Assessed for eligibility (n=109)

Excluded (n=55)
- not in age range (n=24)
- obese (n=19) (1 excluded after baseline measures calculated)
- no periods (n=3)
- hysterectomy (n=3)
- not able to attend Newcastle appointments (n=3)
- did not attend baseline measures (n=3)

Enrolment

Allocated to Motivational Interviewing (n=28)
(Overweight n=14, healthy weight n=14)
- Received allocated intervention (n=27)
- Did not receive allocated intervention (n=1)
  (dropped out of study for personal reasons before appointment 1)

Allocated to Self-directed control (n=26)
(Overweight n=13, healthy weight n=13)
- Received allocated intervention (n=13)
- Did not receive allocated intervention (n=0)

Allocation

Randomised (n=54)

3 month compliance assessments
To be analysed for primary outcome

12 month assessments
To be analysed for primary outcome

24 month assessments
To be analysed for primary outcome

12 month assessments
To be analysed for primary outcome

24 month assessments
To be analysed for primary outcome