

Supplementary Table 1. Themes, categories and codes identified using qualitative phenomenological thematic analysis.

<u>First Order Theme</u> : Social support in the online blogging environment				
<u>Second Order Themes</u>	<u>Third Order Themes</u>	<u>Fourth Order Themes</u>	<u>Codes</u>	
<b>Virtual environment</b>	<b>Life as a blog author</b>	<b>Motivations for blogging</b>	Lack of guidance	
			Addressing lack of understanding through lived experiences	
		Product review opportunities		
		Difficulty writing blog posts		
		Raising awareness		
	<b>Virtual social support</b>	Recognizing author's efforts		
		Consoling others/author		
		Sense of relatedness		
		Encouraging engagement		
		Motivating others		
		Forming connections		
		Empowering others		
		Inspiring others		
	<b>Financial limitations</b>	Expensive costs of pain		
Difficulty receiving financial assistance				
<b>Interactions with health professionals</b>	Lack of recognition of pain			
	Miscommunication between health professionals			

	Limited help from insurance		
<b>Social environment</b>	<b>Lack of understanding from others not in pain (family and friends)</b>	<b>Difficulty communicating with others about pain</b>	Masking pain from others
			Perceived ideas of pain
			Lack of knowledge about pain
			Insensitivity from others
		Concept of invisible illness	
		Judgment from others not in pain	
		Lack of inclusive environments	
	Loss and/or lack of support systems		
	Support from family		
	Support from friends		
	Appreciating support from others		
Importance of respecting each other			
Negative social experiences			
<u>First Order Theme: Experiences of life with pain</u>			
<u>Second Order Themes</u>	<u>Third Order Themes</u>	<u>Fourth Order Themes</u>	
<b>Lived experiences of pain</b>	Comparing self to others		
	Diagnosis difficulties		
	Feelings of frustration		
	Lack of guidance		

	Difficulties living with pain	
	Changes to life due to pain	
	Impacts of pain on others	
	New pain tolerance levels	
	Unexpected experiences of pain	
	Environmental influences of pain	
	Exacerbation of pain and symptoms	
	Unpredictable nature of pain	
	Triggers of pain	
	Progression of pain	
	<b>Emotional impacts of pain</b>	Loss of hope
		Sense of isolation
		Expressing guilt
		Sense of helplessness
Fear of unknown		
Mental health impacts of pain		
Lack of acceptance of pain into life		
Loss of control in life		
<b>Coping with pain</b>	Coping strategies (adaptive and maladaptive)	
	Learning to cope with pain	
	Difficulty coping with pain	
<b>Managing pain</b>	Difficulty finding effective	

	management options		
	Personalized pain management		
	Frequent hospital visits		
	Managing multiple conditions		
	Listening to body (knowing limits)		
	Self-identified management strategies		
	Minimizing the impacts of pain		
	Dietary influences on pain		
	Alternative medicine		
	Managing pain through exercise		
	Self-medicating pain		
	<b>Medication</b>		Withdrawal effects of medication
			Medication dependence
Difficulty accessing medication			
Difficulty finding effective medication			
Medication abuse			
Benefits of medication			
Medication cessation			
Stigma surrounding medication use			
Side effects of medication			
<b>Surviving pain by overcoming challenges</b>	Resilience		
	Strength and determination		

	Taking control of life	
	Advocating for self	
<b>Changing outlook</b>	Acceptance of pain	
	Hope for the future	
	Stepping out of comfort zone	
	Regaining confidence	
	Identity beyond pain	
	Staying positive	
	Personal growth over time	
	Seeking help from others	
	Positive body image	
	<b>Participation in everyday life</b>	Engaging in meaningful activities and roles despite pain
Achieving despite pain		
Finding motivation to engage		
Using assistive technology		
Enjoying life/chasing dreams		
<b>First Order Theme: Sharing information with readers</b>		
<u>Second Order Themes</u>	<u>Third Order Themes</u>	<u>Fourth Order Themes</u>
Sharing resources		
Research updates		
Pain education		

This paper focused on the first, first order theme presented in the table: social support in the online blogging environment. Similar codes have been group together into 18 different categories, these categories are bolded in the table. These 18 categories were then ordered into four different levels of themes.