

Supplementary Material

Supplementary Table 1. The questions have been translated into English for readability but have not been validated in English.

Questions	Answer options
1. Are you using any form of hormonal contraceptive?	<ul style="list-style-type: none"> - Yes - No
2. Which delivery method do you use?	<ul style="list-style-type: none"> - Combined OCs - Mini pills (progestin-only OCs) - Vaginal rings - Injections - Transdermal patches - Implants - Intrauterine systems (IUSs) - Other
3. What is the name of the product/brand that you use?	<ul style="list-style-type: none"> - Open-ended
4. Do you use hormonal contraceptive for reasons other than contraception?	<ul style="list-style-type: none"> - Yes - No
5. If yes, please specify which reasons	<ul style="list-style-type: none"> - Open-ended
6. Have you stopped using a hormonal contraceptive because it negatively influenced your physical fitness or performance?	<ul style="list-style-type: none"> - Yes - No
7. If yes, please specify why	<ul style="list-style-type: none"> - Open-ended
8. Do you experience any positive influence associated with exercise by using hormonal contraceptive?	<ul style="list-style-type: none"> - Yes - No
9. If yes, please specify how	<ul style="list-style-type: none"> - Open-ended
10. Do you experience any negative influence associated with exercise by using hormonal contraceptive?	<ul style="list-style-type: none"> - Yes - No
11. If yes, please specify how	<ul style="list-style-type: none"> - Open-ended

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12. Do you experience any positive influence associated with performance by using hormonal contraceptive?	<ul style="list-style-type: none"> - Yes - No
13. If yes, please specify how	<ul style="list-style-type: none"> - Open-ended
14. Do you experience any negative influence associated with performance by using hormonal contraceptive?	<ul style="list-style-type: none"> - Yes - No
15. If yes, please specify how	<ul style="list-style-type: none"> - Open-ended
16. Do you have regular bleedings?	<ul style="list-style-type: none"> - Yes - No - Yes, but use hormonal contraceptives - No, but use hormonal contraceptives
17. Do you experience any negative symptoms related to your hormonal contraceptive cycle/menstrual cycle?	<ul style="list-style-type: none"> - Yes - No - I don't know
18. If yes, please specify which negative symptoms and when these symptoms occur in your cycle	<ul style="list-style-type: none"> - Open-ended

Supplementary Table 2. Prevalence of hormonal contraceptive use stratified by age and performance level.

	Juniors (n=51)	Seniors (n=62)	<i>P</i>-value and Cramer's <i>V</i>	National team (n=30)	Non-national team (n=83)	<i>P</i>-value and Cramer's <i>V</i>
Hormonal contraceptive	30 (58.8%)	47 (75.8%)	<i>P</i> = 0.054, Cramer's <i>V</i> = 0.181	21 (70.0%)	56 (67.5%)	<i>P</i> = 0.799, Cramer's <i>V</i> = 0.024
Progestin-only	18 (60.0%)	31 (66.0%)	<i>P</i> = 0.596, Cramer's <i>V</i> = 0.060	10 (47.6%)	39 (69.6%)	<i>P</i> = 0.074, Cramer's <i>V</i> = 0.204
Combined	12 (40.0%)	16 (34.0%)		11 (52.4%)	17 (30.4%)	

Supplementary Table 3. Reasons for hormonal contraceptive (HC) use and self-perceived influence of HC on training and/or performance stratified by age, performance level, and type of HC.

