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Version: Supplemental Material

Table 2. Cross-sectional association of soy products and soy milk consumption frequency with the frequency/severity of vasomotor menopausal symptoms at baseline

	VMS (hot flushes and night sweats) (%)					Model 1[a] RRR (95% CI)				Model 2[b] RRR (95% CI)		
	n	Never	Rarely/ mild	Sometimes/ moderate	Often/ severe	Never	Rarely/ mild	Sometimes/ moderate	Often/ severe	Rarely/ mild	Sometimes/ moderate	Often/ severe
Soy consumption frequency												
Soy products												
ALSWH[c] (n=7,373)												
Never/rarely	6590	27.3	16.6	31.4	24.8	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Monthly	357	29.1	14.9	29.4	26.6	Reference	0.81 (0.58 to 1.14)	0.84 (0.63 to 1.11)	0.96 (0.71 to 1.29)	0.80 (0.57 to 1.13)	0.85 (0.64 to 1.13)	1.03 (0.76 to 1.38)
Weekly	357	31.9	14.6	33.1	20.5	Reference	0.72 (0.52 to 1.02)	0.85 (0.65 to 1.11)	0.66 (0.49 to 0.90)	0.71 (0.51 to 1.00)	0.86 (0.66 to 1.13)	0.73 (0.53 to 0.99)
Daily	69	29.0	20.3	33.3	17.4	Reference	1.13 (0.57 to 2.26)	0.97 (0.52 to 1.79)	0.64 (0.31 to 1.33)	1.11 (0.56 to 2.21)	0.98 (0.53 to 1.81)	0.69 (0.33 to 1.43)
HOW, WHITEHALL, SMWHS, JMWHS[c] (n=3,633)												
Never/rarely	2649	57.3	20.7	12.1	9.9	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Monthly	134	53.0	24.6	11.9	10.5	Reference	0.97 (0.63 to 1.51)	1.08 (0.60 to 1.93)	1.45 (0.76 to 2.70)	1.02 (0.65 to 1.59)	1.23 (0.68 to 2.21)	1.70 (0.90 to 3.21)
Weekly	463	52.3	31.3	11.5	5.0	Reference	1.01 (0.65 to 1.56)	1.22 (0.71 to 2.09)	0.86 (0.42 to 1.75)	1.05 (0.68 to 1.63)	1.35 (0.79 to 2.31)	0.95 (0.46 to 1.95)
Daily	387	47.3	41.6	6.7	4.4	Reference	1.33 (0.81 to 2.19)	0.77 (0.38 to 1.55)	0.86 (0.37 to 2.02)	1.41 (0.86 to 2.32)	0.89 (0.44 to 1.80)	1.00 (0.43 to 2.34)
OVERALL (n=11,006)												
Never/rarely	9239	35.9	17.8	25.8	20.5	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Monthly	491	35.6	17.5	24.6	22.2	Reference	0.85 (0.65 to 1.12)	0.89 (0.69 to 1.14)	1.03 (0.79 to 1.35)	0.87 (0.66 to 1.13)	0.93 (0.72 to 1.20)	1.14 (0.88 to 1.49)
Weekly	820	43.4	24.0	20.9	11.7	Reference	0.81 (0.63 to 1.05)	0.95 (0.75 to 1.20)	0.70 (0.53 to 0.93)	0.85 (0.66 to 1.09)	1.03 (0.81 to 1.30)	0.82 (0.62 to 1.09)
Daily	456	44.5	38.4	10.8	6.4	Reference	1.11 (0.79 to 1.56)	0.77 (0.51 to 1.16)	0.65 (0.40 to 1.05)	1.18 (0.85 to 1.65)	0.85 (0.57 to 1.28)	0.78 (0.49 to 1.24)
Soy milk												
ALSWH (n=7,369)												

	n											
Never/rarely	6634	27.9	16.5	31.3	24.3	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Monthly	29	34.5	13.8	41.4	10.3	Reference	0.68 (0.21 to 2.17)	1.05 (0.45 to 2.48)	0.34 (0.09 to 1.25)	0.69 (0.21 to 2.20)	1.08 (0.46 to 2.54)	0.37 (0.10 to 1.38)
Weekly	110	22.7	19.1	35.5	22.7	Reference	1.41 (0.79 to 2.54)	1.38 (0.83 to 2.32)	1.17 (0.66 to 2.08)	1.42 (0.79 to 2.56)	1.41 (0.84 to 2.36)	1.27 (0.71 to 2.26)
Daily	596	24.7	15.3	30.7	29.4	Reference	1.02 (0.78 to 1.34)	1.08 (0.86 to 1.36)	1.33 (1.05 to 1.68)	1.03 (0.78 to 1.35)	1.09 (0.87 to 1.37)	1.39 (1.10 to 1.77)
HOW, WHITEHALL, SMWHS, JMWHS[c] *(n=3,585)*												
Never/rarely	3226	56.9	22.6	11.6	8.8	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Monthly	127	40.9	40.9	11.8	6.3	Reference	1.74 (1.14 to 2.66)	1.73 (0.92 to 3.25)	1.80 (0.80 to 4.06)	1.78 (1.17 to 2.72)	1.84 (0.98 to 3.45)	1.89 (0.82 to 4.34)
Weekly	127	50.4	35.4	7.9	6.3	Reference	1.21 (0.79 to 1.83)	0.87 (0.43 to 1.77)	1.27 (0.57 to 2.82)	1.22 (0.80 to 1.86)	0.90 (0.44 to 1.82)	1.33 (0.60 to 2.94)
Daily	105	39.1	39.1	11.4	10.5	Reference	1.76 (1.10 to 2.82)	1.52 (0.77 to 3.01)	2.85 (1.35 to 6.03)	1.80 (1.13 to 2.87)	1.64 (0.83 to 3.23)	3.09 (1.47 to 6.50)
OVERALL *(n=10,954)*												
Never/rarely	9860	37.4	18.5	24.9	19.2	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Monthly	156	39.7	35.9	17.3	7.1	Reference	1.50 (1.02 to 2.20)	1.64 (0.99 to 2.73)	1.04 (0.50 to 2.13)	1.51 (1.03 to 2.22)	1.68 (1.01 to 2.77)	1.09 (0.53 to 2.25)
Weekly	237	37.6	27.9	20.7	13.9	Reference	1.26 (0.90 to 1.76)	1.17 (0.80 to 1.72)	1.09 (0.70 to 1.70)	1.28 (0.91 to 1.79)	1.20 (0.82 to 1.76)	1.18 (0.76 to 0.84)
Daily	701	26.8	18.8	27.8	26.5	Reference	1.18 (0.93 to 1.49)	1.16 (0.93 to 1.45)	1.46 (1.16 to 1.84)	1.20 (0.95 to 1.51)	1.20 (0.96 to 1.50)	1.56 (1.24 to 1.96)

Multinomial logistic regression models were used to estimate relative risk ratios (RRR) and 95% confidence intervals (95% CI).

[a] Model 1 was adjusted for menopausal status and current use of menopausal hormone therapy

[b] Model 2 was adjusted model 1 along with other covariates including smoking status, and education level

[c] Results for ALSWH and other four studies were presented separately due to the different assessments (frequency or severity) and different recall periods (in the past 12 months for ALSWH and in a shorter period for the other four studies) for VMS used across the studies