

Supplementary file 1: Search strategy

**Emcare (943 hits)**

- 1 endometriosis/
- 2 endometrio\*.tw.
- 3 1 or 2
- 4 self care/
- 5 self help/
- 6 self medication/
- 7 ((self or selves) adj2 (care or manage\* or medicat\*)).tw.
- 8 or/4-7
- 9 exp diet/
- 10 (gluten adj3 diet).tw.
- 11 (fodmap adj3 diet).tw.
- 12 dietary supplement/
- 13 (diet adj2 supplement).tw.
- 14 antioxidant/
- 15 antioxidant\*.tw.
- 16 vitamin/
- 17 vitamin\*.tw.
- 18 chinese medicine/
- 19 medicinal plant/
- 20 plant extract/
- 21 (Chinese adj2 (herb\* or plant\* or medicin\*)).tw.
- 22 (plant\* adj3 (medicin\* or extract\*)).tw.
- 23 or/9-22
- 24 exp exercise/
- 25 exp kinesiotherapy/
- 26 exp yoga/
- 27 exercise\$.tw.
- 28 aerobic\$.tw.
- 29 (yoga or walk\* or gym or crossfit or circuit or swim\* or jog\* or run\* or train\* or 'tai chi').tw.
- 30 ((muscle adj3 stretch\*) or stretch\* or mobility).tw.
- 31 ((weight adj3 (lifting or train\*)) or (resistan\* adj3 train\*)).tw.
- 32 (physical adj3 activ\*).mp.
- 33 or/24-32
- 34 exp meditation/
- 35 relaxation training/
- 36 exp mindfulness/
- 37 breathing exercise/
- 38 aromatherapy/
- 39 (meditat\* or relax\* or mindful\* or breath\* or aromatherap\*).tw.
- 40 ((meditat\* or relax\* or mindful\* or breath\*) adj3 (therap\* or exercis\*)).tw.

Supplementary file 1: Search strategy

- 41 (stress adj3 (manag\* or reduc\*)).tw.
- 42 or/34-41
- 43 non prescription drug/
- 44 nonsteroid antiinflammatory agent/
- 45 paracetamol/
- 46 acetylsalicylic acid/
- 47 ibuprofen/
- 48 naproxen/
- 49 mefenamic acid/
- 50 ((nonprescription adj2 drug\$) or ('over the counter' adj2 drug\$)).tw.
- 51 (nonsteroidal\$ or non-steroidal\$ or nsaid\$).tw.
- 52 (aspirin or ibuprofen or naproxen or mefenamic acid or ponstan or voltaren or naproxen or paracetamol or acetaminophen).tw.
- 53 or/43-52
- 54 transcutaneous electrical nerve stimulation/
- 55 (('transcutaneous electric nerve' adj2 stimulat\*) or tens).mp. or ('electric\* nerve' adj2 stimulat\*).tw.
- 56 54 or 55
- 57 high temperature/
- 58 cold/
- 59 ((hot adj2 temperature) or heat or (wheat adj2 (pack or bag)) or ('hot water' adj2 bottle)).tw.
- 60 ((cold adj2 temperature) or cold or (ice adj2 pack)).tw.
- 61 57 or 58 or 59 or 60
- 62 8 or 23 or 33 or 42 or 53 or 56 or 61
- 63 3 and 62

Supplementary file 1: Search strategy

**Embase (3955 hits)**

- 1 endometriosis/
- 2 endometrio\*.mp.
- 3 1 or 2
- 4 self care/
- 5 self medication/
- 6 self-management/
- 7 ((self or selves) adj2 (care or manage\* or medicat\*)).tw.
- 8 or/4-7
- 9 exp diet/
- 10 (gluten adj3 diet).tw.
- 11 (fodmap adj3 diet).tw
- 12 dietary supplement/
- 13 (diet adj2 supplement\*).tw.
- 14 Antioxidants/
- 15 antioxidant\*.tw.
- 16 Vitamins/
- 17 vitamin\*.tw.
- 18 Chinese medicine/
- 19 medicinal plant/
- 20 plant extract/
- 21 (Chinese adj2 (herb\* or plant\* or medicin\*)).tw.
- 22 (plant\* adj3 (medicin\* or extract\*)).tw.
- 23 or/9-22
- 24 exp exercise/
- 25 exp kinesiotherapy/
- 26 exp yoga/
- 27 exercise\$.tw.
- 28 aerobic\$.tw.
- 29 (yoga or walk\* or gym or crossfit or circuit or swim\* or jog\* or run\* or train\* or 'tai chi').tw.
- 30 ((muscle adj3 stretch\*) or stretch\* or mobility).tw.
- 31 ((weight adj3 (lifting or train\*)) or (resistan\* adj3 train\*)).tw.
- 32 (physical adj3 activ\*).tw.
- 33 or/24-32
- 34 exp meditation/
- 35 relaxation training/
- 36 exp mindfulness/
- 37 breathing exercise/
- 38 aromatherapy/
- 39 (meditat\* or relax\* or mindful\* or breath\* or aromatherap\*).tw.
- 40 ((meditat\* or relax\* or mindful\* or breath\*) adj3 (therap\* or exercis\*)).tw.

