**Supplementary material**

**Supplementary box 1.**

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| **Aspects of CVD affecting quality of life revealed during patient phone interviews**  *Physical burden*   * Varicose veins * Painful legs * Swollen or heavy legs, particularly during summer months * Adaptation of homes and lifestyles to manage symptoms and facilitate rest and leg elevation * Use of multiple treatments to manage symptoms, including venoactive drugs, topical creams and compression stockings   *Aesthetic burden*   * Veins deemed “ugly”, particularly by women * Aesthetic issues more obvious after exercising/standing too long * Feelings of unattractiveness and embarrassment about how legs look * Reluctance to show legs * Restricted as to what can wear because of desire to cover legs and need reduce symptoms (i.e. large comfortable trousers rather than shorts/short skirts, no high heels, use of compression stockings) * Women can feel ugly if not able to wear feminine clothes   *Emotional burden*   * Fear and anxiety about disease progression, thrombosis, death * Fear of having to resort to surgery * Depression * Self-consciousness * Lack of confidence and low self-esteem   *Effects on relationships*   * Limited social life because of embarrassment or symptoms * Reduced time spent outside with family, friends or colleagues * Inability to play with children because of symptoms * Reduced ability to help around the house * Reduced intimacy with partner because of self-consciousness |

**Supplementary box 2.**

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| **Sleep disturbances revealed during patient phone interviews**   * Patients reported cramps and a ‘nagging tingling sensation’ that is more noticeable at night and can wake them up.   + Especially a problem for patients with C3/C4 disease.   + Also bothersome for partners, thereby having relationship implications.   + Patients and/or partners required to massage a leg to relieve symptoms.   + Anticipation of cramps keeps some patients awake with worry.   + Sleeping positions commonly adapted to reduce night cramps (i.e. specialized beds to elevate feet and other elevation techniques), even for early-stage disease.   + Physically demanding days negatively impact the ability to sleep, resulting in avoidance of exercise.   **Patient quotes**  *“Well, the worst thing is when you can't sleep. You shower your feet, lubricate your feet, positioning your feet and still not fall asleep.”* (female patient with C3 CVD, aged 58 years)  *“It is a good question about the sleep, because nobody asked me how I sleep and how those cramps happen at night.”* (female patient with C1 CVD, aged 41 years) |

Appendix A. Burden of disease among chronic venous disease patient discussion guide.

[To be uploaded as a separate file with the manuscript during submission]

Appendix B. Quality of life among patients and physicians’ discussion guide.

[To be uploaded as a separate file with the manuscript during submission]