**Table 1: Characteristics of study participants, mean self-efficacy, vitamin D at 14 and 34 weeks, percent compliance and numbers(%) of women experiencing problems with taking the study medication** **by treatment group.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **N** | **Placebo** | **Cholecalciferol 1000 IU/d** | **Whole group** |
| Age (years), mean (SD) | 328 | 31.1 (5.3) | 30.8 (19.3) | 31.0 (5.1) |
| Educational attainment ≥ A level, N (%) | 326 | 122 (75.3) | 130 (79.3) | 252 (77.3) |
| 14 week Self-efficacy, mean (SD) | 328 | 15.3 (1.9) | 15.1 (1.8) | 15.2 (1.9) |
| 14 week 25(OH)D (nmol/l), mean (SD) | 328 | 46.5 (16.5) | 47.5 (18.2) | 47.0 (17.3) |
| 34 week 25(OH)D (nmol/l), mean (SD)\* | 218 | 43.4 (19.4) | 67.4 (19.7) | 55.5 (22.9) |
| Compliance (%), median (IQR) | 216 | 95.2 (89.6-98.8) | 96.5 (90.1-99.2) | 96.0 (89.8-98.9) |
| At least a practical problem, N (%)  | 202 | 56 (56.6) | 51 (49.5) | 107 (53.0) |
| At least an uncertainty about medication, N (%) | 203 | 15 (15.2) | 17 (16.4) | 32 (15.8) |
| At least a doubt about medication, N (%) | 203 | 14 (14.1) | 16 (15.4) | 30 (14.8) |

\* p<0.001 for difference between placebo and active group. All other p-values for differences between placebo and active group >0.05

**Table 2: Associations between self-efficacy scores at 14 weeks, PETS and compliance**

|  |  |  |  |
| --- | --- | --- | --- |
|   | **Placebo** | **Cholecalciferol 1000 IU/d** | **Whole group** |
| Outcomes | **OR (95% CI)** | **p** | **OR (95% CI)** | **p** | **OR (95% CI)** | **p** |
| Practical problems (Yes vs. No) | 0.81 (0.64,1.02) | 0.07 | 0.80 (0.64,1.01) | 0.06 | 0.81 (0.69,0.95) | 0.01 |
| Uncertainty (Yes vs. No) | 0.90 (0.67,1.22) | 0.51 | 1.00 (0.75,1.33) | 0.99 | 0.95 (0.77,1.17) | 0.64 |
| Doubts (Yes vs. No) | 0.91 (0.66,1.24) | 0.54 | 0.87 (0.65,1.18) | 0.38 | 0.89 (0.71,1.10) | 0.28 |
|  | **r** |  | **r** |  | **r** |  |
| Compliance (SD) | 0.04 | 0.66 | 0.07 | 0.49 | 0.05 | 0.43 |

**Table 3: Median (IQR) compliance rate by PETS**

|  |  |  |
| --- | --- | --- |
|   | Compliance (%) | p-value \* |
|   | Median (IQR) |
| No practical problems | 98.0 (96.4-99.5) | <0.001 |
| Practical problems | 92.4 (83.7-97.4) |  |
| No uncertainties | 96.8 (92.1-99.3) | 0.02 |
| Uncertainties | 90.4 (77.2-98.8) |  |
| No doubts | 96.8 (91.8-99.3) | 0.03 |
| Doubts | 91.4 (77.2-98.8) |  |

\*Wilcoxon rank-sum test

**Table 4: Association between 25(OH)D (nmol/l) at 34 weeks, self-efficacy at 14 weeks, problems taking the study medication and compliance**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Placebo** | **Cholecalciferol 1000 IU/d** | **Overall** |
| Predictors | **β (95% CI)** | **p** | **β (95% CI)** | **p** | **β (95% CI)** | **p** |
| Self-efficacy at 14 weeks (continuous score) | -0.3 (-2.2,1.7) | 0.80 | 1.1 (-1.0,3.2) | 0.32 | -0.3 (-2.0,1.3) | 0.68 |
| Practical problems (Yes vs. No) | 0.2 (-8.8,9.2) | 0.96 | -6.2 (-14.7,2.3) | 0.15 | -5.9 (-13.1,1.3) | 0.11 |
| Uncertainty (Yes vs. No) | 8.2 (-3.3,19.8) | 0.16 | -7.2 (-18.5,4.0) | 0.21 | 0.4 (-9.2,10.0) | 0.93 |
| Doubts (Yes vs. No) | 8.4 (-3.5,20.3) | 0.16 | -8.3 (-20.2,3.6) | 0.17 | -0.3 (-10.4,9.7) | 0.95 |
| Compliance (%) | 0.01 (-0.25,0.28) | 0.93 | 0.54 (0.18,0.89) | 0.003 | 0.29 (0.05,0.54) | 0.02 |