**Supplemental Table 1. Self-Reported Medical Conditions: Comparison of Perimenopausal and Postmenopausal Survey Participants (2-Tailed)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Self-Reported Medical Conditions a** | **All Respondents*****n*=251** | **Perimenopausal*****n*=127** | **Postmenopausal*****n*=124** | **Peri vs Post** |
| n(%) | n(%) | n(%) | *Χ2* (*p*) |
| Psychiatric | 151 (60.2%) | **86 (67.7%)** | **65 (52.4%)** | **6.13 (.01)** |
|  Depression | 113 (45.0%) | **66 (52.0%)** | **47 (37.9%)** | **5.02 (.03)** |
|  Anxiety | 102 (40.6%) | **63 (49.6%)** | **39 (31.5%)** | **8.57 (<.01)** |
|  Post-Traumatic Stress Disorder | 34 (13.5%) | 19 (15.0%) | 15 (12.1%) | 0.44 (.51) |
|  Bipolar Disorder | 11 (4.4%) | 5 (3.9%) | 6 (4.8%) | 0.12 (.73) |
|  Attention-Deficit/Hyperactivity Disorder | 4 (1.6%) | 3 (2.4%) | 1 (0.8%) | 0.97 (.33) |
| Pain | 103 (41.0%) | 51 (40.2%) | 52 (41.9%) | 0.08 (.78) |
|  Migraines/ Headaches | 61 (24.3%) | 37 (29.1%) | 24 (19.4%) | 3.26 (.07) |
|  Arthritis | 40 (15.9%) | **13 (10.2%)** | **27 (21.8%)** | **6.24 (.01)** |
|  Chronic Pain | 28 (11.2%) | 13 (10.2%) | 15 (12.1%) | 0.22 (.64) |
|  Fibromyalgia | 14 (5.6%) | 7 (5.5%) | 7 (5.6%) | <0.01 (.96) |
|  Neuropathy | 4 (1.6%) | 3 (2.4%) | 1 (0.8%) | 0.97 (.33) |
| Uterine/Vaginal | 97 (38.6%) | 56 (44.1%) | 41 (33.1%) | 3.22 (.07) |
|  Menstrual Irregularities  | 68 (27.1%) | 41 (32.3%) | 27 (21.8%) | 3.51 (.06) |
|  Menorrhagia | 38 (15.1%) | **26 (20.5%)** | **12 (9.7%)** | **5.69 (.02)** |
|  Dysmenorrhea | 33 (13.1%) | 19 (15.0%) | 14 (11.3%) | 0.74 (.39) |
|  Fibroids | 32 (12.7%) | 15 (11.8%) | 17 (13.7%) | 0.20 (.65) |
|  Endometrial Conditions | 27 (10.8%) | 14 (11.0%) | 13 (10.5%) | 0.02 (.89) |
|  Irregular Periods | 21 (8.4%) | 13 (10.2%) | 8 (6.5%) | 1.17 (.28) |
|  Polycystic Ovary Syndrome | 13 (5.2%) | 10 (7.9%) | 3 (2.4%) | 3.80 (.05) |
|  Amenorrhea | 11 (4.4%) | 8 (6.3%) | 3 (2.4%) | 2.25 (.13) |
|  Dyspareunia | 3 (1.2%) | 3 (2.4%) | 0 (0.0%) | 2.97 (.09) |
| Sleep | 59 (23.5%) | 29 (22.8%) | 30 (24.2%) | 0.06 (.80) |
|  Insomnia | 50 (19.9%) | 22 (17.3%) | 28 (22.6%) | 1.09 (.30) |
|  Sleep Apnea | 13 (5.2%) | 10 (7.9%) | 3 (2.4%) | 3.80 (.05) |
| Cardiovascular/Hematological | 48 (19.1%) | 24 (18.9%) | 24 (19.4%) | 0.01 (.93) |
|  Cardiac Disorders/Hypertension | 38 (15.1%) | 18 (14.2%) | 20 (16.1%) | 0.19 (.67) |
|  Blood Clots | 9 (3.6%) | 5 (3.9%) | 4 (3.2%) | 0.09 (.76) |
| Endocrine | 26 (10.4%) | 17 (13.4%) | 9 (7.3%) | 2.54 (.11) |
|  Diabetes | 15 (6.0%) | 11 (8.7%) | 4 (3.2%) | 3.30 (.07) |
|  Thyroid Conditions | 11 (4.4%) | 6 (4.7%) | 5 (4.0%) | 0.07 (.79) |
| Oncological | 13 (5.2%) | 6 (4.7%) | 7 (5.6%) | 0.11 (.74) |
| Gastrointestinal | 11 (4.4%) | 6 (4.7%) | 5 (4.0%) | 0.07 (.79) |
| Dermatological | 7 (2.8%) | 4 (3.1%) | 3 (2.4%) | 0.12 (.73) |
| Neurological/Neurodegenerative | 9 (3.6%) | **0 (0.0%)** | **9 (7.3%)** | **9.56 (<.01)** |
|  Glaucoma | 4 (1.6%) | **0 (0.0%)** | **4 (3.2%)** | **4.16 (.04)** |
|  Epilepsy | 2 (0.8%) | 0 (0.0%) | 2 (1.6%) | 2.07 (.15) |
|  Multiple Sclerosis | 2 (0.8%) | 0 (0.0%) | 2 (1.6%) | 2.07 (.15) |
|  Parkinson’s Disease | 1 (0.4%) | 0 (0.0%) | 1 (0.8%) | 1.03 (.31) |
| Other Conditions b | 13 (5.2%) | 6 (4.7%) | 7 (5.6%) | 0.11 (.74) |
| No Diagnosis | 28 (11.2%) | 13 (10.2%) | 15 (12.1%) | 0.22 (.64) |

**Bold** numbers are significant at *p*≤.05

The following diagnoses were queried, but were not endorsed by any participant: amyotrophic lateral sclerosis, dementia, hepatic conditions, human immunodeficiency virus/acquired immunodeficiency syndrome, and stroke

a Respondents were instructed to select all items that applied

b Other Conditions reported by respondents included Addison’s disease, anemia, coccydynia, Epstein-Barr virus, optic nerve drusen, osteoporosis, renal disease, tinnitus, and various immunodeficiency disorders