                                   | IMQ               |
| From my own experience, I feel I know what is best for me to do                  | D'après ma propre expérience, je sens que je sais ce qui est préférable pour moi de faire                             | IMQ               |
| I am constantly aware of how I am feeling                                        | Je suis constamment conscient(e) de comment je me sens                                                                | IMQ               |
| You have to give up trying to lead a normal life                                 | Il faut renoncer à essayer de mener une vie normale                                                                   | IMQ               |
| I look up medical information                                                    | Je recherche des informations médicales                                                                               | IMQ               |
| I follow the advice of others                                                    | Je suis les conseils des autres                                                                                       | IMQ               |
| I rely on my faith in God                                                        | Je compte sur ma foi en Dieu                                                                                          | CSQ-R-Fatigue     |
| I do something I enjoy, such as watching TV or listening to music                | Je fais quelque chose qui me plaît comme regarder la télévision ou écouter de la musique                              | CSQ-R-Fatigue     |
| I think of things I enjoy doing                                                  | Je pense aux choses que j'aime faire                                                                                  | CSQ-R-Fatigue     |
| I replay in my mind pleasant experiences                                         | Je repense à des moments agréables du passé                                                                           | CSQ-R-Fatigue     |
| I tell myself to be brave and carry on despite the fatigue                       | Je me dis d'être courageux(se) et de continuer malgré la fatigue                                                      | CSQ-R-Fatigue     |
| I pretend it's not a part of me                                                  | Je fais comme si elle n'était pas là                                                                                  | CSQ-R-Fatigue     |
| I pray to God it won't last long                                                 | Je prie Dieu que ça ne dure pas longtemps                                                                             | CSQ-R-Fatigue     |
| I pray for the fatigue to stop                                                   | Je prie pour que la fatigue cesse                                                                                     | CSQ-R-Fatigue     |
| I imagine that the fatigue is outside of my body                                 | J'imagine que la fatigue est en dehors de mon corps                                                                   | CSQ-R-Fatigue     |

| English item                                                                                           | French translation                                                                                                           | Source             |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------|
| I try not to think of it as my body, but rather as something separate from me                          | J'essaie de ne pas y penser comme si c'était mon corps, mais plutôt quelque chose de séparé de moi                           | CSQ-R-Fatigue      |
| I try to feel distant from the fatigue, almost as if the fatigue was in somebody else's body           | J'essaie de prendre de la distance par rapport à la fatigue, comme si elle était dans le corps de quelqu'un d'autre          | CSQ-R-Fatigue      |
| I try to think of something pleasant                                                                   | J'essaie de penser à quelque chose d'agréable                                                                                | CSQ-R-Fatigue      |
| I think of people I enjoy doing things with                                                            | Je pense à des personnes avec lesquelles j'aime faire des choses                                                             | CSQ-R-Fatigue      |
| I talk about my feelings                                                                               | Je parle de mes sentiments                                                                                                   | Management program |
| I eat healthy                                                                                          | Je mange sainement                                                                                                           | Management program |
| I participate in a support group                                                                       | Je participe à un groupe de soutien                                                                                          | Management program |
| I ask for work accommodations for my fatigue                                                           | J'ai demandé des aménagements au travail pour ma fatigue                                                                     | Management program |
| I break things up into smaller tasks                                                                   | Je divise les choses en tâches plus petites                                                                                  | Management program |
| I do bigger tasks at a time of day where I have more energy                                            | Je fais les tâches les plus grandes à un moment de la journée où j'ai plus d'énergie                                         | Management program |
| I plan lighter activities and rest breaks around my bigger tasks                                       | Je planifie des activités légères et des pauses de repos autour de mes tâches les plus grandes                               | Management program |
| I write down my activities in order of importance                                                      | Je note mes activités par ordre d'importance                                                                                 | Management program |
| I spread the pieces of my activity over the course of a day, week, or longer                           | Je répartie les tâches de mon activité sur le cours de la journée, semaine, ou plus longtemps                                | Management program |
| I create lists and charts to try to spot trends and habits in my energy levels                         | Je crée des listes et des graphiques pour essayer de repérer des tendances et des habitudes dans mes niveaux d'énergie       | Management program |
| I give myself time to recover after my exercise by taking a break before I move on to my next activity | Je me donne du temps pour récupérer après mon exercice en prenant une pause avant de passer à mon activité suivante          | Management program |
| I do not use all my energy in one go                                                                   | Je n'utilise pas toute mon énergie d'un seul coup                                                                            | Management program |
| I exercise gently                                                                                      | Je fais de l'exercice doucement                                                                                              | Management program |
| I try my best to get a good night's sleep                                                              | Je fais de mon mieux pour bien dormir la nuit                                                                                | Management program |
| I try to reduce my stress and anxiety levels                                                           | J'essaie de réduire mon niveau de stress et d'anxiété                                                                        | Management program |
| I keep track of how I use my energy and the way it makes me feel by creating lists and charts          | Je garde une trace de comment j'utilise mon énergie et de l'impact que cela a sur moi en créant des listes et des graphiques | Management program |
| I work out what problems might be adding to my fatigue and think of ways around them                   | Je réfléchis aux problèmes qui pourraient aggraver ma fatigue et je cherche des solutions                                    | Management program |

