

## Supplementary materials

Table 1. Clusters with the complete list of key-words.

|                     | Cluster 1<br>“positive<br>attitude” | Cluster 2<br>“social support” | Cluster 3<br>“trust in medical<br>treatments” | Cluster 4<br>“healthy habits” | Cluster 5<br>“to avoid stress” |
|---------------------|-------------------------------------|-------------------------------|---|-------------------------------|--------------------------------|
| Total occurrences   | 1434<br>(22.58%)                    | 1617 (25.46%)                 | 684 (10.77%)                                  | 1317 (20.74%)                 | 1299(20.45%)                   |
| Words (occurrences) | positive (163)                      | family (445)                  | good (105)                                    | exercise (120)                | rest (287)                     |
|                     | child (124)                         | support (192)                 | treatment (55)                                | work (88)                     | medication (252)               |
|                     | life (94)                           | friend (119)                  | medical (43)                                  | sport (65)                    | sleep (114)                    |
|                     | think (89)                          | husband (96)                  | faith (34)                                    | walk (62)                     | stress (111)                   |
|                     | attitude (73)                       | medicine (94)                 | care (34)                                     | diet (48)                     | regular (47)                   |
|                     | pain (58)                           | love (73)                     | drug (32)                                     | dog (34)                      | pace (47)                      |
|                     | daughter (47)                       | doctor (63)                   | listen (27)                                   | healthy (34)                  | hydroxychloroquine (46)        |
|                     | help (45)                           | activity (57)                 | therapy (25)                                  | movement (31)                 | yoga (35)                      |
|                     | disease (45)                        | understanding (47)            | know (22)                                     | eat (29)                      | avoid (33)                     |
|                     | live (44)                           | positivity (42)               | follow-up (19)                                | active (27)                   | time (32)                      |
|                     | optimism (44)                       | partner (35)                  | control (18)                                  | meditation (26)               | body (30)                      |
|                     | strength (40)                       | spouse (26)                   | knowing (15)                                  | relaxation (26)               | need (22)                      |
|                     | day (37)                            | physical (23)                 | patience (15)                                 | mind (25)                     | sun (19)                       |
|                     | mental (31)                         | people (21)                   | rheumatologist (15)                           | nutrition (23)                | break (12)                     |
|                     | son (29)                            | contact (20)                  | specialist (13)                               | balance (23)                  | able_to (12)                   |
|                     | stay (27)                           | social (20)                   | symptom (11)                                  | food (22)                     | management (12)                |
|                     | trying (26)                         | nature (18)                   | plan (11)                                     | working (22)                  | reduce (11)                    |
|                     | accept (20)                         | relationship (15)             | limit (11)                                    | calm (18)                     | little (10)                    |
|                     | willpower (18)                      | supportive (14)               | God (10)                                      | painkiller (18)               | tranquility (10)               |
|                     | moving (18)                         | lupus (14)                    | condition (10)                                | job (17)                      | sufficient (9)                 |
|                     | bad (17)                            | close (12)                    | knowledge (9)                                 | training (16)                 | relax (9)                      |
|                     | character (17)                      | psychological (11)            | situation (9)                                 | peace (15)                    | regularly (8)                  |
|                     | desire (17)                         | hobby (11)                    | Trust (9)                                     | physiotherapy (14)            | tablet (8)                     |
|                     | grandchild (13)                     | daily (10)                    | team (8)                                      | meds (14)                     | steroid (8)                    |
|                     | try (13)                            | emotional (9)                 | learning (7)                                  | routine (14)                  | oil (7)                        |
|                     | positively (12)                     | group (8)                     | illness (7)                                   | quiet (13)                    | acupuncture (7)                |
|                     | acceptance (12)                     | happy (8)                     | moment (7)                                    | swim (13)                     | adequate (7)                   |
|                     | mood (11)                           | music (8)                     | monitor (7)                                   | home (13)                     | check (6)                      |
|                     | understand (11)                     | horse (7)                     | morale (7)                                    | cortisone (13)                | managing (6)                   |
|                     | normal (10)                         | financial (7)                 | diagnosis (7)                                 | entourage (13)                | emotion (6)                    |
|                     | fight (10)                          | meaningful (6)                | alternative (6)                               | environment (13)              | mindfulness (6)                |
|                     | hope (10)                           | parent (6)                    | calmly (5)                                    | cycle (12)                    | flexible (6)                   |
|                     | living (9)                          | talk (6)                      | cannabis (5)                                  | kid (12)                      | sunscreen (6)                  |
|                     | stubbornness (9)                    | relaxing (5)                  | distraction (5)                               | manage (12)                   | pressure (5)                   |
|                     | move (8)                            | reading (5)                   | fortitude (5)                                 | lot (11)                      | schedule (5)                   |

