Supplementary data

Table 1. Sociodemographic, reproductive, physical and mental health information collected

Variables	Categories
Sociodemographic	
Age	In years (continuous)
Area of residence based on an index of distance to the nearest urban centre	Urban vs. rural
Highest level of education	Less than Year 12; year 12 or equivalent, certificate/diploma; university degree
Marital status	Single; married/defacto partnership
Ability to manage on income	Easy/not bad; difficult some of the time; difficult all of the time/ impossible
Health Care Card - offers concessions on some health services including cheaper prescription medicines subsidised by the Australian government and free general practitioner visits. This was used as a proxy for socioeconomic position	Yes vs. No
Reproductive and sexual health	
History of live births	Yes vs. No
History of miscarriage	Yes vs. No
History of termination	Yes vs. No
History of unplanned pregnancy – women were also asked if they had ever been pregnant by accident. Available from Survey 2 onwards.	Yes vs. No
Pregnancy history – new variable combining history of live births, miscarriages, terminations, and unplanned pregnancies	Ever pregnant vs. Never pregnant
History of sexually transmitted infections (STIs) including chlamydia, genital herpes, genital warts or gonorrhoea.	Responses were combined into one variable to describe women's history of STIs, dichotomised into 'yes' vs. 'no'.

Variables	Categories
Health and health behaviours	
Body mass index BMI (kg/m^2) - calculated based on women's self-reported height (cm) and body weight (kg) and classified according to the World Health Organization's guidelines.	Underweight $(<18.5 kg/m^2)$, normal weight $(18.5$-$24.9\ kg/m^2)$ overweight $(25$ to $<30\ kg/m^2)$ and obese $(\geq 30\ kg/m^2)$.
Smoking	Never, ex-smoker, current smoker
Alcohol consumption	None/rarely vs. current drinker
General Health using an item from the 36-item Short Form health survey (SF-36)	Excellent/very good; good; fair/poor
Mental Health	
Psychological distress in the past four weeks were assessed using the validated Kessler 10 (K-10) scale. The 10-item scale measures symptoms on a five-point scale (1= _none of the time_ to 5= _all of the time_). Lower scores indicate better functioning. Scores 30 and above suggest severe depression and/or anxiety (classified as 'very high distress').	Low (scores 10-15); moderate (scores 16-21); high distress (scores 22-29) and very high distress (scores 30-50)

Supplemental material

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BMJ Sex Reprod Health

Table 2. Physical and mental health characteristics of young Australian women when first surveyed in 2013 according to contraceptive method (N = 4952)

	Pill N = 2948	LARC N = 625	Condom N = 823	Other N = 134	None N = 422	*p*
BMI[a]						<.0001
Underweight	230 (7.8)	26 (4.2)	70 (8.6)	8 (6.0)	32 (7.7)	
Normal	1952 (66.4)	340 (54.7)	480 (58.7)	66 (49.3)	232 (55.5)	
Overweight	517 (17.6)	147 (23.6)	155 (18.9)	40 (29.9)	79 (18.9)	
Obese	241 (8.2)	109 (17.5)	113 (13.8)	20 (14.9)	75 (17.9)	
Smoking						<.0001
Never	2064 (70.0)	386 (61.8)	525 (63.8)	73 (54.5)	209 (49.5)	
Ex-smoker	556 (18.9)	127 (20.3)	162 (19.7)	30 (22.4)	100 (23.7)	
Current	328 (11.1)	112 (17.9)	136 (16.5)	31 (23.1)	113 (26.8)	
Alcohol consumption						<.0001
No/rarely	2042 (69.3)	397 (63.5)	522 (63.4)	100 (74.6)	242 (57.3)	
Yes	906 (30.7)	228 (36.5)	301 (36.6)	34 (25.4)	180 (42.7)	
SF-36 General health						<.0001
Excellent	1477 (50.1)	260 (41.6)	392 (47.6)	53 (39.6)	166 (39.3)	
Good	1111 (37.7)	239 (38.2)	311 (37.8)	57 (42.5)	177 (41.9)	
Fair/Poor	360 (12.2)	126 (20.2)	120 (14.6)	24 (17.9)	79 (18.7)	
Psychological distress						0.0004
Low	739 (25.1)	151 (24.2)	179 (21.7)	26 (19.4)	74 (17.6)	
Moderate	968 (32.8)	188 (30.1)	253 (30.7)	45 (33.6)	126 (29.9)	
High	761 (25.8)	154 (24.6)	217 (26.4)	34 (25.4)	124 (29.5)	
Very high	480 (16.3)	132 (21.1)	174 (21.1)	29 (21.6)	97 (23.0)	

[a]Underweight (<18.5 kg/m^2); Normal (18.5 to <25 kg/m^2); Overweight (25 to <30 kg/m^2); Obese (≥30 kg/m^2)

Table 3. Longitudinal associations between physical health, health behaviours and mental

health and contraceptive use and non-use among women who have *never* been pregnant