IMQ: Illness Management Questionnaire; CSQ-R-Fatigue: Coping Strategies Questionnaire Revised for Fatigue.



**Supplementary Fig. S2.** Flow diagram from 73 candidate items to the 21 items included in the Fatigue Coping Strategies Questionnaire.

**Supplementary Table S2.** Factor loadings from the 7-factor exploratory factor analysis of all 36-items administered to the Scleroderma Patient-centered Intervention Network Cohort by domain.

|                                                                                                             | DOMAIN                       |                  |                              |                  |                    |                   |                   |
|-------------------------------------------------------------------------------------------------------------|------------------------------|------------------|------------------------------|------------------|--------------------|-------------------|-------------------|
|                                                                                                             | Rest and Energy Conservation | Focus on Fatigue | Time and Activity Management | Ignoring Fatigue | Faith-Based Coping | Stress Management | Physical Activity |
| <b>ITEMS INCLUDED IN THE FINAL VERSION OF THE FATIGUE COPING STRATEGIES QUESTIONNAIRE<sup>a</sup></b>       |                              |                  |                              |                  |                    |                   |                   |
| <b>Rest and Energy Conservation</b>                                                                         |                              |                  |                              |                  |                    |                   |                   |
| 1. I try my best to get a good night's sleep                                                                | .610                         | -.057            | .056                         | -.029            | .002               | .060              | .036              |
| 2. I try to strike a balance between resting and staying active                                             | .720                         | .050             | -.020                        | .043             | .010               | -.010             | .247              |
| <b>Focus on Fatigue</b>                                                                                     |                              |                  |                              |                  |                    |                   |                   |
| 4. I spend a lot of time thinking about my fatigue                                                          | .081                         | -.015            | .721                         | -.059            | -.034              | -.131             | -.138             |
| 5. I am constantly aware of my fatigue level                                                                | .110                         | .108             | .569                         | .100             | .003               | .036              | -.137             |
| 7. I try to explain my fatigue to others                                                                    | -.014                        | .105             | .510                         | .015             | .095               | .031              | -.013             |
| <b>Time and Activity Management</b>                                                                         |                              |                  |                              |                  |                    |                   |                   |
| 3. I break things up into smaller tasks                                                                     | .275                         | .547             | .047                         | -.036            | -.007              | -.018             | -.125             |
| 6. I do my most important tasks first in case I feel too fatigued to finish everything                      | -.028                        | .608             | .129                         | .150             | -.042              | -.036             | -.006             |
| 8. I plan lighter activities and rest breaks around bigger tasks                                            | -.013                        | .817             | -.035                        | -.008            | -.014              | .031              | .061              |
| 11. I manage my time so that I don't have to do too much in one day                                         | .038                         | .731             | -.225                        | -.059            | .027               | .081              | -.013             |
| 13. I do bigger tasks when I have less fatigue                                                              | .091                         | .517             | -.055                        | .170             | .015               | -.015             | .056              |
| 15. I do something I enjoy, such as watching TV or listening to music to distract myself when I am fatigued | -.081                        | .508             | .059                         | .195             | .030               | -.029             | -.025             |
| <b>Ignoring Fatigue</b>                                                                                     |                              |                  |                              |                  |                    |                   |                   |
| 9. Even though fatigued, I just go on as if I were feeling OK                                               | .050                         | -.134            | .031                         | .797             | .026               | .039              | -.004             |
| 10. I try to ignore my fatigue                                                                              | .004                         | -.017            | -.022                        | .819             | -.009              | .026              | -.028             |
| 12. I push myself until I can do no more                                                                    | -.144                        | -.022            | .318                         | .513             | .032               | -.005             | -.021             |
| 20. I pretend that my fatigue is not a part of me                                                           | -.025                        | -.063            | -.011                        | .493             | .055               | -.026             | .114              |
| <b>Faith-Based Coping</b>                                                                                   |                              |                  |                              |                  |                    |                   |                   |
| 14. I pray to God that my fatigue won't last long                                                           | -.020                        | .007             | .228                         | .083             | .676               | -.032             | -.041             |
| 19. I rely on my faith in God to help me cope with my fatigue                                               | .014                         | .008             | -.011                        | -.011            | .970               | -.003             | -.003             |
