UiT The Arctic University of Norway

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Prevalence of menstrual cycle disturbances and hormonal contraception use in Norwegian women of differing activity levels:
a part of the FENDURA project.

Supplementary tables

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Supplementary Table 1

Type of hormonal contraception stratified by activity level sport group and age group in Norwegian females.

	Combined hormonal contraceptives n = 401 (37.9%)	Progestin-Only n = 655 (62.0%)
Activity level		
Physical inactive (n = 381)	148 (38.8%)	233 (61.1%)
Exerciser (n = 559)	201 (35.9%)	358 (64.0%)
Recreational (n = 5)	4 (80.0%)	1 (20.0%)
Competitive (n = 46)	19 (41.3%)	27 (58.6%)
Elite (n = 65)	29 (44.6%)	36 (55.3%)
Sport group		
Aesthetic (n = 44)	16 (36.3%)	28 (63.6%)
Ballgames (n = 141)	54 (38.2%)	87 (61.7%)
Endurance (n = 240)	80 (33.3%)	160 (66.6%)
High Mass (n = 2)	1 (50.0%)	1 (50.0%)
Power (n = 198)	82 (41.4%)	116 (58.5%)
Technical (Weight) (n = 15)	7 (46.6%)	8 (53.3%)
Technical (n = 28)	13 (46.4%)	15 (53.5%)
Weight Class (n = 10)	1 (10.0%)	9 (90.0%)
Age group		
13-16 (n = 57)	30 (52.6%)	27 (47.3%)
17-19 (n= 183)	75 (40.9%)	108 (59.0%)
20-24 (n = 197)	82 (41.6%)	115 (58.3%)
25-29 (n = 229)	105 (45.8%)	124 (54.1%)
30-34 (n = 140)	71 (50.7%)	69 (49.2%)
35-39 (n = 77)	24 (31.1%)	53 (68.8%)
40-44 (n = 78)	5 (6.4%)	73 (93.5%)
45-55 (n = 95)	9 (9.4%)	86 (90.5%)

Note. Data are presented as frequency and proportion of sample [n (%)].

Supplementary Table 2

Reason for hormonal contraception use stratified by activity level sport group and age group in Norwegian females.

	Contraception	Other
	n = 715 (67.7%)	n = 311(29.4%)
Activity level		
Physical inactive	245 (64.3%)	130 (34.1%)
Exerciser	400 (71.5%)	141 (25.2%)
Recreational	3 (60.0%)	1 (20.0%)
Competitive	32 (69.5%)	13 (28.2%)
Elite	35 (53.8%)	26 (40.0%)
Sport group		
Aesthetic	30 (68.1%)	13 (29.5%)
Ballgames	90 (63.8%)	42 (29.7%)
Endurance	183 (76.2%)	52 (21.6%)
High Mass	2 (100%)	0 (0%)
Power	132 (66.6%)	60 (30.3%)
Technical (Weight)	13 (86.6%)	2 (13.3%)
Technical	17 (60.7%)	9 (32.1%)
Weight Class	6 (60.0%)	3 (30.0%)
Age group		
13-16	26 (45.6%)	27 (47.3%)
17-19	102 (55.7%)	71 (38.7%)
20-24	128 (64.9%)	60 (30.4%)
25-29	173 (75.5%)	54 (23.5%)
30-34	106 (75.7%)	32 (22.8%)
35-39	60 (77.9%)	15 (19.4%)
40-44	60 (76.9%)	18 (23.0%)
45-55	60 (63.1%)	34 (35.7%)

Note. Data are presented as frequency and proportion of sample [n (%)]. Total missing data: n=30.
Missing data by group:
Activity level: Physical inactive: n=6; Exerciser: n=18; Recreational: n=1; Competitive: n=1; and Elite: n=4.
Sport group: Aesthetic: n=1; Ballgames: n=9; Endurance: n=5; Power: n=6; Technical: n=2; and Weight Class: n=1.
Age group: 13-16: n=4; 17-19: n=10; 20-24: n=9; 25-29: n=2; 30-34: n=2; 35-39: n=2; and, 45-55: n=1.

Prevalence of hormonal contraceptive use, type of hormonal contraceptive used total participants per age group and menstrual disturbances in non-hormonal contraceptive users across counties in Norwegian females.

