

Supplementary Table S1 Means (standard deviations) for psychological and fertility variables at baseline for the total sample and according to age and experimental group.

	Total sample N = 208	Total adolescents n = 93	Total emerging adults n = 115	Effect size ηp^2	Adolescents		Effect size ηp^2	Emerging adults		Effect size ηp^2
					FertiEduc n = 46	Control N = 46		FertiEduc N = 60	Control n = 55	
Fertility knowledge	54.4 (18.90)	47.1 (19.26)	60.3 (16.45)	0.10***	44.6 (19.11)	49.5 (19.30)	0.01	60.4 (16.51)	60.1 (16.54)	0.00
Infertility threat	6.9 (4.09)	5.5 (3.92)	7.9 (3.92)	0.08***	4.7 (2.47)	6.3 (4.91)	0.02	7.6 (4.08)	8.2 (3.75)	0.01
Anxiety	35.7 (11.44)	36.4 (11.26)	35.2 (11.60)	0.00	37.5 (12.19)	35.3 (10.27)	0.01	35.1 (11.78)	35.3 (11.50)	0.00
Physical stress	11.0 (2.69)	11.1 (2.90)	10.9 (2.52)	0.00	11.6 (2.90)	10.7 (2.84)	0.02	10.8 (2.23)	11.0 (2.82)	0.00
Optimism	19.8 (4.51)	18.2 (4.04)	21.1 (4.46)	0.10***	17.9 (3.75)	18.5 (4.32)	0.01	21.9 (4.37)	20.3 (4.45)	0.03
Health literacy	32.0 (6.20)	33.2 (6.47)	31.1 (5.84)	0.03*	33.1 (7.52)	33.3 (5.35)	0.00	31.8 (6.00)	30.4 (5.63)	0.01
Fertility relevance	5.4 (1.54)	5.0 (1.55)	5.8 (1.44)	0.04**	4.7 (1.44)	5.3 (1.61)	0.00	6.0 (1.45)	5.5 (1.39)	0.03
Optimality of fertility plans										
First birth	3.3 (4.68)	5.5 (5.26)	1.7 (3.37)	0.18***	5.5 (5.34)	5.5 (5.23)	0.00	1.8 (3.31)	1.6 (3.45)	0.00
Last birth	2.3 (4.62)	4.4 (4.97)	0.8 (3.67)	0.16***	4.1 (4.59)	4.7 (5.37)	0.00	1.0 (3.31)	0.7 (4.04)	0.00

Means (standard deviations) for psychological and fertility variables at baseline for the total sample and according to age and experimental group.

Note: N = Sample size, MANOVA for significance testing between age groups and information groups. ηp^2 = partial eta statistic for effect size for age group effects at baseline. FertiEduc = fertility education group. * $P \leq 0.05$, ** $P \leq 0.01$, *** $P \leq 0.001$.