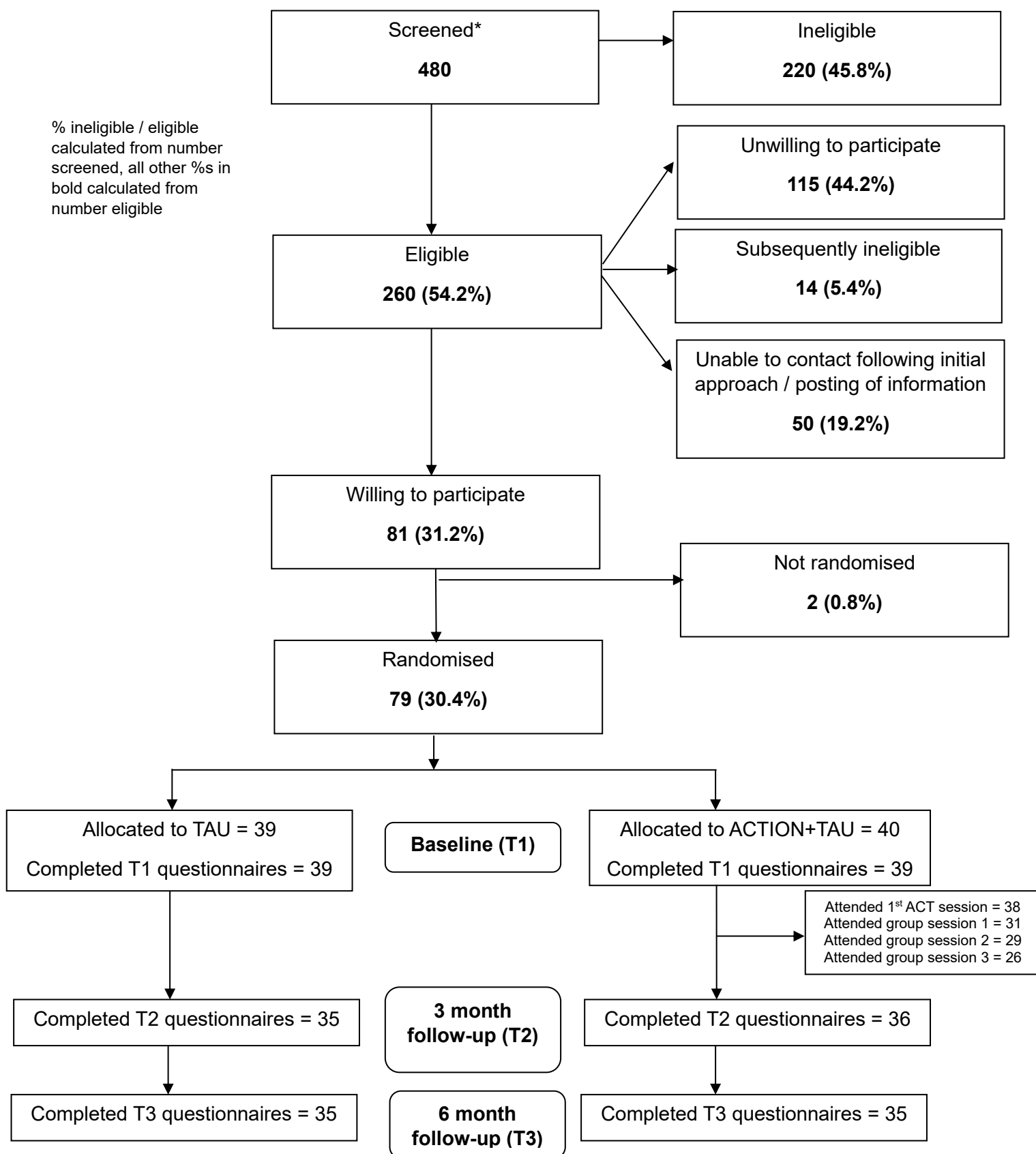


## Participant flow

% ineligible / eligible  
calculated from number  
screened, all other %s in  
bold calculated from  
number eligible



\* Sites conducted screening of hospital records to assess for patient eligibility. Three sites provided data on the number of records screened but one did not. The total screened is therefore the number screened for the three sites who returned this data plus the number of patients eligible for approach from the fourth site.

