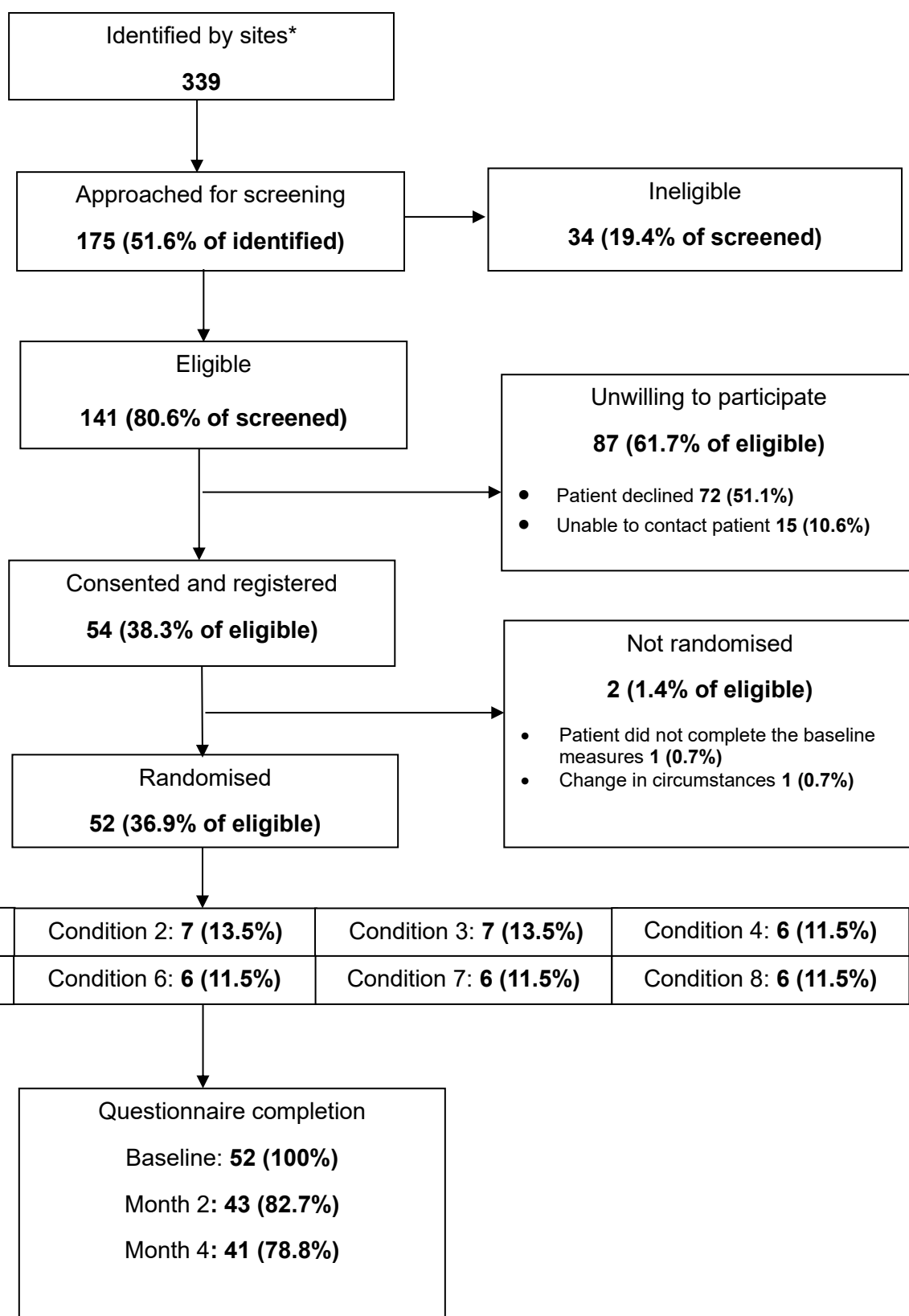


Participant flow



*Sites conducted screening of hospital records to identify eligible patients.

Condition 1: Usual care, SMS, Information Leaflet, ACT, Website; Condition 2: Usual care, SMS, Information leaflet; Condition 3: Usual care, SMS, ACT; Condition 4: Usual care, SMS, Website; Condition 5: Usual Care, Information Leaflet, ACT; Condition 6: Usual care, Information Leaflet, Website; Condition 7: Usual care, ACT, Website; Condition 8: Usual care

Baseline characteristics (n=52)

	N (%)
Age at randomisation	
Mean (s.d.)	55.2 (10.8)
Median (range)	55.0 (30.0, 77.0)
IQR	50.0, 62.0
Ethnic background	
White British	45 (86.5%)
Mixed	2 (3.8%)
Asian	2 (3.8%)
Black	3 (5.8%)
Marital status	
Married	32 (61.5%)
Single	6 (11.5%)
Living with a partner	5 (9.6%)
Divorced or separated	7 (13.5%)
Widowed	2 (3.8%)
Employment status	
Full time	22 (42.3%)
Part time	9 (17.3%)
Not currently working	9 (17.3%)
Other	12 (23.1%)
Highest level of educational or professional qualification	
Postgraduate qualification	7 (13.5%)
Degree level education	10 (19.2%)
Higher educational qualifications (below degree level)	12 (23.1%)
Vocational Qualifications (NVQ1+2)	6 (11.5%)
A-Level or equivalent	5 (9.6%)
GCSE/ O-Level/ CSE	11 (21.2%)
No formal qualifications	1 (1.9%)
How many children do you have?	
0	10 (19.2%)
1	8 (15.4%)
2	23 (44.2%)
3	9 (17.3%)
4	2 (3.8%)
Menopausal status	
Pre-menopausal	12 (23.1%)
Peri-menopausal	3 (5.8%)
Post-menopausal	30 (57.7%)
Unsure	7 (13.5%)
Stage of cancer at diagnosis	
Stage IA	19 (38.0%)
Stage IB	2 (4.0%)
Stage IIA	15 (30.0%)
Stage IIB	8 (16.0%)

	N (%)
Stage IIIA	6 (12.0%)
Missing	2
Current hormone therapy regimen	
Tamoxifen	12 (23.1%)
Anastrozole	8 (15.4%)
Exemestane	3 (5.8%)
Letrozole	29 (55.8%)
Breast cancer treatment received*	
Surgery: lumpectomy	43 (82.7%)
Surgery: unilateral mastectomy	5 (9.6%)
Surgery: double mastectomy	2 (3.8%)
Neoadjuvant Chemotherapy	5 (9.6%)
Adjuvant Chemotherapy	18 (34.6%)
Adjuvant Radiotherapy	43 (82.7%)
Monoclonal antibody-based therapy	4 (7.7%)
Other	13 (25.0%)
Recruitment route	
Recently completed treatment	36 (69.2%)
Experiencing medication problems (side effects or adherence)	9 (17.3%)
Retrospective screening	7 (13.5%)

* More than one response can be provided

Outcome measures

	Month 2	Month 4
	N (%)	N (%)
Randomised (n=52)		
Any questionnaire data received	43 (82.7%)	41 (78.8%)
Participant withdrew from questionnaires	4 (7.7%)	6 (11.5%)
No questionnaire data received	5 (9.6%)	5 (9.6%)

Adverse events

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