Supplementary file 1: Search strategy

41 (stress adj3 (manag\* or reduc\*)).tw.  
42 or/34-41  
43 non prescription drug/  
44 nonsteroid antiinflammatory agent/  
45 paracetamol/  
46 acetylsalicylic acid/  
47 ibuprofen/  
48 naproxen/  
49 mefenamic acid/  
50 ((nonprescription adj2 drug\$) or ('over the counter' adj2 drug\$)).tw.  
51 (nonsteroidal\$ or non-steroidal\$ or nsaid\$).tw.  
52 (aspirin or ibuprofen or naprogesic or ponstan or 'mefenamic acid 'or voltaren or naproxen or  
paracetamol or acetaminophen).tw.  
53 or/43-52  
54 transcutaneous electrical nerve stimulation/  
55 (('transcutaneous electric nerve' adj2 stimulat\*) or tens).mp. or ('electric\* nerve' adj2  
stimulat\*).tw.  
56 54 or 55  
57 high temperature/  
58 cold/  
59 ((hot adj2 temperature) or heat or (wheat adj2 (pack or bag)) or ('hot water' adj2 bottle)).tw  
60 ((cold adj2 temperature) or cold or (ice adj2 pack)).tw.  
61 57 or 58 or 59 or 60  
62 8 or 23 or 33 or 42 or 53 or 61  
63 3 and 6

Supplementary file 1: Search strategy

**MEDLINE (1683 hits)**

- 1 Endometriosis/
- 2 endometrio\*.mp.
- 3 1 or 2
- 4 Self-Management/
- 5 Self Care/
- 6 Self Medication/
- 7 ((self or selves) adj2 (care or manage\* or medicat\*)).tw,kf.
- 8 or/4-7
- 9 exp Diet/
- 10 Diet, Gluten-Free/
- 11 (gluten adj3 diet).tw,kf.
- 12 (fodmap adj3 diet).tw,kf.
- 13 exp Dietary Supplements/
- 14 (diet\* adj2 supplement\*).tw,kf.
- 15 Antioxidants/
- 16 antioxidant\*.tw,kf.
- 17 Vitamins/
- 18 vitamin\*.tw,kf.
- 19 Drugs, Chinese Herbal/
- 20 Plants, Medicinal/
- 21 Plant Extracts/
- 22 (Chinese adj2 (herb\* or plant\* or medicin\*)).tw,kf.
- 23 (plant\* adj3 (medicin\* or extract\*)).tw,kf.
- 24 or/9-23
- 25 exp Exercise/
- 26 exp Exercise Therapy/
- 27 Yoga/
- 28 exercise\$.tw,kf.
- 29 aerobic\$.tw,kf.
- 30 (yoga or walk\* or gym or crossfit or circuit or swim\* or jog\* or run\* or train\* or 'tai chi').tw,kf.
- 31 ((muscle adj3 stretch\*) or stretch\* or mobility).tw,kf.
- 32 ((weight adj3 (lifting or train\*)) or (resistan\* adj3 train\*)).tw,kf.
- 33 (physical adj3 activ\*).tw,kf.
- 34 or/25-33
- 35 Meditation/
- 36 Relaxation Therapy/
- 37 Mindfulness/
- 38 Breathing Exercises/
- 39 Aromatherapy/
- 40 (meditat\* or relax\* or mindful\* or breath\* or aromatherap\*).tw,kf.

