

Table S1: Participant dermatological history.

Health	Intervention (<i>n</i> = 228)	Control (<i>n</i> = 223)	Statistics
Severity	<i>M</i> = 3.2, <i>SD</i> = 1.1	<i>M</i> = 3.2, <i>SD</i> = 1.1	$t(449) = -0.12, p = .87$
Duration (months)	<i>M</i> = 221.38 (18.4 years) <i>SD</i> = 165, <i>Range</i> = 7 months – 71.2 years	<i>M</i> = 227.6 (19 years), <i>SD</i> = 152, <i>Range</i> = 2 months– 60 years	$t(445) = -0.41, p = .68$
Diagnosis?	<i>n</i> = 212 (93%)	<i>n</i> = 209 (94.1%)	$X^2(1, N = 450) = .25, p = .62$
Visible?	<i>n</i> = 213 (93.4%)	<i>n</i> = 204, (91.9%)	$X^2(1, N = 450) = 0.39, p = .53$
<i>Primary skin condition</i>			
Acne	<i>n</i> = 28 (12.3%)	<i>n</i> = 35 (15.7%)	$X^2(9, N = 451) = 9.4, p = .40$
Psoriasis	<i>n</i> = 22 (9.6%)	<i>n</i> = 21 (9.4%)	
Eczema	<i>n</i> = 63 (27.6%)	<i>n</i> = 71 (31.8%)	
Alopecia	<i>n</i> = 17 (7.5%)	<i>n</i> = 15 (6.7%)	
Vitiligo	<i>n</i> = 23 (10.1%)	<i>n</i> = 17 (7.6%)	
Rosacea	<i>n</i> = 10 (4.4%)	<i>n</i> = 3 (1.4%)	
HS	<i>n</i> = 9 (3.9%)	<i>n</i> = 14 (6.3%)	
Hirsutism	<i>n</i> = 23 (10.1%)	<i>n</i> = 25 (11.2%)	
Multiple	<i>n</i> = 14 (6.1%)	<i>n</i> = 9 (4%)	
Other	<i>n</i> = 19 (8.3%)	<i>n</i> = 13 (5.8%)	
Talking therapy	<i>n</i> = 19 (8.3%)	<i>n</i> = 24 (10.8%)	$X^2(1, N = 451) = 0.77, p = .38$

Health	Intervention (<i>n</i> = 228)	Control (<i>n</i> = 223)	Statistics
Psychotropic medication	<i>n</i> = 13 (10.6%)	<i>n</i> = 8 (3.6%)	$X^2(1, N = 451) = 1.14, p = .29$

Table S2. Summary of baseline scores on outcome measures for participants in both conditions.

Measure	Intervention (<i>n</i> = 228)	Control (<i>n</i> = 223)	Statistics
BAS-2	<i>M</i> = 2.65, <i>SD</i> = 0.79	<i>M</i> = 2.62, <i>SD</i> = 0.80	$t(449) = 0.38, p = .70$
FAS	<i>M</i> = 3.55, <i>SD</i> = 0.80	<i>M</i> = 3.50, <i>SD</i> = 0.90	$t(449) = 0.90, p = .37$
AAI	<i>M</i> = 22.0, <i>SD</i> = 8.1	<i>M</i> = 22.0, <i>SD</i> = 8.0	$t(449) = 0.12, p = .90$
SSS	<i>M</i> = 83.2, <i>SD</i> = .14	<i>M</i> = 83.0, <i>SD</i> = 13.5	$t(449) = 0.17, p = .87$
DLQI	<i>Mdn</i> = 10; <i>IQR</i> : 13	<i>Mdn</i> = 11; <i>IQR</i> : 10	$U = 25102.5, p = .94$