**Description of the variables in the data files (SPSS and Excel):**

HC = Hormonal Contraceptives

OC = Oral Contraceptives

NA = Negative Affect

PA = Positive Affect

Con or Control = Data belonging to the women taking HC or ‘With HC’

Exp or Experimental = Data belonging to the women not taking HC or ‘Without HC’

**Excluded DATA**

1. One of the naturally-cycling participants reported a cycle of 23 days with the LH peak on day 5. If she had followed the instructions given, she would not have started checking for the LH peak around day 8, therefore the LH peak could never have been day 5. Her data was excluded.

2. Another naturally-cycling participant reported a cycle length of 33 days. The LH was expected to happen around days 16 or 17 but she reported happening on day 26. She would have run of test strips before day 26 had she followed the instructions provided. Her results were also excluded.

**DATA collection**

The research was conducted in San Diego, California, in 2014 and 2015.

**Approval**

The study was reviewed and approved (Certificate of Approval # 20131183) by Western Institutional Review Board (www.wirb.com).

**Funding**

The participants were compensated for their time ($20) by the main investigator (personal funds). No funding from any other sources was used.

**Informed consent**

Participants were given a ‘Consent Information Sheet’ and consented to participate without coercion or undue influence. Because only de-identified data was used, a signed Informed consent was not required and a waiver was obtained.