

**Supplementary Table S5.** Experiences on the appliance of their chosen diet, reported by participants adhering to either the Low FODMAP diet or endometriosis diet.

Descriptives	Low FODMAP <sup>1</sup> diet			Endometriosis diet		
	(N = 22)			(N = 21)		
<b>Previous dietary guidelines<sup>2</sup> (%)</b>	10 (45.5%)			12 (57.1%)		
<b>Experience of the diet (%)</b>	<b>Three-week follow-up</b>	<b>Six-month follow-up</b>	<b>P-value</b>	<b>Three-week follow-up</b>	<b>Six-month follow-up</b>	<b>P-value</b>
Very easy	0 (0.0%)	1 (4.5%)	<0.001	0 (0.0%)	1 (4.8%)	0.017
Easy	1 (4.5%)	1 (4.5%)		1 (4.8%)	2 (9.5%)	
Normal	5 (22.7%)	10 (45.5%)		8 (38.1%)	11 (52.4%)	
Difficult	13 (59.1%)	5 (22.7%)		12 (57.1%)	6 (28.6%)	
Very difficult	0 (0.0%)	1 (4.5%)		0 (0.0%)	0 (0.0%)	
Unknown	3 (13.6%)	4 (18.2%)		0 (0%)	2 (9.5%)	
<b>Difficulties experienced (%)</b>	<b>Three-week follow-up</b>	<b>Six-month follow-up</b>		<b>P-value</b>	<b>Three-week follow-up</b>	
Expensive	9 (%)	4 (18.2%)	n/a	6 (%)	4 (19.0%)	n/a
Time consuming	8 (%)	6 (27.3%)		5 (%)	7 (33.3%)	
Complex	1 (%)	4 (18.2%)		3 (0%)	2 (9.5%)	
Little social support	1 (%)	1 (4.5%)		3 (%)	2 (9.5%)	
Little positive effects	2 (%)	1 (4.5%)		0 (%)	4 (19.0%)	
Other	12 (57.1%)	7 (31.8%)		12 (%)	10 (47.6%)	
<b>How often were exceptions made (%)</b>	<b>Three-week follow-up</b>	<b>Three-month follow-up</b>		<b>Six-month follow-up</b>	<b>Three-week follow-up</b>	
Every meal	0 (0.0%)	0 (0.0%)	0 (0%)	0 (0.0%)	2 (9.5%)	1 (4.8%)
One meal a day	0 (0.0%)	0 (0.0%)	0 (0%)	2 (9.5%)	2 (9.5%)	0 (0.0%)
One meal each 2–3 days	3 (13.6%)	1 (4.5%)	4 (18.2%)	8 (38.1%)	3 (14.3%)	9 (42.9%)
One meal a week	4 (18.2%)	6 (27.3%)	5 (22.7%)	3 (14.3%)	9 (42.9%)	7 (33.3%)
One meal every 2–3 weeks	4 (18.2%)	3 (13.6%)	7 (31.8%)	4 (19.1%)	2 (9.5%)	3 (14.3%)
One meal a month	1 (4.5%)	4 (18.2%)	1 (4.5%)	2 (9.5%)	1 (4.8%)	0 (0.0%)
Never	7 (31.8%)	5 (22.7%)	0 (0%)	2 (9.5%)	2 (9.5%)	0 (0.0%)
Unknown	2 (9.1%)	3 (13.6%)	5 (22.7%)	0 (0.0%)	0 (0.0%)	1 (4.8%)
<b>Exception meals (%)</b>	<b>Three-week follow-up</b>	<b>Three-month follow-up</b>	<b>Six-month follow-up</b>	<b>Three-week follow-up</b>	<b>Three-month follow-up</b>	<b>Six-month follow-up</b>
Main meal	7 (31.8%)	8 (36.4%)	11 (50.0%)	6 (28.6%)	5 (23.8%)	9 (42.9%)
Snacks	2 (9.1%)	5 (22.7%)	1 (4.5%)	6 (28.6%)	4 (19.1%)	3 (14.3%)
Both	2 (9.1%)	1 (4.5%)	3 (13.6%)	7 (33.3%)	10 (47.6%)	8 (38.1%)
Unknown	11 (50.0%)	8 (36.4%)	7 (31.8%)	2 (9.5%)	2 (9.5%)	1 (4.8%)
<b>Number of dropouts<sup>3</sup>(%)</b>						
After 3 weeks		0 (0%)			1 (4.8%)	
After 6 weeks		2 (9.1%)			0 (0%)	
After 9 weeks		0 (0%)			0 (0%)	
After 12 weeks		0 (0%)			0 (0%)	
<b>Continuing the diet at the end of follow-up (%)</b>						
Yes		17 (77.3%)			15 (71.4%)	
Partially		1 (4.5%)			2 (9.5%)	
No		1 (4.5%)			4 (19.1%)	
Unknown		3 (13.6%)			0 (0.0%)	
<b>Patient satisfaction (mean, SD)</b>	<b>Low FODMAP diet N = 22</b>		<b>Endometriosis diet N = 21</b>		<b>P-value</b>	
Taken serious by dietician	9.95 (0.23)		9.95 (0.22)		n/a	
Expertise dietician	9.63 (0.68)		9.76 (0.54)		n/a	
Shared decision making	9.42 (1.07)		9.71 (0.56)		n/a	
Negotiability of progress	9.37 (1.07)		9.76 (0.54)		n/a	
Information provision	9.47 (0.77)		9.71 (0.56)		n/a	
Accessibility dietician	9.79 (0.54)		9.76 (0.63)		n/a	
Self-reported effect of diet	9.26 (0.81)		9.10 (0.89)		0.667	
Recommend diet to others	9.37 (1.30)		9.24 (1.00)		n/a	

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

<sup>2</sup> Previous dietary guidelines such as eating vegetarian, vegan, halal, kosher gluten-, or lactose-free.

<sup>3</sup> All women dropped out because of personal reasons such as moving to a foreign country or an illness in the family.