**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
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**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]