

Figure I: Graphic description of the multifaceted empowerment strategy

Time line	Multi-faceted empowerment strategy	No strategy (control)
Randomisation	a	a
Baseline	b	
2 to 4 weeks	c d e	e
4 to 6 weeks	f	f
7 weeks	g	
First IVF treatment cycle (8 to 14 weeks)	h	h
a weeks		
b	Patient questionnaire containing demographic characteristics, General Self-Efficacy Scale, experienced subjective knowledge levels, Decision Evaluation Scores, State-Trait Anxiety Inventory and Beck Depression Inventory.	
c	Decision aid, a 16 page booklet containing three chapters concerning 1) chances of pregnancy after single and double embryo transfer, 2) obstetrics risks of IVF singletons and twins and 3) an 'action plan' assisting couples with their decision for single embryo transfer or double embryo transfer. ²⁰	
d	Reimbursement offer, offering couples an additional fourth IVF cycle if they will choose single embryo transfer in the first and second IVF cycle and no pregnancy occurs.	
e	Content of decision aid and reimbursement offer discussed with a trained IVF nurse in person (average duration 32 minutes)	
f	Standard outpatient clinic session to prepare for the upcoming IVF treatment, including a short discussion about the number of embryos transferred	
g	Questionnaire containing General Self-Efficacy Scale, experienced subjective knowledge levels, experienced actual knowledge levels Decision Evaluation Scores, State-Trait Anxiety Inventory and Beck Depression Inventory	
h	Phone call from nurse to patient to discuss any relevant questions that might have arisen during the IVF treatment (average duration 2 minutes)	
	Embryo transfer	