

Appendix 2: Time schedule: Enrolment, interventions, and assessments.

STUDY PERIOD														
	Enrolment	Allocation	Post allocation										Long term	
TIMEPOINT	$-t_1$	0	W*1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W26
ENROLMENT:														
Eligibility screen	x													
Informed consent	x													
Eligibility screening questionnaire	x													
Allocation		x												
INTERVENTIONS:														
Intervention			x	x	x	x	x							
Control								x	x	x	x	x		
ASSESSMENTS****:														
Eligibility screening questionnaire incl. HF scale	x													
Baseline data	x													
MSQ		x**			x			x***		x			x	x

*W1= Study week 1, W2 = Study week 2 and so on.

** MSQ is completed before allocation and first treatment.

*** Intervention group complete MSQ one week after final treatment (week 6). Control group complete MSQ before first treatment (week 6).

MSQ = MenoScores Questionnaire. HF scale = Hot flushes scale from MSQ.

**** Intermediate assessment at week 3. Main comparison of primary outcome at week 6 before “cross-over”. Assessment of legacy effect at week 11. Assessment of long-term effect at week 26.