

Table S1: Between Group Variances:

Variable	Total Weeks Engaged									q-value ^{2,3}
	Overall, N = 1,900 ¹	2, N = 495 ¹	3, N = 253 ¹	4, N = 171 ¹	5, N = 170 ¹	6, N = 137 ¹	7, N = 132 ¹	8, N = 129 ¹	9, N = 413 ¹	
Age	48.1 (4.7)	48.9 (4.8)	48.7 (4.8)	47.6 (4.5)	47.0 (4.9)	47.6 (4.0)	46.5 (5.0)	47.6 (4.7)	48.2 (4.5)	<0.001
Using HRT	227 (12%)	72 (15%)	28 (11%)	20 (12%)	18 (11%)	11 (8.0%)	17 (13%)	15 (12%)	46 (11%)	0.5
Using Contraceptives	343 (18%)	102 (21%)	50 (20%)	22 (13%)	27 (16%)	18 (13%)	27 (20%)	19 (15%)	78 (19%)	0.2
Not using Supplements	1,003 (53%)	268 (54%)	142 (56%)	96 (56%)	89 (52%)	73 (53%)	63 (48%)	71 (55%)	201 (49%)	0.3
Reported Comorbidities	1,010 (53%)	267 (54%)	143 (57%)	84 (49%)	98 (58%)	73 (53%)	73 (55%)	50 (39%)	222 (54%)	0.061
Symptom Logs	16 (17)	2 (1)	5 (2)	7 (3)	10 (4)	15 (6)	18 (6)	25 (9)	44 (13)	<0.001
Trigger Logs	10 (13)	2 (1)	3 (2)	4 (3)	6 (4)	8 (7)	11 (6)	14 (12)	27 (18)	<0.001
Activity Logs	4 (10)	1 (1)	2 (3)	2 (6)	2 (5)	4 (9)	5 (11)	5 (10)	10 (17)	<0.001
Period Logs	3 (3)	1 (1)	2 (2)	2 (2)	3 (3)	3 (3)	4 (3)	3 (3)	4 (5)	<0.001
Baseline Symptom Score	17 (13)	18 (14)	17 (14)	16 (14)	15 (13)	16 (13)	18 (13)	15 (12)	16 (12)	0.2
Final Symptom Score	12 (12)	15 (14)	13 (12)	12 (12)	12 (12)	11 (11)	11 (10)	10 (10)	9 (8)	<0.001
¹ Mean (SD) or Frequency (%)										
² Kruskal-Wallis rank sum test; Pearson's Chi-squared test										
³ Benjamini & Hochberg correction for multiple testing										