

Supplemental Table 1. Questions and answers to estimate sunlight exposure

| Question | Answer |
|--|------------------------|
| Do you go outside during the day? | Yes |
| | No |
| On a weekly basis, how often do you go outside during the day? | Rarely |
| | Moderately often |
| | Often |
| How long do you stay outside daily during autumn? | Less than 15 min |
| | Between 15 and 30 min |
| | Between 30 min and 2 h |
| | More than 2 h |
| How long do you stay outside daily during winter? | Less than 15 min |
| | Between 15 and 30 min |
| | Between 30 min and 2 h |
| | More than 2 h |
| How long do you stay outside daily during spring? | Less than 15 min |
| | Between 15 and 30 min |
| | Between 30 min and 2 h |
| | More than 2 h |
| How long do you stay outside daily during summer? | Less than 15 min |
| | Between 15 and 30 min |
| | Between 30 min and 2 h |
| | More than 2 h |
| Which parts of the body/skin have been exposed during autumn? | Face only |
| | Hands and face |

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| | Hands and face plus arms and/or legs |
| | Hands and face plus arms and/or legs and some/all of trunk |
| Which parts of the body/skin have been exposed during winter? | Face only |
| | Hands and face |
| | Hands and face plus arms and/or legs |
| | Hands and face plus arms and/or legs and some/all of trunk |
| Which parts of the body/skin have been exposed during spring? | Face only |
| | Hands and face |
| | Hands and face plus arms and/or legs |
| | Hands and face plus arms and/or legs and some/all of trunk |
| Which parts of the body/skin have been exposed during summer? | Face only |
| | Hands and face |
| | Hands and face plus arms and/or legs |
| | Hands and face plus arms and/or legs and some/all of trunk |
| What kind of protection against sunlight do you apply on a sunny day? | No protection |
| | Hat |
| | Sunscreen |
| | Stay in the shade |
| | Clothes with long sleeves |
| | Combined protection (at least two of the above) |

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| Do you avoid the sun during summer? | Yes |
| | No |
| Do you sometimes stay in the sun during summer? | Yes |
| | No |
| Do you prefer to stay in the sun during summer? | Yes |
| | No |