| <b>Stress Management</b>                                                                                    |                              |                  |                              |                  |                    |                   |                   |
| 16. I try to reduce my stress and anxiety levels                                                            | -.008                        | .085             | .075                         | -.063            | .003               | .698              | .062              |
| 18. I try to control how much stress there is in my life                                                    | -.001                        | -.041            | -.008                        | .011             | -.079              | .943              | -.016             |
| <b>Physical Activity</b>                                                                                    |                              |                  |                              |                  |                    |                   |                   |
| 17. I follow an exercise routine to improve my strength and reduce my fatigue                               | .040                         | -.032            | .089                         | -.038            | .006               | .139              | .757              |
| 21. I do physical activities such as yoga or sports to help with my fatigue                                 | -.001                        | -.010            | -.041                        | .062             | -.096              | -.005             | .810              |
| <b>ITEMS NOT INCLUDED IN THE FINAL VERSION OF THE FATIGUE COPING STRATEGIES QUESTIONNAIRE<sup>a</sup></b>   |                              |                  |                              |                  |                    |                   |                   |
| <b>Focus on Fatigue</b>                                                                                     |                              |                  |                              |                  |                    |                   |                   |
| E1. I tell myself to be brave and carry on despite the fatigue                                              | .034                         | .089             | .468                         | .368             | -.043              | .019              | .022              |
| E4. I think of people, activities, experiences, or things I enjoy to distract myself from my fatigue        | -.050                        | .289             | .275                         | .156             | .055               | .100              | .060              |
| E7. I seek support from others with similar experiences with fatigue                                        | -.059                        | .210             | .267                         | -.021            | .127               | -.008             | .162              |
| E10. I seek psychological help to cope with my fatigue                                                      | -.145                        | .027             | .245                         | -.098            | .056               | .023              | .157              |
| E11. I use lists, charts, or apps to recognize trends in my fatigue levels                                  | .033                         | -.059            | .254                         | -.055            | .231               | .016              | .120              |
| E15. I look for information on managing fatigue                                                             | -.088                        | .019             | .359                         | .010             | .121               | .140              | .102              |
| <b>Time and Activity Management</b>                                                                         |                              |                  |                              |                  |                    |                   |                   |
| E2. I pay attention to my limitations due to fatigue                                                        | .191                         | .456             | .217                         | -.117            | -.024              | .049              | -.009             |
| E3. I ask for help with work or chores                                                                      | .025                         | .434             | .149                         | -.176            | -.001              | .005              | -.028             |
| E5. I follow the advice of my medical professionals on managing my fatigue                                  | .139                         | .158             | .236                         | .024             | .105               | .092              | .152              |
| E9. I take naps to recharge my energy                                                                       | .022                         | .267             | .081                         | -.140            | .080               | .013              | .034              |
| E13. I accept that my life is no longer the same as before the fatigue                                      | .026                         | .341             | .038                         | .097             | .073               | .117              | -.062             |
| <b>Ignoring Fatigue</b>                                                                                     |                              |                  |                              |                  |                    |                   |                   |
| E6. I do something I want to do, even though I know I will feel worse after                                 | -.036                        | .270             | .165                         | .461             | -.072              | -.038             | .040              |
| E8. I push myself to stay active                                                                            | .054                         | .111             | -.109                        | .419             | -.013              | -.004             | .367              |
| <b>Faith-Based Coping</b>                                                                                   |                              |                  |                              |                  |                    |                   |                   |
| E14. I turn to my faith to cope when I'm feeling fatigued                                                   | .000                         | -.006            | -.025                        | -.017            | .944               | .012              | .000              |
| <b>Stress Management</b>                                                                                    |                              |                  |                              |                  |                    |                   |                   |
| E12. I control my negative feelings                                                                         | .079                         | .041             | -.100                        | .144             | .055               | .484              | -.003             |

