Supplementary Material: ‘MenoWell’: A pilot 6-week novel, online, multimodal exercise and health education programme for women in all stages of menopause living in Laois, Ireland

Menopause Rating Scale (Heinemann et al., 2003)

Question: Which of the following symptoms apply to you at this time? Please, mark the appropriate box for each symptom. For symptoms that do not apply, please mark ‘none’.

Symptoms:
1. Hot flushes, sweating (episodes of sweating)
2. Heart discomfort (unusual awareness of heartbeat, heart skipping, heart racing, tightness)
3. Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early)
4. Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)
5. Irritability (feeling nervous, inner tension, feeling aggressive)
6. Anxiety (inner restlessness, feeling panicky)
7. Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in concentration, forgetfulness)
8. Sexual problems (change in sexual desire, in sexual activity and satisfaction)
9. Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)
10. Dryness of the vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)
11. Joint and muscular discomfort (pain in the joints, rheumatoid complaints)

Answers: 0, none; 1, mild; 2, moderate; 3, severe; 4, very severe.

Single-Item Measure (M1) Physical Activity Participation Question (Milton et al., 2011)

Question: In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation to get to and from places but should not include housework or physical activity that may be part of your job.

Answers: 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, or 7 days.
World Health Organization Five Wellbeing Index (WHO-5) (WHO, 1998)

Questions: Over the last two weeks:

1. I have felt cheerful and in good spirits.
2. I have felt calm and relaxed.
3. I have felt active and vigorous.
4. I woke up feeling fresh and rested.
5. My daily life has been filled with things that interest me.

Answers: 0, at no time; 1, some of the time; 2, less than half of the time; 3, more than half of the time; 4, most of the time; 5, all of the time.

Modified Perceived Physical Activity (LIVAS: Lichamelijke Vaardigheden Schaal) (Ryckman et al., 1982; Zelle et al., 2016)

LIVAS 1: Compared to most people my age, I’m probably:

1. Much less flexible
2. Less flexible
3. Just as flexible
4. A little more flexible
5. Much more flexible

LIVAS 2: Compared to most people my age, my reaction speed is probably:

1. Much worse
2. Slightly worse
3. Equally as good
4. Slightly better
5. Much better

LIVAS 3: Compared to most people my age, I’m probably:

1. Much less strong
2. Slightly less strong
3. Equally as strong
4. Slightly stronger
5. Much stronger

LIVAS 4: Compared to most people my age, my physical condition is probably:

1. Much worse
2. Slightly worse
3. Equally as good
4. Slightly better
5. Much better

LIVAS 5: Compared to most people my age, I probably move:

1. Much less smoothly
2. Slightly less smoothly
3. Equally as smooth
4. Slightly smoother
5. Much smoother

LIVAS 6: Compared to most people my age, climbing stairs is probably:

1. Much more difficult
2. Slightly more difficult
3. Just as easy
4. Slightly easier
5. Much easier

LIVAS 7: Compared to most people my age, the strength of my hands is probably:

1. Much less
2. Less
3. The same
4. Greater
5. Much greater

LIVAS 8: Compared to most people my age, I probably walk:

1. Much slower
2. Slightly slower
3. Just as fast
4. Slightly faster
5. Much faster

LIVAS 9: Compared to most people my age, I keep my balance probably:

1. Much worse
2. Slightly worse
3. Equally as good
4. Slightly better
5. Much better

LIVAS 10: Compared to most people my age, physically I am:

1. Much less active
2. Slightly less active
3. Equally as active
4. A little more active
5. Much more active

Menopause Knowledge and Education Questionnaire (Harper et al., 2022)

1. Were you taught about menopause at school? Answer options: (a) not at all, (b) some basic information and (c) very detailed information.

2. How informed did you feel about perimenopause/menopause before the age of 40? Answer options: (a) very informed, (b) some knowledge, (c) not informed at all and (d) not sure.

3. When do you think menopause should be taught? Select all that apply. Answer options: (a) school, (b) university, (c) doctors’ surgery, (d) contraception clinic, (e) apps such as period trackers and fertility apps, (f) pregnancy, and (g) other.

4. Have you started to look for information on perimenopause/menopause and when did you start to look? Answer options: (a) as my symptoms started, (b) a long time after my symptoms started, (c) before I had symptoms, and (d) I have not looked for any information yet.

5. Have you specifically looked for information about the menopause in any of these ways? Tick all that applied. Answers options: (a) friends, (b) other websites, (c) official websites such as the menopause society, (d) social media, (e) health professionals, (f) documentaries, (g) books, (h) scientific literature, (i) magazines, (j) podcasts, (k) films and TV programmes, (l) newspapers, (m) YouTube, and (n) other, please give details.