

Supplementary material

Supplementary Table 1: Search terms, Kostikas et al. 2024, n=18,480

Asthma			
Common symptoms	Everyday life	Psychological status	Treatment
Cough	Work and asthma	Anxiety	Cortisone
Dyspnea	Sex life and asthma	Stress	Oral corticosteroids
Panting	Asthma and quality of life	Fatigue	Cortisone tablets
Runny nose	Exercise and asthma	Depression	Cortisone intravenous
Watering eyes	Asthma-related school absenteeism		Treatment duration
Coughing at night	Asthma-related work absenteeism		Biological factors
Nocturnal dyspnea			Cortisone's adverse events
Heavy chest			Infusion (as treatment for asthma patients)
Wheezing			Inhaled medications
Chest tightness			Inhaled cortisone
Asthma crisis			Inhaler devices
Exacerbation			Pain relievers
Wheezing			Inhalations (for asthma)
Rhinitis			Adverse events
Sinusitis			Tachycardia
Difficulty breathing			Tremor (side effect of inhaler)
Discomfort			Antibiotics
COPD			

Common symptoms	Everyday life	Psychological status	Treatment
COPD symptoms	Physical activity and COPD	Anxiety	Cortisone
Cough	Mobility limitations and COPD	Stress	Oral corticosteroids
Dyspnea	Walking and COPD	Depression	Cortisone tablets
Breathlessness	Oxygen treatment for COPD	Loneliness	Cortisone intravenous
Panting	Family activities limitations and COPD	Isolation	Cortisone's adverse events
Heavy chest	COPD and sex		Inhaled medications
Chest tightness	COPD symptoms in the morning		Inhalation corticosteroids
Difficulty breathing	Fatigue		Pain relievers
Mucus	Muscular weakness		Supplemental oxygen therapy
Flare up			Treatment duration
Discomfort			Inhaler devices
Sputum			Oxygen therapy
Expectoration			Oxygen treatment for COPD
Productive coughs			Inhalations (for COPD)
Dry cough			Antibiotics
Exacerbation			

Abbreviations: COPD, Chronic obstructive pulmonary disease

Supplementary Table 2: Source distribution of posts/year, Kostikas et al. 2024, n=18,480

		Asthma N (%)	COPD N (%)
2020	Blogs	2 (0.07)	- (-)
	Facebook	2 (0.07)	202 (6.91)
	Instagram	8 (0.30)	2 (0.07)
	News	2.675 (99.52)	2.677 (91.52)
	Youtube	1 (0.04)	44 (1.50)
	Total	2.688 (100)	2.925 (100)
2021	Blogs	884 (18.19)	901 (14.90)
	Facebook	6 (0.12)	19 (0.31)
	Forums	2 (0.04)	4 (0.07)
	Instagram	8 (0.16)	4 (0.07)
	News	3.957 (81.44)	5.102 (84.39)
	Youtube	2 (0.04)	16 (0.26)
	Total	4.859 (100)	6.046 (100)
2022	Blogs	144 (15.96)	92 (8.68)
	Facebook	1 (0.11)	8 (0.75)
	Instagram	13 (1.44)	- (-)
	News	651 (72.17)	594 (56.04)
	Twitter	93 (10.31)	366 (34.53)
	Total	902 (100)	1.060 (100)

Abbreviations: COPD, Chronic obstructive pulmonary disease