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#### Box 1 – Qualitative views on recruitment and study participation

*I was very happy to participate, I think it's very important and I think that the topic of the research is very important (Participant 12 – 3 miscarriages)*

*I wanted to be part of something ... and if I was able to help people in the future I was quite positive about that (Participant 11 – 4 miscarriages)*

#### Box 2 – Qualitative views on the randomisation process

*I mean I wanted the card and I was disappointed that I didn't get that group, but I get the point of it all and I know how it works (Participant 8 – 3 miscarriages)*

*I was disappointed, I wanted to try something ... but someone always has to be in that group so that's fine. I just wanted to help (Participant 13 – 4 miscarriages)*

#### Box 3 – Qualitative views on the study outcome measures

*I found them helpful in the way that you could just dump on them ... sort of like when people tell you if you've got a problem to write it down and it just gets it out of your head (Participant 6 – 4 miscarriages)*

*The questionnaires helped me get through the week, because every time I filled out a new one, I'm like 'well I've just completed a week' and then I'd look at the last ones and the symptoms have changed and the second questionnaire I have filled out seems to be more positive than the last one where I put everything as negative (Participant 9 – 3 miscarriages)*