## Baseline characteristics

|   | TAU<br>(n=39)     | ACTION + TAU (n=40) |
|---|-------------------|---------------------|
| <b>Age</b>  |                   |                     |
| Mean (SD)   | 60.2 (10.17)      | 58.5 (10.62)        |
| Median (Range)                                      | 62.0 (43.0, 84.0) | 59.0 (39.0, 84.0)   |
| Missing   | 0                 | 0                   |
| <b>Which best describes your ethnic background?</b> |                   |                     |
| White British                                       | 38 (97.4%)        | 38 (95.0%)          |
| Any other White background                          | 1 (2.6%)          | 1 (2.5%)            |
| Mixed White and Black Caribbean                     | 0 (0.0%)          | 1 (2.5%)            |
| Any other mixed background                          | 0 (0.0%)          | 0 (0.0%)            |
| Asian/Asian British Indian                          | 0 (0.0%)          | 0 (0.0%)            |
| Black/Black British African                         | 0 (0.0%)          | 0 (0.0%)            |
| Any other Black background                          | 0 (0.0%)          | 0 (0.0%)            |
| Any other ethnic group                              | 0 (0.0%)          | 0 (0.0%)            |
| Not stated  | 0 (0.0%)          | 0 (0.0%)            |
| <b>What is your marital status?</b>                 |                   |                     |
| Married   | 24 (61.5%)        | 27 (67.5%)          |
| Single  | 3 (7.7%)          | 1 (2.5%)            |
| Living with partner                                 | 5 (12.8%)         | 1 (2.5%)            |
| Divorced or separated                               | 3 (7.7%)          | 6 (15.0%)           |
| Widowed   | 3 (7.7%)          | 3 (7.5%)            |
| Missing   | 1 (2.6%)          | 2 (5.0%)            |
| <b>What is your employment status?</b>              |                   |                     |
| Full time   | 11 (28.2%)        | 10 (25.0%)          |
| Part time   | 8 (20.5%)         | 9 (22.5%)           |
| Not currently working                               | 5 (12.8%)         | 4 (10.0%)           |
| Retired   | 14 (35.9%)        | 11 (27.5%)          |
| Other   | 1 (2.6%)          | 4 (10.0%)           |
| Missing   | 0 (0.0%)          | 2 (5.0%)            |

|  | TAU<br>(n=39)  | ACTION + TAU (n=40) |
|--|----------------|---------------------|
| <b>What is the highest level of education or professional qualification you have obtained?</b> |                |                     |
| Postgraduate qualification   | 6 (15.4%)      | 3 (7.5%)            |
| Degree level education   | 12 (30.8%)     | 9 (22.5%)           |
| Higher educational qualifications (below degree level)   | 5 (12.8%)      | 9 (22.5%)           |
| Vocational Qualifications (NVQ1+2)   | 5 (12.8%)      | 4 (10.0%)           |
| A-Level or equivalent  | 3 (7.7%)       | 5 (12.5%)           |
| GCSE/O-Level/CSE   | 7 (17.9%)      | 7 (17.5%)           |
| No formal qualifications   | 1 (2.6%)       | 0 (0.0%)            |
| Missing  | 0 (0.0%)       | 3 (7.5%)            |
| <b>Do you have children?</b>   |                |                     |
| Yes  | 30 (76.9%)     | 37 (92.5%)          |
| No   | 9 (23.1%)      | 2 (5.0%)            |
| Missing  | 0 (0.0%)       | 1 (2.5%)            |
| <b>How many children?</b>  |                |                     |
| 1  | 9 (30.0%)      | 7 (18.9%)           |
| 2  | 15 (50.0%)     | 18 (48.6%)          |
| 3  | 4 (13.3%)      | 11 (29.7%)          |
| 4  | 2 (6.7%)       | 0 (0.0%)            |
| 6  | 0 (0.0%)       | 1 (2.7%)            |
| <b>How many children?</b>  |                |                     |
| Mean (SD)  | 2.0 (0.85)     | 2.2 (0.95)          |
| Median (Range)   | 2.0 (1.0, 4.0) | 2.0 (1.0, 6.0)      |
| Missing  | 0              | 0                   |
| <b>Recruitment Route</b>   |                |                     |
| Recently completed treatment   | 17 (43.6%)     | 15 (37.5%)          |
| Experiencing medication problems   | 1 (2.6%)       | 0 (0.0%)            |
| Retrospective screening of hospital records  | 21 (53.8%)     | 25 (62.5%)          |