<sup>a</sup>Items excluded from the final version of the questionnaire have an "E" before their item number.

| Individuals who experience fatigue related to scleroderma have developed ways to cope, or deal with, their fatigue. For each of the following descriptions, indicate how often you have used this method to attempt to cope with fatigue. Don't answer based on whether it seems to be working or not—just whether you do it. Please rate each item from 0 to 6. You can use any point along the scale. | Never |   | Sometimes |   |   |   | Always |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---|-----------|---|---|---|--------|
| 1. I try my best to get a good night's sleep                                                                                                                                                                                                                                                                                                                                                            | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 2. I try to strike a balance between resting and staying active                                                                                                                                                                                                                                                                                                                                         | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 3. I break things up into smaller tasks                                                                                                                                                                                                                                                                                                                                                                 | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 4. I spend a lot of time thinking about my fatigue                                                                                                                                                                                                                                                                                                                                                      | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 5. I am constantly aware of how I am feeling                                                                                                                                                                                                                                                                                                                                                            | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 6. I write down my activities in order of importance                                                                                                                                                                                                                                                                                                                                                    | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 7. I try to explain my fatigue to others                                                                                                                                                                                                                                                                                                                                                                | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 8. I plan lighter activities and rest breaks around my bigger tasks                                                                                                                                                                                                                                                                                                                                     | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 9. Even though fatigued, I just go on as if I were feeling OK                                                                                                                                                                                                                                                                                                                                           | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 10. I try to ignore my fatigue                                                                                                                                                                                                                                                                                                                                                                          | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 11. I manage my time so that I don't have to do too much in one day                                                                                                                                                                                                                                                                                                                                     | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 12. I push myself until I can do no more                                                                                                                                                                                                                                                                                                                                                                | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 13. I do bigger tasks at a time of day where I have more energy                                                                                                                                                                                                                                                                                                                                         | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 14. I pray to God it won't last long                                                                                                                                                                                                                                                                                                                                                                    | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 15. I do something I enjoy, such as watching TV or listening to music                                                                                                                                                                                                                                                                                                                                   | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 16. I try to reduce my stress and anxiety levels                                                                                                                                                                                                                                                                                                                                                        | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 17. I exercise gently                                                                                                                                                                                                                                                                                                                                                                                   | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 18. I try to control how much stress there is in my life                                                                                                                                                                                                                                                                                                                                                | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 19. I rely on my faith in God                                                                                                                                                                                                                                                                                                                                                                           | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 20. I pretend it's not a part of me                                                                                                                                                                                                                                                                                                                                                                     | 0     | 1 | 2         | 3 | 4 | 5 | 6      |
| 21. I do physical activities such as yoga or sports to help with my fatigue                                                                                                                                                                                                                                                                                                                             | 0     | 1 | 2         | 3 | 4 | 5 | 6      |