	Agder n = 41	Innlandet n = 94	Møre og Romsdal n = 151	Nordland n = 41	Oslo n = 473	Rogaland n = 80	Troms og Finnmark n = 283	Trøndelag n = 302	Vestfold og Telemark n = 60	Vestland n = 198	Viken n = 304
Use HC	21 (51.2%)	44 (46.8%)	90 (59.6%)	21 (51.2%)	249 (52.6%)	39 (48.7%)	128 (45.2%)	177 (58.6%)	32 (53.3%)	102 (51.5%)	153 (50.3%)
Type HC											
IUD	6 (28.5%)	12 (27.2%)	24 (26.6%)	8 (38.0%)	83 (33.3%)	18 (46.1%)	55 (42.9%)	75 (42.3%)	8 (25.0%)	32 (31.3%)	56 (36.6%)
Implant	3 (14.2%)	11 (25.0%)	11 (12.2%)	4 (19.0%)	28 (11.2%)	4 (10.2%)	16 (12.5%)	27 (15.2%)	2 (6.2%)	14 (13.7%)	21 (13.7%)
Injection	0 (0.0%)	2 (4.5%)	1 (1.1%)	0 (0.0%)	1 (0.4%)	2 (5.1%)	1 (0.7%)	1 (0.5%)	1 (3.1%)	0 (0.0%)	1 (0.6%)
Patch	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (4.7%)	1 (0.4%)	0 (0.0%)	3 (2.3%)	2 (1.1%)	0 (0.0%)	1 (0.9%)	1 (0.6%)
Pill	9 (42.8%)	19 (43.1%)	51 (56.6%)	7 (33.3%)	126 (50.6%)	15 (38.4%)	52 (40.6%)	68 (38.4%)	19 (59.3%)	54 (52.9%)	72 (47.0%)
Vaginal Ring	3 (14.2%)	0 (0.0%)	3 (3.3%)	1 (4.7%)	10 (4.0%)	0 (0.0%)	1 (0.7%)	4 (2.2%)	2 (6.2%)	1 (0.9%)	2 (1.3%)
Age group											
13-16	3 (7.3%)	8 (8.5%)	19 (12.5%)	3 (7.3%)	3 (0.6%)	4 (5.0%)	18 (6.3%)	36 (11.9%)	3 (5.0%)	20 (10.1%)	43 (14.1%)
17-19	6 (14.6%)	27 (28.7%)	69 (45.6%)	2 (4.8%)	9 (1.9%)	7 (8.7%)	52 (18.3%)	52 (17.2%)	8 (13.3%)	54 (27.2%)	63 (20.7%)
20-24	4 (9.7%)	14 (14.8%)	12 (7.9%)	8 (19.5%)	84 (17.7%)	13 (16.2%)	24 (8.4%)	49 (16.2%)	13 (21.6%)	29 (14.6%)	37 (12.1%)

	Agder n = 41	Innlandet n = 94	Møre og Romsdal n = 151	Nordland n = 41	Oslo n = 473	Rogaland n = 80	Troms og Finnmark n = 283	Trøndelag n = 302	Vestfold og Telemark n = 60	Vestland n = 198	Viken n = 304
25-29	11 (26.8%)	13 (13.8%)	12 (7.9%)	8 (19.5%)	120 (25.3%)	18 (22.5%)	49 (17.3%)	41 (13.5%)	14 (23.3%)	40 (20.2%)	41 (13.4%)
30-34	7 (17.0%)	11 (11.7%)	8 (5.2%)	9 (21.9%)	110 (23.2%)	6 (7.5%)	52 (18.3%)	37 (12.2%)	6 (10.0%)	26 (13.1%)	30 (9.8%)
35-39	4 (9.7%)	8 (8.5%)	12 (7.9%)	3 (7.3%)	66 (13.9%)	11 (13.7%)	25 (8.8%)	33 (10.9%)	5 (8.3%)	9 (4.5%)	33 (10.8%)
40-44	4 (9.7%)	6 (6.3%)	9 (5.0%)	4 (9.7%)	41 (8.6%)	13 (16.2%)	30 (10.6%)	29 (9.6%)	4 (6.6%)	10 (5.0%)	36 (11.8%)
45-55	2 (4.8%)	7 (7.4%)	10 (6.6%)	4 (9.7%)	40 (8.4%)	8 (10.0%)	33 (11.6%)	25 (8.2%)	7 (11.6%)	10 (5.0%)	21 (6.9%)
Amenorrhea	1 (5.0%)	4 (8.0%)	1 (1.6%)	0 (0.0%)	6 (2.6%)	0 (0.0%)	8 (5.1%)	6 (4.8%)	2 (7.1%)	4 (4.1%)	2 (1.3%)
Oligomenorrhea	2 (10.0%)	4 (8.0%)	9 (14.7%)	2 (10.0%)	17 (7.5%)	4 (9.7%)	19 (12.2%)	11 (8.8%)	6 (21.4%)	13 (13.5%)	18 (11.9%)
Polymenorrhea	0 (0.0%)	3 (6.0%)	1 (1.6%)	1 (5.0%)	3 (1.3%)	0 (0.0%)	5 (3.2%)	2 (1.6%)	0 (0.0%)	3 (3.1%)	6 (3.9%)
Menorrhagia	3 (15.0%)	11 (22.0%)	7 (11.4%)	4 (20.0%)	17 (7.5%)	5 (12.1%)	22 (14.1%)	16 (12.8%)	4 (14.2%)	4 (4.1%)	9 (5.9%)
Metrorrhagia	0 (0.0%)	4 (8.0%)	8 (13.1%)	2 (10.0%)	8 (3.5%)	2 (4.8%)	15 (9.6%)	12 (9.6%)	3 (10.7%)	8 (8.3%)	8 (5.2%)

Note. Data are presented as frequency and proportion of sample [n (%)].