

Appendix 2. Baseline characteristics for each group of women	Late intervention	Early intervention	p-value
	(n=34)	(n=36)	
Age (years), mean (SD)	54.1 (4.9)	55.3 (4.0)	0,2613
Age, n (%)			0,4783
40-55 years	13 (38.2)	17 (47.2)	
56-65 years	21 (61.8)	19 (52.8)	
Employment, n (%)			0,9999
Employed	31 (91.2)	32 (88.9)	
Unemployed	3 (8.8)	4 (11.1)	
Education, n (%)			0,5858
Vocational	8 (23.5)	8 (22.2)	
Short (<3 years)	4 (11.8)	3 (8.3)	
Long (≥3 years)	16 (47.1)	22 (61.1)	
Other	6 (17.7)	3 (8.3)	
Household, n (%)			0,1993
Living alone	1 (2.9)	5 (13.9)	
Living with others	33 (97.1)	31 (86.1)	
Physical activity, n (%)			0,3384
No physical activity	7 (20.6)	3 (8.3)	
1-3 times per week	20 (58.8)	23 (63.9)	
≥4 times per week	7 (20.6)	10 (27.8)	
Smoking, n (%)			0,9999
Yes	1 (2.9)	2 (5.6)	
No	33 (97.1)	34 (94.4)	
Alcohol, n (%)			0,0067
No alcohol	1 (2.9)	8 (22.2)	
≤14 units per week	29 (85.3)	19 (52.8)	
>14 units per week	4 (11.8)	9 (25.0)	
BMI (kg/m ²), mean (SD)	25.5 (5.2)	24.9 (3.2)	0,5645
Menstruation in the last year, n (%)			0,4171
Yes	7 (20.6)	11 (30.6)	
No	27 (79.4)	25 (69.4)	
Number of births, n (%)			0,7805
None	3 (8.8)	2 (5.6)	
One	5 (14.7)	8 (22.2)	
Two	20 (58.8)	18 (50.0)	
More than two	6 (17.7)	8 (22.2)	
Incontinencia, n (%)			0,4471
No	13 (38.2)	10 (27.8)	
Yes	21 (61.8)	26 (72.2)	
Chronic disease, n (%)			0,5427
Yes	5 (14.7)	8 (22.2)	
No	29 (85.3)	28 (77.8)	

Previous experience with alternative treatment, <i>n</i> (%)			0,7871
No	8 (23.5)	10 (27.8)	
Yes	26 (76.5)	26 (72.2)	
Duration of hot flushes (years), <i>mean</i> (<i>SD</i>)	3.41 (2.74)	4.59 (3.96)	0,1513
Hot Flushes, <i>n</i> (%)			0,2316
HF=4	20 (58.8)	15 (41.7)	
HF>4	14 (41.2)	21 (58.3)	