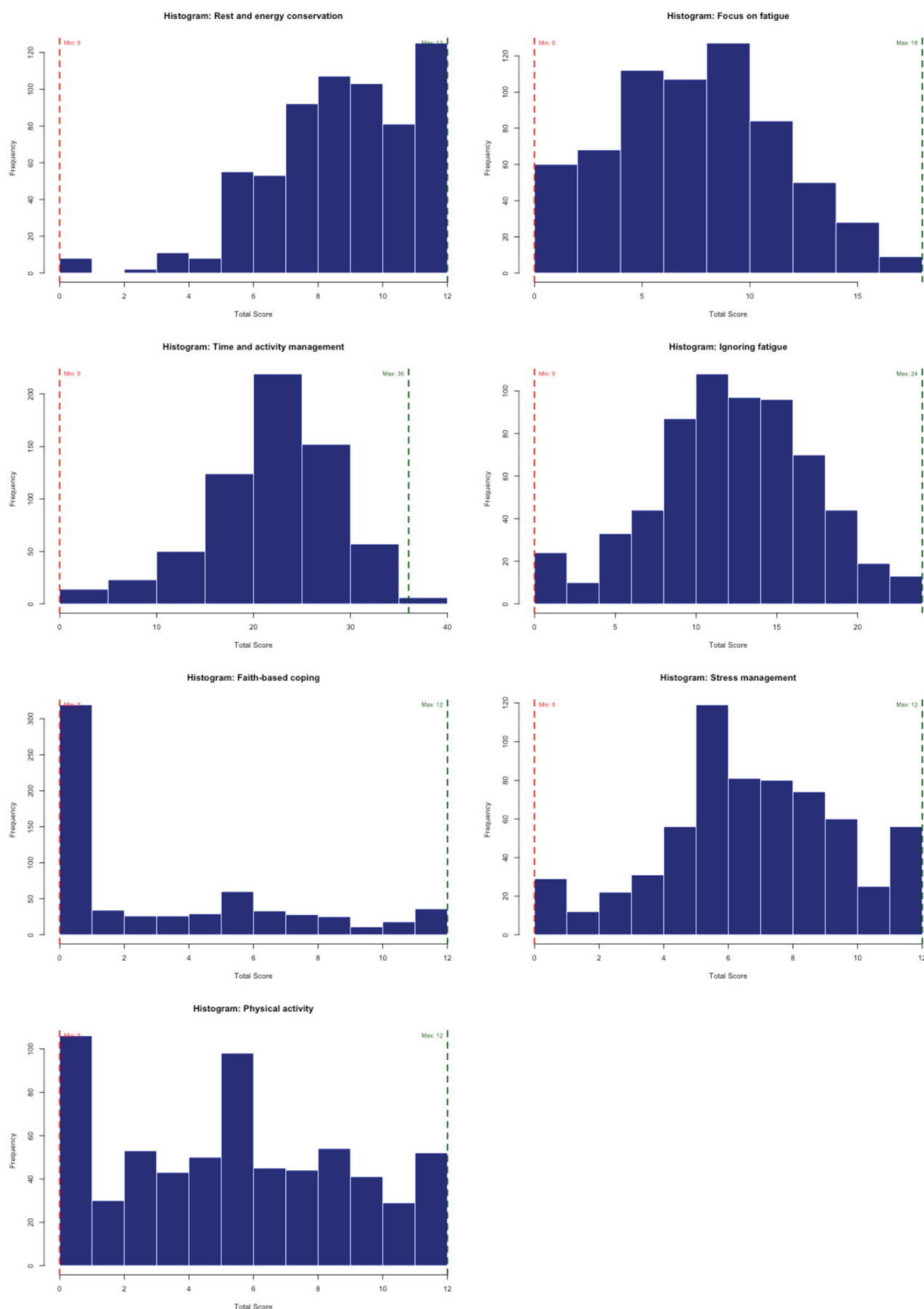
**Supplementary Fig. S3a.** Formatted version of the final English 21-item Fatigue Coping Strategies Questionnaire.