Supplementary file 1: Search strategy

- 41 ((meditat\* or relax\* or mindful\* or breath\*) adj3 (therap\* or exercis\*)).tw,kf.
- 42 (stress adj3 (manag\* or reduc\*)).tw,kf.
- 43 or/35-42
- 44 Nonprescription Drugs/  
45 Anti-Inflammatory Agents, Non-Steroidal/  
46 Acetaminophen/  
47 Aspirin/  
48 Ibuprofen/  
49 Naproxen/  
50 mefenamic acid/  
51 ((nonprescription adj2 drug\$) or ('over the counter' adj2 drug\$)).tw,kf.
- 52 (nonsteroidal\$ or non-steroidal\$ or nsaid\$).tw,kf.
- 53 (aspirin or ibuprofen or naproxen or 'mefenamic acid' or ponstan or voltaren or naproxen or paracetamol or acetaminophen).tw,kf.
- 54 or/44-53
- 55 Transcutaneous Electric Nerve Stimulation/  
56 (((('transcutaneous electric nerve' adj2 stimulat\*) or tens) or ('electric\* nerve' adj2 stimulat\*))).tw,kf.
- 57 55 or 56
- 58 Hot Temperature/  
59 Cold Temperature/  
60 ((hot adj2 temperature) or heat or (wheat adj2 (pack or bag)) or ('hot water' adj2 bottle)).tw,kf.
- 61 ((cold adj2 temperature) or cold or (ice adj2 pack)).tw,kf.
- 62 58 or 59 or 60 or 61
- 63 8 or 24 or 34 or 43 or 54 or 57 or 62
- 64 3 and 63

Supplementary file 1: Search strategy

**Scopus (2989 hits)**

( TITLE-ABS-KEY ( endometrio\* ) AND TITLE-ABS-KEY ( "self care" OR "self help" OR self-management ) OR TITLE-ABS-KEY ( ( self OR selves ) W/1 ( care OR manage\* OR medicat\* ) ) OR TITLE-ABS-KEY ( diet OR ( gluten W/3 diet ) OR ( fodmap W/3 diet ) OR ( dietary W/1 supplement\* ) OR ( diet\* W/2 supplement\* ) OR antioxidant\* OR vitamin\* OR ( chinese W/1 medicine ) OR ( medicin\* W/1 plant ) OR ( plant W/1 extract ) OR ( chinese W/2 ( herb\* OR plant\* OR medicin\* ) ) OR ( plant\* W/3 ( medicin\* OR extract\* ) ) ) OR TITLE-ABS-KEY ( exercise\* OR ( exercise W/2 therapy ) OR kinesiotherap\* OR yoga OR aerobic\* OR walk\* OR gym OR crossfit OR circuit OR swim\* OR jog\* OR run\* OR train\* OR ( tai W/1 chi ) OR ( ( muscle W/3 stretch\* ) OR stretch\* OR mobility ) OR ( ( weight W/3 ( lifting OR train\* ) ) OR ( resistan\* W/3 train\* ) ) OR ( physical W/3 activ\* ) ) OR TITLE-ABS-KEY ( meditat\* OR ( relax\* W/2 therapy ) OR mindful\* OR ( breath\* W/2 exercise\* ) OR aromatherapy OR ( stress W/3 ( manag\* OR reduc\* ) ) ) OR TITLE-ABS-KEY ( "non AND prescription" OR "non-prescription" W/2 drug OR ( "over the counter" W/2 drug ) ) OR TITLE-ABS-KEY ( "nonsteroidal" OR "non-steroidal" W/1 antiinflammator\* OR "anti-inflammatory" OR "anti-inflammatories" ) OR TITLE-ABS-KEY ( paracetamol OR aspirin OR ibuprofen OR naprogesic OR "mefenamic acid" OR ponstan OR voltaren OR naproxen OR acetaminophen ) OR TITLE-ABS-KEY ( "transcutaneous AND electrical AND nerve" W/1 stimulat\* OR tens OR "electric\* nerve" W/2 stimulat\* ) OR TITLE-ABS-KEY ( hot W/2 temperature OR heat OR wheat W/2 ( pack OR bag ) OR "hot water" W/2 bottle OR cold W/2 temperature OR cold OR ice W/2 pack )

**Web of Science (1497 results)**

TOPIC: (endometrio\*)

