## Supplementary materials

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

| Cluster 1 “positive attitude” | Cluster 2 “social support” | Cluster 3 “trust in medical treatments” | Cluster 4 “healthy habits” | Cluster 5 “to avoid stress” |
|-------------------------------|----------------------------|----------------------------------------|---------------------------|---------------------------|
| Total occurrences             |                            |                                        |                           |                           |
| 1434 (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) |