

**Supplementary Table 1. Thyroid-specific QoL questionnaire**

Scales	Symptom
1 Goiter symptoms	Fullness in the neck Visible swelling in the front of the neck Pressure in the throat Pain in the front of the throat Throat pain felt in ears Lump in throat Clearing throat often Discomfort swallowing Difficulty swallowing Sense of suffocating Hoarseness
2 Tiredness	Tiredness Exhaustion Difficulty getting motivated Worn out Full of life Energetic Able to cope with life
3 Cognition	Difficulty remembering Slow or unclear thinking Difficulty finding the right words Confusion Difficulty learning new Difficulty concentrating
4 Anxiety (nodule related)	Nervousness Anxiety Tension Concern about being seriously ill Uneasy Restless
5 Depressivity (nodule related)	Sad Depressed Discouraged Crying easily Unhappy Happy Self-confident
6 Emotional susceptibility (nodule related)	Difficulty coping Feeling "not like oneself" Easily feeling stressed Mood swings Irritable Frustrated Angry
7 Impaired social life (nodule related)	Difficult being with other people A burden to other people Conflicts with other people People lack understanding
8 Impaired daily life (nodule related)	Difficulty managing daily life Limited leisure activities Difficulty participating in life Difficulty getting around Everything takes longer Difficulty managing job
9 Impaired sex life	Negative influence on sex life Decreased sexual desire
10 Cosmetic concern (nodule related)	Disease affect appearance Unsatisfied with appearance Camouflage or mask visible signs Bothered by other people looking Influence on clothes worn Felt too fat
11 Overall quality of life	Quality of life

Note. All items on all 11 scales of the QoL questionnaire were scored from 0 (none) to 4 (very severe).