AND TOPIC: (((self OR selves) NEAR/1 (care OR manage\* OR medicat\*)) OR diet OR ((gluten OR fodmap) NEAR/1 diet) OR diet NEAR/1 supplement OR antioxidant\* OR vitamin\* OR (chinese NEAR/1 (herb\* OR plant\* OR medicin\*)) OR (plant\* NEAR/2 (medicin\* OR extract\*)) OR exercis\$ OR aerobic\$ OR yoga OR walk\* OR gym OR crossfit OR circuit OR swim\* OR jog\* OR run\* OR train\* OR "tai chi" OR stretch\* OR mobility OR (weight NEAR/2 (lifting OR train\*)) OR resistan\* NEAR/2 train\* OR physical NEAR/2 activ\* OR meditat\* OR relax\* OR mindful\* OR breath\* OR aromatherap\* OR (stress NEAR/2 (manag\* OR reduc\*)) OR nonprescription NEAR/1 drug\$ OR "non prescription" NEAR/1 drug\$ OR "over the counter" NEAR/1 drug\$ OR nonsteroidal\$ OR "non steroidal\$" OR nsaid\$ OR aspirin OR ibuprofen OR naprogesic OR "mefenamic acid" OR ponstan OR voltaren OR naproxen OR paracetamol OR acetaminophen OR "transcutaneous electric nerve" NEAR/1 stimulat\* OR tens OR "electric\* nerve" NEAR/1 stimulat\* OR hot NEAR/1 temperature OR heat OR (wheat NEAR/1 (pack OR bag)) OR "hot water" NEAR/1 bottle OR cold NEAR/1 temperature OR ice NEAR/1 pack)

Supplementary file 1: Search strategy

**CENTRAL (344 hits)**

- #1 MeSH descriptor: [Endometriosis] explode all trees
- #2 endometrio\*
- #3 #1 OR #2
- #4 MeSH descriptor: [Self-Management] this term only
- #5 MeSH descriptor: [Self Care] this term only
- #6 MeSH descriptor: [Self Medication] this term only
- #7 (self or selves) near/1 (care or manage\* or medicat\*)
- #8 #4 OR #5 OR #6 OR #7
- #9 MeSH descriptor: [Diet] explode all trees
- #10 MeSH descriptor: [Diet, Gluten-Free] this term only
- #11 ((gluten OR fodmap) NEAR/1 diet)
- #12 MeSH descriptor: [Dietary Supplements] explode all trees
- #13 (diet\* NEAR/2 supplement\*)
- #14 MeSH descriptor: [Antioxidants] this term only
- #15 antioxidant\*
- #16 MeSH descriptor: [Vitamins] this term only
- #17 vitamin\*
- #18 MeSH descriptor: [Drugs, Chinese Herbal] this term only
- #19 MeSH descriptor: [Plants, Medicinal] this term only
- #20 MeSH descriptor: [Plant Extracts] this term only
- #21 (chinese NEAR/1 (herb\* OR plant\* OR medicin\*)) OR (plant\* NEAR/2 (medicin\* OR extract\*))
- #22 #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21
- #23 MeSH descriptor: [Exercise] explode all trees
- #24 MeSH descriptor: [Exercise Therapy] explode all trees
- #25 MeSH descriptor: [Yoga] this term only
- #26 exercis\$ OR aerobic\$ OR yoga OR walk\* OR gym OR crossfit OR circuit OR swim\* OR jog\*  
OR run\* OR train\* OR "tai chi" OR stretch\* or mobility OR (weight NEAR/2 (lifting OR train\*))  
OR resistan\* NEAR/2 train\* OR physical NEAR/2 activ\*
- #27 #23 OR #24 OR #25 OR #26
- #28 MeSH descriptor: [Meditation] this term only
- #29 MeSH descriptor: [Relaxation Therapy] this term only
- #30 MeSH descriptor: [Mindfulness] this term only
- #31 MeSH descriptor: [Breathing Exercises] this term only
- #32 meditat\* OR relax\* OR mindful\* OR breath\* OR aromatherap\* OR (stress NEAR/2 (manag\*  
OR reduc\*))
- #33 #28 OR #29 OR #30 OR #31 #32
- #34 MeSH descriptor: [Nonprescription Drugs] this term only
- #35 MeSH descriptor: [Anti-Inflammatory Agents, Non-Steroidal] explode all trees
- #36 MeSH descriptor: [Acetaminophen] this term only
- #37 MeSH descriptor: [Aspirin] this term only