| Les personnes qui ressentent de la fatigue liée à la sclérodémie ont développé des façons de faire face à leur fatigue. Pour chacune des descriptions suivantes, indiquez à quelle fréquence vous avez utilisé cette méthode pour tenter de faire face à la fatigue. Ne répondez pas en fonction de l'efficacité perçue de la méthode — seulement si vous l'utilisez ou non. Veuillez évaluer chaque énoncé sur une échelle de 0 à 6. Vous pouvez utiliser n'importe quel point sur l'échelle. | Jamais |   | Parfois |   | Toujours |   |   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---|---------|---|----------|---|---|
| 1. Je fais de mon mieux pour bien dormir la nuit                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 2. J'essaie de trouver un équilibre entre le repos et l'activité physique                                                                                                                                                                                                                                                                                                                                                                                                                      | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 3. Je divise les choses en tâches plus petites                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 4. Je passe beaucoup de temps à penser à ma fatigue                                                                                                                                                                                                                                                                                                                                                                                                                                            | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 5. Je suis constamment conscient(e) de mon niveau de fatigue                                                                                                                                                                                                                                                                                                                                                                                                                                   | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 6. Je fais mes tâches les plus importantes en premier au cas où je serais trop fatigué(e) pour tout terminer                                                                                                                                                                                                                                                                                                                                                                                   | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 7. J'essaie d'expliquer ma fatigue aux autres                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 8. Je planifie des activités légères et des pauses de repos autour de mes tâches les plus grandes                                                                                                                                                                                                                                                                                                                                                                                              | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 9. Même si je suis fatigué(e), je continue comme si je me sentais bien                                                                                                                                                                                                                                                                                                                                                                                                                         | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 10. J'essaie d'ignorer ma fatigue                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 11. Je gère mon temps pour ne pas avoir à faire trop de choses en une seule journée                                                                                                                                                                                                                                                                                                                                                                                                            | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 12. Je me pousse jusqu'à ce que je ne puisse plus rien faire                                                                                                                                                                                                                                                                                                                                                                                                                                   | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 13. Je fais les tâches les plus grandes quand j'ai moins de fatigue                                                                                                                                                                                                                                                                                                                                                                                                                            | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 14. Je prie Dieu que ma fatigue ne dure pas longtemps                                                                                                                                                                                                                                                                                                                                                                                                                                          | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 15. Je fais quelque chose qui me plaît comme regarder la télévision ou écouter de la musique pour me distraire quand je suis fatigué(e)                                                                                                                                                                                                                                                                                                                                                        | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 16. J'essaie de réduire mon niveau de stress et d'anxiété                                                                                                                                                                                                                                                                                                                                                                                                                                      | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 17. Je suis une routine d'exercices pour améliorer ma force et réduire ma fatigue                                                                                                                                                                                                                                                                                                                                                                                                              | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 18. J'essaie de contrôler le niveau de stress dans ma vie                                                                                                                                                                                                                                                                                                                                                                                                                                      | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 19. Je compte sur ma foi en Dieu pour m'aider à gérer ma fatigue                                                                                                                                                                                                                                                                                                                                                                                                                               | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 20. Je fais comme si ma fatigue ne faisait pas partie de moi                                                                                                                                                                                                                                                                                                                                                                                                                                   | 0      | 1 | 2       | 3 | 4        | 5 | 6 |
| 21. Je fais des activités physiques comme le yoga ou le sport pour m'aider avec ma fatigue                                                                                                                                                                                                                                                                                                                                                                                                     | 0      | 1 | 2       | 3 | 4        | 5 | 6 |

**Supplementary Fig. S3b.** Formatted version of the final French 21-item Fatigue Coping Strategies Questionnaire.

**Supplementary Table S3.** Inter-item correlations within domains for all 21 items in the Fatigue Coping Strategies Questionnaire.