|  |                  |                 |                     |                       |               |
|--|------------------|-----------------|---------------------|-----------------------|---------------|
|  | personal (8)     | network (5)     | hospital (5)        | strong (11)           | energy (5)    |
|  | humor (8)        | optimistic (5)  | psychotherapy (5)   | relief (10)           | low (5)       |
|  | courage (8)      | loving (5)      | recognize (5)       | joy(10)               | avoidance (5) |
|  | enjoy (7)        | information (5) | visit (5)           | lifestyle(10)         | blood (5)     |
|  | look (7)         | internist (4)   | year (4)            | dance(9)              | drink (4)     |
|  | give_up (7)      | helping (4)     | surround (4)        | continue(8)           | CBD (4)       |
|  | professional (7) | fun (4)         | access (4)          | anti-inflammatory (8) | finding(4)    |
|  | remission (7)    | association (4) | feel (4)            | right (8)             | light(4)      |
|  | stability (7)    | mentally (4)    | correct (4)         | play (8)              | start(4)      |
|  | thought (7)      | moral (4)       | corticosteroids (4) | vitamin (8)           | plenty(4)     |
|  | state (6)        | patient (4)     | confidence (4)      | serenity (7)          | task(4)       |
|  | problem (6)      | peer (4)        | pray (4)            | awareness (7)         |               |
|  | perseverance (6) | security (4)    | periodic (4)        | bath (7)              |               |
|  | forward (6)      | travel (4)      |                     | change (7)            |               |
|  | adapt (6)        | stable (4)      |                     | inner (7)             |               |
|  | affection (6)    |                 |                     | holiday (7)           |               |
|  | believe (6)      |                 |                     | holidays (6)          |               |
|  | everyday (5)     |                 |                     | heat (6)              |               |
|  | feeling (5)      |                 |                     | hour (6)              |               |
|  | mindset (5)      |                 |                     | pilates (6)           |               |
|  | practice (5)     |                 |                     | animal (6)            |               |
|  | self-control (5) |                 |                     | determination (6)     |               |
|  | pass (5)         |                 |                     | bike (6)              |               |
|  | spirits (5)      |                 |                     | breathe (6)           |               |
|  | worry (5)        |                 |                     | busy (6)              |               |
|  | mother (4)       |                 |                     | focus (6)             |               |
|  | motivation (4)   |                 |                     | supplement (6)        |               |
|  | sick (4)         |                 |                     | prednisolone (6)      |               |
|  | psychologist (4) |                 |                     | water (6)             |               |
|  | important (4)    |                 |                     | week (5)              |               |
|  | cope (4)         |                 |                     | positivism (5)        |               |
|  | career (4)       |                 |                     | stress-free (5)       |               |
|  |                  |                 |                     | currently (5)         |               |
|  |                  |                 |                     | hot (4)               |               |
|  |                  |                 |                     | laughter (4)          |               |
|  |                  |                 |                     | man (4)               |               |
|  |                  |                 |                     | outdoor (4)           |               |
|  |                  |                 |                     | month (4)             |               |
|  |                  |                 |                     | cure (4)              |               |
|  |                  |                 |                     | companion (4)         |               |
|  |                  |                 |                     | effort (4)            |               |
|  |                  |                 |                     | discipline (4)        |               |
|  |                  |                 |                     | garden (4)            |               |
|  |                  |                 |                     | great (4)             |               |
|  |                  |                 |                     | gym (4)               |               |
|  |                  |                 |                     | force (4)             |               |
|  |                  |                 |                     | stretch (4)           |               |
|  |                  |                 |                     | sea (4)               |               |
|  |                  |                 |                     | study (4)             |               |
|  |                  |                 |                     | recreation (4)        |               |
|  |                  |                 |                     | regulate (4)          |               |
|  |                  |                 |                     | resilience (4)        |               |