Supplementary file 1: Search strategy

- #38 MeSH descriptor: [Ibuprofen] this term only
- #39 MeSH descriptor: [Naproxen] this term only
- #40 MeSH descriptor: [Mefenamic Acid] this term only
- #41 nonprescription NEAR/1 drug\$ OR "non prescription" NEAR/1 drug\$ OR "over the counter" NEAR/1 drug\$ OR nonsteroidal\$ OR "non steroidal\$" OR nsaid\$ OR aspirin OR ibuprofen OR naproxen OR "mefenamic acid" OR ponstan OR voltaren OR naproxen OR paracetamol OR acetaminophen
- #42 #34 OR #35 OR #36 OR #37 OR #38 OR #39 OR #40 OR #41
- #43 MeSH descriptor: [Transcutaneous Electric Nerve Stimulation] this term only
- #44 "transcutaneous electric nerve" NEAR/1 stimulat\* OR tens OR "electric\* nerve" NEAR/1 stimulat\*
- #45 #43 OR #44
- #46 MeSH descriptor: [Hot Temperature] this term only
- #47 MeSH descriptor: [Cold Temperature] this term only
- #48 hot NEAR/1 temperature OR heat OR (wheat NEAR/1 (pack OR bag)) OR "hot water" NEAR/1 bottle OR cold NEAR/1 temperature OR ice NEAR/1 pack
- #49 #46 OR #47 OR #48
- #50 #8 OR #22 OR #27 OR #33 OR #42 OR #45 OR #49
- #51 #3 AND #50 (in trials)

Supplementary file 1: Search strategy

**Google Scholar search terms**

Endometriosis AND self-management  
AND diet  
AND supplement  
AND Chinese medicine  
AND plant extract  
AND exercise  
AND yoga  
AND walking  
AND gym  
AND swimming  
AND running  
AND tai chi  
AND stretching  
AND meditation  
AND mindfulness  
AND relaxation  
AND non-prescription drugs  
AND nonsteroidal anti-inflammatories  
AND paracetamol  
AND aspirin  
AND ibuprofen  
AND naprogesic  
AND mefenamic acid  
AND transcutaneous electrical nerve stimulator  
AND heat  
AND hot pack  
AND cold

Supplementary file 1: Search strategy

**Websites of organisations**

Endometriosis Australia <https://www.endometriosisaustralia.org/>  
Endometriosis.org <https://endometriosis.org/>  
Endometriosis Foundation of America <https://www.endofound.org/>  
Endometriosis Association <https://endometriosisassn.org/>  
Speakendo.com <https://www.speakendo.com/>  
QENDO <https://www.qendo.org.au/>  
EndoActive <https://endoactive.org.au/>  
Endometriosis UK <https://www.endometriosis-uk.org/>  
Australian Coalition for Endometriosis <https://www.acendo.com.au/>  
Endometriosis New Zealand <https://nzendo.org.nz/>  
World Endometriosis Society <https://endometriosis.ca/b>  
The Society of Endometriosis and Uterine Disorders <https://seud.org/>  
World Endometriosis Research Foundation <https://endometriosisfoundation.org/>  
Endometriosis Association of Ireland <https://www.endometriosis.ie/>  
Endometriosis Research Centre <https://www.endocenter.org/>

**Reviews sought for literature via reference lists**

Psychological and mind-body interventions for endometriosis: A systematic review (Evans *et al.*, 2019)  
Endometriosis and physical exercises: a systematic review (Bonocher *et al.*, 2014)  
Systematic review and meta-analysis of complementary treatments for women with symptomatic endometriosis (Mira *et al.*, 2018)  
Self-management in condition-specific health: a systematic review of the evidence among women diagnosed with endometriosis (O'Hara *et al.*, 2019)  
Non-surgical interventions for the management of chronic pelvic pain (Cheong *et al.*, 2014)  
Effectiveness of Dietary Interventions in the Treatment of Endometriosis: a Systematic Review (Nirgianakis *et al.*, 2021)  
The effects of nutrients on symptoms in women with endometriosis: a systematic review (Huijs and Nap, 2020)

**Guidelines sought for literature via reference lists**

Australian clinical practice guideline for the diagnosis and management of endometriosis (RANZCOG, 2021)  
Clinical evaluation and management of endometriosis: guideline for Korean patients from Korean Society of Endometriosis (Hwang *et al.*, 2018)  
Endometriosis: diagnosis and management (NICE, 2017)  
ESHRE guideline: management of women with endometriosis (Dunselman *et al.*, 2014)  
Management of endometriosis CNGOF/HAS clinical practice guidelines - Short version (Collinet *et al.*, 2018)  
National German Guideline (S2k): Guideline for the Diagnosis and Treatment of Endometriosis (Ulrich *et al.*, 2014)  
ACOG Management of endometriosis (ACOG, 2021)

The efficacy of self-management strategies for females with endometriosis: a systematic review  
Reproductive Sciences

Supplementary file 1: Search strategy