Reasons for HC use										
HC users	Juniors (n=30)	Seniors (n=47)	P-value and Cramer's V	National team (n=21)	Non-national team (n=56)	P-value and Cramer's V	Progestin- only (n=49)	Combined (n=28)	P-value and Cramer's V	All HC users (n=77)
Use HC for non-contraceptive reasons	23 (76.7%)	23 (48.9%)	$P = 0.016$, Cramer's $V = 0.276$	13 (61.9%)	33 (58.9%)	$P = 0.813$, Cramer's $V = 0.027$	25 (51.0%)	21 (75.0%)	$P = 0.039$, Cramer's $V = 0.235$	46 (59.7%)
Symptoms	14 (60.9%)	15 (65.2%)	$P = 0.760$, Cramer's $V = 0.045$	9 (69.2%)	20 (60.6%)	$P = 0.739$, Cramer's $V = 0.080$	15 (60.0%)	14 (66.7%)	$P = 0.762$, Cramer's $V = 0.069$	29 (63.0%)
Practical	13 (56.5%)	8 (34.9%)	$P = 0.139$, Cramer's $V = 0.218$	4 (30.8%)	17 (51.5%)	$P = 0.203$, Cramer's $V = 0.188$	10 (40.0%)	11 (52.4%)	$P = 0.553$, Cramer's $V = 0.124$	21 (46.0%)
Compound reasons	7 (30.4%)	6 (26.1%)	$P = 0.743$, Cramer's $V = 0.048$	5 (38.5%)	8 (24.2%)	$P = 0.469$, Cramer's $V = 0.142$	4 (16.0%)	9 (42.9%)	$P = 0.056$, Cramer's $V = 0.297$	13 (28.0%)
Health	3 (13.0%)	3 (13.0%)	Low n	1 (7.7%)	5 (15.2%)	Low n	2 (8.0%)	4 (19.0%)	Low n	6 (13.0%)
Self-perceived influence on training and/or performance										
HC users	Juniors (n=30)	Seniors (n=47)	P-value and Cramer's V	National team (n=21)	Non-national team (n=56)	P-value and Cramer's V	Progestin- only (n=49)	Combined (n=28)	P-value and Cramer's V	All HC users (n=77)
Solely positive	16 (53.3%)	22 (46.8%)		12 (57.1%)	26 (46.4%)		25 (51.0%)	13 (46.4%)		38 (49.4%)
Neutral	10 (33.3%)	14 (29.8%)	$P = 0.788$, Cramer's $V = 0.124$	4 (19.0%)	20 (35.7%)	$P = 0.379$, Cramer's $V = 0.189$	14 (28.6%)	10 (35.7%)	$P = 0.942$, Cramer's $V = 0.088$	24 (31.2%)
Mixed	3 (10.0%)	8 (17.0%)		3 (14.3%)	8 (14.3%)		7 (14.3%)	4 (14.3%)		11 (14.3%)
Solely negative	1 (3.3%)	3 (6.4%)		2 (9.5%)	2 (3.6%)		3 (6.1%)	1 (3.6%)		4 (5.2%)

Supplementary Table 4. Regular withdrawal bleeding/menstruation and symptoms, stratified by age, performance level, type of HC, as well as all HC users and non-HC users.

HC users	Juniors (n=30)	Seniors (n=47)	<i>P</i> -value and Cramer's <i>V</i>	National team (n=21)	Non- national team (n=56)	<i>P</i> -value and Cramer's <i>V</i>	Progestin- only (n=49)	Combined (n=28)	<i>P</i> -value and Cramer's <i>V</i>	All athletes	All HC users (n=77)	Non-HC users (n=36)	<i>P</i> -value and Cramer's <i>V</i>
Regular withdrawal bleeding	14 (46.7%)	22 (46.8%)	<i>P</i> = 0.990, Cramer's <i>V</i> = 0.001	12 (57.1%)	24 (42.9%)	<i>P</i> = 0.263, Cramer's <i>V</i> = 0.128	15 (30.6%)	21 (75.0%)	<i>P</i> < 0.001, Cramer's <i>V</i> = 0.428	Regular withdrawal bleeding/ menstruation	36 (46.8%)	29 (80.6%)	<i>P</i> < 0.001, Cramer's <i>V</i> = 0.319
							Progestin- only (n=15)	Combined (n=21)			All HC users (n=36)	Non-HC users (n=29)	
Report symptoms							12 (80.0%)	18 (85.7%)	<i>P</i> = 0.785, Cramer's <i>V</i> = 0.200	Report symptoms	30 (83.3%)	25 (86.2%)	<i>P</i> = 1.000, Cramer's <i>V</i> = 0.112