

Supplementary Material**MCq-Perceptions – Question list****Section 1: About you as an athlete:**

1. What date did you complete this survey?
2. Your postcode?
3. Your current age?
4. Your Sport?
5. What events are you training for? (please list) i.e. 100m sprint, 50m butterfly...
 - Event, Category (if applicable):
6. What major event you are preparing for:
 - Olympic Games
 - Paralympic Games
 - Other (please specify)
7. How many years have you been on the Senior National Team?
8. What major event(s) you have competed at?
 - Olympic Games
 - Paralympic Games
 - World Championships
 - Other (list)
9. How many hours per week do normally train? Please describe as:
 - General Aerobic (base)(hrs)
 - Intense Aerobic / Anaerobic (hrs)
 - Skill based training (hrs)
 - Strength (hrs)
 - Other (please specify)
10. What is your highest level of education?
 - Primary School
 - High School
 - Diploma or Cert (TAFE or RTO)
 - Bachelor
 - Honours/ Masters
 - Doctorate
11. Are your primary sport- specific coaches:
 - Female
 - Male
 - Both Female and Male
 - Other

Section 2: Your Menstrual Cycle

12. Have you ever had your period?

Yes/No

13. How old were you when you had your first period?

14. How many periods have you had in the past year?

- <4
- 4-6
- 7-9
- 10-12
- >12

15. Please describe your average menstrual cycle length:

- 25-35 days
- <25 days (shorter)
- >35 days (longer)
- irregular
- N/A

16. Please describe your average period duration:

- 4-7 days
- <4 days (shorter)
- >7 days (longer)
- irregular
- N/A

17. Please describe your period in terms of flow:

- light
- moderate
- heavy
- irregular
- N/A

18. Do you experience these symptoms, related to your menstrual cycle? (click all that apply)

- Abdominal or Pelvic Pain
- Lack of Energy
- Bloating
- Nausea
- Headaches
- Irritability
- Anger
- Low Mood
- Depression
- Difficulty Sleeping
- Diarrhoea
- Constipation
- Fluid Retention
- Self-consciousness
- Bleeding that is inconvenient to my sport / uniform requirements
- Other (please specify)

19. Do you use any pain- relief medication to alleviate symptoms around training or competition? And if so, what?

- Yes (please list medication)
- No

20. Are you currently using hormonal contraception? (i.e. OCP / the pill, minipill, implanon, mirena)

- Yes (Directs to STREAM A)**
- No (Directs to STREAM B)**

Stream A: Hormonal Contraceptive Users

21. Which hormonal contraception do you use?

- None
- Combined Oral Contraceptive Pill (Oestrogen / Progesterone)
- Minipill (Progesterone only)
- Nuvaring
- Implanon
- Mirena
- Depo Provera Injection
- Other (Brand / medication name (please specify))
- Unsure

22. What are the reason(s) you use Hormonal Contraception

- Contraception
- For timing or predictability of my period
- Symptom control (pain)
- Symptom control (heavy bleeding)
- Skin
- Performance Reasons
- I was advised to use it
- Unsure
- Other (please specify)

23. Do you use hormonal contraception to plan / modify your cycle around training or competition?

- Yes. If yes, can you please explain?
- No

24. Have you ever stopped a hormonal contraceptive because of your sport requirements?

- Yes. If yes, can you please explain?
- No

Stream A: Your Menstrual Cycle, and You as an Elite Athlete

25. Are you tracking your menstrual cycle in the lead up to selections for the Olympics / Paralympics?

- Yes. If yes, please list, i.e. AMS, Garmin, Whoop, Apple Health, other app
- No

26. Have you competed while having your period?

- Yes
- No

27. As a general question, do you think your performance is affected by your menstrual cycle?

- Yes
- No

28. Do you think your menstrual cycle affects your ability to train?

- Yes. If yes, can you please explain?
- No

29. Do you think your menstrual cycle affects your ability to race / compete?

- Yes. If yes, can you please explain?

- No

30. If you could choose any time in your cycle to race / compete in your targeted Olympic final / Paralympic final, what would it be?

- During your period
- Just after your period
- Mid-cycle
- Late-cycle
- Unsure
- N/A

31. Does a taper phase normally change your menstrual cycle?

- Yes. If yes, can you please explain?
- No

32. Has your menstrual cycle been affected by a change in routine or stress during Covid-19?

- Yes. If yes, can you please explain?
- No

Stream B: Natural Cyclers

33. Have you ever used Hormonal Contraception?

- Yes, If yes, please specify? (OCP (the pill), Minipill, Implanon, Mirena, Depo Provera injection etc)
- No

34. Are there specific reasons you do not take Hormonal Contraception?

- I don't need it
- Performance Reasons
- I have been advised not to take it
- Side effects (please list below)
- I have been told I cannot take it
- Unsure
- Other (please explain below)

35. Have you ever stopped a hormonal contraceptive because of your sport requirements? 0

- Yes. If yes, can you please explain?
- No

Stream B: Your Menstrual Cycle, and You as an Elite Athlete

36. Are you tracking your menstrual cycle in the lead up to selections for the Olympics / Paralympics?

- Yes. If yes, please list i.e. AMS, Garmin, Whoop, Apple Health, other app
- No

37. Have you competed while having your period?

- Yes
- No

42. As a general question, do you think your performance is affected by your menstrual cycle?

- Yes
- No

43. Do you think your menstrual cycle affects your ability to train?

- Yes. If yes, can you please explain?
- No

44. Do you think your menstrual cycle affects your ability to race / compete?

- Yes. If yes, can you please explain?
- No

45. If you could choose any time in your cycle to race / compete in your targeted Olympic final / Paralympic final, what would it be?

- During your period
- Just after your period
- Mid-cycle
- Late-cycle
- Unsure
- N/A

46. Does a taper phase normally change your menstrual cycle?

- Yes. If yes, can you please explain?
- No

47. Has your menstrual cycle been affected by a change in routine or stress during Covid-19?

- Yes. If yes, can you please explain?
- No

Section 3: Menstrual Cycle Conversations

48. Who have you discussed your menstrual cycle with, when thinking about performance?

- Coach
- Team mates / training partners
- Medical Doctor
- Sports Scientist
- Dietician
- Strength and conditioning coach
- Psychologist
- Physiotherapist
- Other (please specify)

49. Do you think these conversations are helpful?

- Yes
- No
- Can you please elaborate?

50. In the high-performance setting, is the menstrual cycle something you want more, or less focus on?

- More
- Less
- About the same
- Would you like to elaborate?

51. Do you have any examples where conversations about the menstrual cycle have helped, or hindered your performance mindset?