

**Supplementary Table S2.** The influence of self-reported strictness scores on endometriosis-related pain, expressed using VAS scores.

|   | Low-FODMAP <sup>1</sup> diet                 |              |  |              | Endometriosis diet                           |              |  |              |
|---|--|--------------|--|--------------|--|--------------|--|--------------|
|   | (N = 22)                                     |              | (N = 21)                                     |              | (N = 21)                                     |              | (N = 21)                                     |              |
| Self-reported strictness score (mean, SD) | Three-month follow-up                        |              | Six-month follow-up                          |              | Three-month follow-up                        |              | Six-month follow-up                          |              |
|   | 8.75 (0.91)                                  |              | 7.47 (1.55)                                  |              | 7.67 (1.78)                                  |              | 7.23 (0.83)                                  |              |
| Symptoms associated with endometriosis    | Three-month follow-up                        |              | Six-month follow-up                          |              | Three-month follow-up                        |              | Six-month follow-up                          |              |
|   | Effect of strictness on pain scores (95% CI) | P-value      | Effect of strictness on pain scores (95% CI) | P-value      | Effect of strictness on pain scores (95% CI) | P-value      | Effect of strictness on pain scores (95% CI) | P-value      |
| <b>Dysmenorrhea</b>                       | -0.76 (-2.71 to 1.19)                        | <b>0.423</b> | 0.13 (-0.57 to 0.83)                         | <b>0.697</b> | 0.13 (-0.96 to 1.21)                         | <b>0.810</b> | 0.11 (-0.72 to 0.94)                         | <b>0.791</b> |
| <b>Dyspareunia</b>                        | -0.83 (-2.08 to 0.42)                        | <b>0.177</b> | 0.17 (-0.68 to 1.02)                         | <b>0.676</b> | -0.11 (-0.94 to 0.72)                        | <b>0.781</b> | 0.36 (-0.29 to 1.01)                         | <b>0.259</b> |
| <b>Chronic Pelvic Pain</b>                | -0.80 (-2.40 to 0.79)                        | <b>0.304</b> | 0.40 (-0.44 to 1.23)                         | <b>0.329</b> | 0.32 (-0.44 to 1.07)                         | <b>0.387</b> | 0.54 (-0.12 to 1.20)                         | <b>0.103</b> |
| <b>Dysurea</b>                            | -0.15 (-1.32 to 1.02)                        | <b>0.789</b> | 0.19 (-0.23 to 0.61)                         | <b>0.353</b> | -0.29 (-0.81 to 0.24)                        | <b>0.266</b> | -0.001 (-0.51 to 0.51)                       | <b>0.996</b> |
| <b>Bloating</b>                           | -1.25 (-2.71 to 0.21)                        | <b>0.088</b> | 0.29 (-0.39 to 0.98)                         | <b>0.377</b> | 0.10 (-0.79 to 0.99)                         | <b>0.818</b> | -0.18 (-0.62 to 0.25)                        | <b>0.384</b> |
| <b>Tiredness</b>                          | -0.47 (-2.34 to 1.40)                        | <b>0.598</b> | -0.12 (-0.97 to 0.73)                        | <b>0.769</b> | 0.14 (-0.60 to 0.88)                         | <b>0.699</b> | 0.14 (-0.43 to 0.71)                         | <b>0.617</b> |

The effect, with 95% confidence intervals (95% CI) were calculated using a logistic regression. Bold values indicate P-values.

<sup>1</sup> FODMAP: fermentable oligo-, di-, mono-saccharides, and polyols.