| Domain                       | First item                                                                             | Second item                                                                                                 | Correlation |
|------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------|
| Rest and Energy Conservation | 1. I try my best to get a good night's sleep                                           | 2. I try to strike a balance between resting and staying active                                             | 0.50        |
| Focus on Fatigue             | 4. I spend a lot of time thinking about my fatigue                                     | 5. I am constantly aware of my fatigue level                                                                | 0.52        |
|                              |                                                                                        | 7. I try to explain my fatigue to others                                                                    | 0.41        |
|                              | 5. I am constantly aware of my fatigue level                                           | 7. I try to explain my fatigue to others                                                                    | 0.39        |
| Time and Activity Management | 3. I break things up into smaller tasks                                                | 6. I do my most important tasks first in case I feel too fatigued to finish everything                      | 0.42        |
|                              |                                                                                        | 8. I plan lighter activities and rest breaks around bigger tasks                                            | 0.51        |
|                              |                                                                                        | 11. I manage my time so that I don't have to do too much in one day                                         | 0.44        |
|                              |                                                                                        | 13. I do bigger tasks when I have less fatigue                                                              | 0.31        |
|                              |                                                                                        | 15. I do something I enjoy, such as watching TV or listening to music to distract myself when I am fatigued | 0.24        |
|                              | 6. I do my most important tasks first in case I feel too fatigued to finish everything | 8. I plan lighter activities and rest breaks around bigger tasks                                            | 0.52        |
|                              |                                                                                        | 11. I manage my time so that I don't have to do too much in one day                                         | 0.39        |
|                              |                                                                                        | 13. I do bigger tasks when I have less fatigue                                                              | 0.40        |
|                              |                                                                                        | 15. I do something I enjoy, such as watching TV or listening to music to distract myself when I am fatigued | 0.35        |
|                              | 8. I plan lighter activities and rest breaks around bigger tasks                       | 11. I manage my time so that I don't have to do too much in one day                                         | 0.56        |
|                              |                                                                                        | 13. I do bigger tasks when I have less fatigue                                                              | 0.42        |
|                              |                                                                                        | 15. I do something I enjoy, such as watching TV or listening to music to distract myself when I am fatigued | 0.39        |
|                              | 11. I manage my time so that I don't have to do too much in one day                    | 13. I do bigger tasks when I have less fatigue                                                              | 0.33        |
|                              |                                                                                        | 15. I do something I enjoy, such as watching TV or listening to music to distract myself when I am fatigued | 0.32        |
|                              | 13. I do bigger tasks when I have less fatigue                                         | 15. I do something I enjoy, such as watching TV or listening to music to distract myself when I am fatigued | 0.31        |
| Ignoring Fatigue             | 9. Even though fatigued, I just go on as if I were feeling OK                          | 10. I try to ignore my fatigue                                                                              | 0.67        |
|                              |                                                                                        | 12. I push myself until I can do no more                                                                    | 0.43        |
|                              |                                                                                        | 20. I pretend that my fatigue is not a part of me                                                           | 0.38        |
|                              | 10. I try to ignore my fatigue                                                         | 12. I push myself until I can do no more                                                                    | 0.43        |
|                              | 12. I push myself until I can do no more                                               | 20. I pretend that my fatigue is not a part of me                                                           | 0.47        |
| Faith-Based Coping           | 14. I pray to God that my fatigue won't last long                                      | 19. I rely on my faith in God to help me cope with my fatigue                                               | 0.71        |
| Stress Management            | 16. I try to reduce my stress and anxiety levels                                       | 18. I try to control how much stress there is in my life                                                    | 0.69        |
| Physical Activity            | 17. I follow an exercise routine to improve my strength and reduce my fatigue          | 21. I do physical activities such as yoga or sports to help with my fatigue                                 | 0.67        |



**Supplementary Fig. S4.** Distribution of domain scores for the Fatigue Coping Strategies Questionnaire.