

Appendix 1: Format used for the semi-structured interviews (online supplementary text)

1) Describe the symptoms appearing when a flare of RA starts.

2) When flare occurs, what are the modifications of your pain?

With possible follow-up questions:

Is there a level in your pain-VAS that determines a flare?

What is the frequency of that pain during one flare?

What is the duration of that pain during one flare?

How would you define that pain with your words (light, unbearable, etc.)?

3) How do you cope with that pain?

With possible follow-up questions:

Do you increase the intake of pain killers (dose, frequency, etc.)?

In case of flare what is your behaviour?

4) Does flare modify your sleep?

5) During a flare are you more tired than usual?

6) What are the consequences of flare on your daily life?

With possible follow-up questions:

Are you limited in your daily activities during a flare?

How much? For which activities?

Have you any functional limitation during a flare?

7) Do you feel any sensation of loss of independence?

With possible follow-up questions:

During a flare do you need more help from your parents, friends in your daily activities?

8) During a flare do you feel emotionally more frail or fragile?