|  | TAU<br>(n=39) | ACTION + TAU (n=40) |
|--|---------------|---------------------|
| <b>Year of cancer diagnosis</b>          |               |                     |
| 2020                                     | 21 (53.8%)    | 19 (47.5%)          |
| 2021                                     | 18 (46.2%)    | 21 (52.5%)          |
| <b>Cancer Incidence at randomisation</b> |               |                     |
| First primary                            | 37 (94.9%)    | 37 (92.5%)          |
| Second primary                           | 1 (2.6%)      | 1 (2.5%)            |
| Recurrence of previous primary           | 1 (2.6%)      | 0 (0.0%)            |
| Missing                                  | 0 (0.0%)      | 2 (5.0%)            |
| <b>Current stage of cancer</b>           |               |                     |
| Stage IA                                 | 16 (41.0%)    | 16 (40.0%)          |
| Stage IB                                 | 2 (5.1%)      | 2 (5.0%)            |
| Stage IIA                                | 15 (38.5%)    | 16 (40.0%)          |
| Stage IIB                                | 6 (15.4%)     | 4 (10.0%)           |
| Stage IIIA                               | 0 (0.0%)      | 2 (5.0%)            |
| Missing                                  | 0 (0.0%)      | 0 (0.0%)            |
| <b>Breast cancer treatment received*</b> |               |                     |
| Surgery: Lumpectomy                      | 30 (76.9%)    | 25 (62.5%)          |
| Surgery: Unilateral mastectomy           | 10 (25.6%)    | 14 (35.0%)          |
| Surgery: Double Mastectomy               | 0 (0.0%)      | 0 (0.0%)            |
| Radiotherapy                             | 19 (48.7%)    | 22 (55.0%)          |
| Chemotherapy                             | 6 (15.4%)     | 9 (22.5%)           |
| Other Treatment                          | 0 (0.0%)      | 3 (7.5%)            |
| <b>Hormone therapy regimen*</b>          |               |                     |
| Tamoxifen                                | 15 (38.5%)    | 12 (30.0%)          |
| Anastrozole                              | 22 (56.4%)    | 27 (67.5%)          |
| Raloxifene                               | 0 (0.0%)      | 0 (0.0%)            |
| Exemestane                               | 2 (5.1%)      | 2 (5.0%)            |
| Letrozole                                | 0 (0.0%)      | 1 (2.5%)            |

|  | TAU<br>(n=39) | ACTION + TAU (n=40) |
|--|---------------|---------------------|
| <b>Supportive therapies currently receiving or received within the last month*</b>                       |               |                     |
| Occupational therapy   | 0 (0.0%)      | 0 (0.0%)            |
| Physiotherapy  | 3 (7.7%)      | 3 (7.5%)            |
| Other Supportive therapy   | 8 (20.5%)     | 7 (17.5%)           |
| <b>Other therapies received / undertaken following HT prescription*</b>                                  |               |                     |
| Mindfulness  | 3 (7.7%)      | 0 (0.0%)            |
| Other therapy  | 2 (5.1%)      | 2 (5.0%)            |
| <b>Menopausal status</b>   |               |                     |
| Pre-menopausal (no change in menstrual frequency in the previous 12 months)                              | 5 (12.8%)     | 6 (15.0%)           |
| Peri-menopausal (changes in menstrual frequency in the previous 12 months or 3-11 months of amenorrhoea) | 5 (12.8%)     | 4 (10.0%)           |
| Post-menopausal (no menstrual cycles for 12 months or more)  | 27 (69.2%)    | 26 (65.0%)          |
| Unsure   | 2 (5.1%)      | 4 (10.0%)           |
| <b>Charlson comorbidities (Present)*</b>   |               |                     |
| Myocardial infarction  | 1 (2.6%)      | 0 (0.0%)            |
| Congestive heart failure   | 0 (0.0%)      | 0 (0.0%)            |
| Peripheral vascular disease  | 0 (0.0%)      | 0 (0.0%)            |
| Cerebrovascular disease  | 1 (2.6%)      | 0 (0.0%)            |
| Dementia   | 0 (0.0%)      | 0 (0.0%)            |
| Chronic pulmonary disease  | 0 (0.0%)      | 0 (0.0%)            |
| Connective tissue disease  | 4 (10.3%)     | 3 (7.5%)            |
| Peptic ulcer disease   | 1 (2.6%)      | 0 (0.0%)            |
| <b>Liver disease</b>   |               |                     |
| Mild   | 0 (0.0%)      | 0 (0.0%)            |
| Moderate to severe   | 0 (0.0%)      | 0 (0.0%)            |
| None   | 39 (100.0%)   | 40 (100.0%)         |