	Pill versus			
	LARC Adjusted OR[a] (95% CI)	**Condom** Adjusted OR[a] (95% CI)	**Other** Adjusted OR[a] (95% CI)	**Non-user** Adjusted OR[a] (95% CI)
Never pregnant				
BMI				
Underweight	0.83 (0.62-1.11)	1.24 (0.97-1.57)	0.80 (0.42-1.50)	1.33 (0.98-1.81)
Normal	1	1	1	1
Overweight	**1.32 (1.14-1.40)**	**1.22 (1.06-1.40)**	**1.74 (1.33-2.26)**	1.13 (0.94-1.36)
Obese	**1.72 (1.41-2.09)**	**1.39 (1.15-1.68)**	**1.87 (1.30-2.70)**	**1.92 (1.56-2.36)**
Smoking				
Never	1	1	1	1
Ex-smoker	0.90 (0.74-1.09)	1.18 (1.00-1.39)	**1.47 (1.06-2.09)**	**1.32 (1.06-1.65)**
Current	**1.30 (1.08-1.57)**	**1.36 (1.15-1.60)**	**1.76 (1.26-2.44)**	**2.16 (1.76-2.65)**
Alcohol consumption				
No/rarely	1	1	1	1
Yes	0.97 (0.86-1.10)	**1.14 (1.01-1.27)**	1.00 (0.79-1.27)	**1.34 (1.16-1.54)**
SF-36 General health				
Excellent	1	1	1	1
Good	1.00 (0.89-1.13)	0.97 (0.87-1.09)	0.98 (0.78-1.24)	1.04 (0.90-1.20)
Fair/Poor	**1.50 (1.26-1.78)**	**1.20 (1.02-1.41)**	1.26 (0.89-1.79)	**1.31 (1.06-1.61)**
Psychological distress				
Low	1	1	1	1
Moderate	1.00 (0.87-1.15)	1.00 (0.88-1.14)	**1.41 (1.10-1.82)**	1.08 (091-1.28)
High	1.04 (0.89-1.21)	1.15 (1.00-1.33)	1.30 (0.96-1.75)	1.18 (0.98-1.43)
Very high	**1.44 (1.19-1.73)**	**1.40 (1.17-1.67)**	**1.48 (1.04-2.11)**	**1.67 (1.35-2.08)**

[a]Adjusted for age, marital status, education and area of residence

Table 4. Longitudinal associations between physical health, health behaviours and mental
health and contraceptive use and non-use among women who have *ever* been pregnant with a
history of unplanned pregnancy or terminations

	Pill versus			
Ever pregnant + History of unplanned pregnancy/termination	**LARC** Adjusted OR[a] (95% CI)	**Condom** Adjusted OR[a] (95% CI)	**Other** Adjusted OR[a] (95% CI)	**Non-user** Adjusted OR[a] (95% CI)
BMI				
Underweight	0.52 (0.24-1.09)	0.90 (0.45-1.80)	0.33 (0.10-1.09)	0.71 (0.40-1.26)
Normal	1	1	1	1
Overweight	1.12 (0.77-1.62)	0.67 (0.45-1.00)	0.54 (0.29-1.00)	0.98 (0.70-1.38)
Obese	**1.63 (1.06-2.53)**	1.14 (0.76-1.71)	1.00 (0.54-1.85)	**1.53 (1.04-2.24)**
Smoking				
Never	1	1	1	1
Ex-smoker	0.88 (0.59-1.32)	1.17 (0.78-1.77)	0.92 (0.51-1.66)	1.29 (0.90-1.86)
Current	1.06 (0.75-1.49)	1.07 (0.73-1.57)	0.86 (0.49-1.51)	1.06 (0.75-1.49)
Alcohol consumption				
No/rarely	1	1	1	1
Yes	1.01 (0.76-1.35)	0.89 (0.67-1.19)	**0.59 (0.37-0.94)**	1.25 (0.96-1.62)
SF-36 General health				
Excellent	1	1	1	1
Good	0.88 (0.64-1.21)	**0.66 (0.48-0.90)**	**0.57 (0.34-0.94)**	0.93 (0.69-1.25)
Fair/Poor	1.00 (0.67-1.48)	0.78 (0.52-1.16)	1.03 (0.57-1.88)	0.96 (0.66-1.40)
Psychological distress				
Low	1	1	1	1
Moderate	0.99 (0.68-1.43)	1.15 (0.78-0.71)	1.24 (0.66-2.34)	1.01 (0.70-1.46)
High	0.94 (0.63-1.39)	0.87 (0.58-1.31)	0.97 (0.52-1.82)	0.88 (0.61-1.28)
Very high	1.02 (0.65-1.58)	0.78 (0.50-1.22)	1.29 (0.66-2.52)	0.93 (0.62-1.39)

[a]Adjusted for age, marital status, education and area of residence