|   | TAU<br>(n=39)  | ACTION + TAU (n=40) |
|---|----------------|---------------------|
| <b>Diabetes Mellitus</b>                  |                |                     |
| End-organ damage                          | 0 (0.0%)       | 0 (0.0%)            |
| No/diet controlled                        | 37 (94.9%)     | 37 (92.5%)          |
| Uncomplicated                             | 2 (5.1%)       | 3 (7.5%)            |
| Hemiplegia                                | 0 (0.0%)       | 0 (0.0%)            |
| Moderate to severe chronic kidney disease | 1 (2.6%)       | 0 (0.0%)            |
| <b>Solid tumor</b>                        |                |                     |
| Localised                                 | 0 (0.0%)       | 0 (0.0%)            |
| Metastatic                                | 0 (0.0%)       | 0 (0.0%)            |
| None                                      | 39 (100.0%)    | 40 (100.0%)         |
| Leukaemia                                 | 0 (0.0%)       | 0 (0.0%)            |
| Lymphoma                                  | 0 (0.0%)       | 0 (0.0%)            |
| AIDS                                      | 1 (2.6%)       | 0 (0.0%)            |
| <b>Charlson Comorbidity Index</b>         |                |                     |
| 0   | 30 (76.9%)     | 34 (85.0%)          |
| 1   | 6 (15.4%)      | 6 (15.0%)           |
| 2   | 1 (2.6%)       | 0 (0.0%)            |
| 3   | 1 (2.6%)       | 0 (0.0%)            |
| 6   | 1 (2.6%)       | 0 (0.0%)            |
| <b>Charlson Comorbidity Index</b>         |                |                     |
| Mean (SD)                                 | 0.4 (1.12)     | 0.2 (0.36)          |
| Median (Range)                            | 0.0 (0.0, 6.0) | 0.0 (0.0, 1.0)      |
| Missing                                   | 0              | 0                   |

\* More than one response can be provided

## Outcome measures

|  | Baseline     |                          |                | 3 months     |                          |                | 6 months     |                          |                |
|--|--------------|--------------------------|----------------|--------------|--------------------------|----------------|--------------|--------------------------|----------------|
|  | TAU<br>N (%) | ACTION +<br>TAU<br>N (%) | Total<br>N (%) | TAU<br>N (%) | ACTION<br>+ TAU<br>N (%) | Total<br>N (%) | TAU<br>N (%) | ACTION<br>+ TAU N<br>(%) | Total<br>N (%) |
| <b>Randomised</b>                        | 39           | 40                       | 79             | 39           | 40                       | 79             | 39           | 40                       | 79             |
| Any questionnaire data received          | 39 (100%)    | 39 (100%)                | 78 (98.7%)     | 35 (89.7%)   | 36 (90.0%)               | 71 (89.9%)     | 35 (89.7%)   | 35 (87.5%)               | 70 (88.6%)     |
| Participant withdrew from questionnaires | 0 (0.0%)     | 0 (0.0%)                 | 0 (0.0%)       | 0 (0.0%)     | 2 (5.0%)                 | 2 (2.5%)       | 0 (0.0%)     | 2 (5.0%)                 | 2 (2.5%)       |
| No questionnaire data received           | 0 (0.0%)     | 1 (2.5%)                 | 1 (1.3%)       | 4 (10.3%)    | 2 (5.0%)                 | 6 (7.6%)       | 4 (10.3%)    | 3 (7.5%)                 | 7 (8.9%)       |

## Adverse events

Only related and unexpected serious adverse events (RUSAEs) were reportable in this study. No RUSAEs were reported.