

**Additional File 1.** Descriptions and illustrative quotes related to the identified adverse reactions described among the posters (n=144).

Sub-category	Adverse reactions	Description of the adverse reaction	Illustrative quote (Respondent Number)	n <sup>1</sup>
Anxiety	General anxiety	Increased anxiety described in general unspecific terms	<i>I've been having difficult anxiety</i> (50)	10
	Nervousness	Feeling nervous in daily life	<i>I feel worried and nervous</i> (21)	2
	Excessive fears and worries	Unexplainable fears and worries	<i>I've been struck by constant worry</i> (19)	8
	Panic reactions	Feeling sudden and recurrent panic	<i>The panic comes and thoughts just go in one direction in a downwards spiral</i> (27)	4
	Stress reactions	Feeling stress and increased vulnerability to stress	<i>I woke in the middle of the night and felt stressed</i> (39)	3
Blood system	Anemia	Self-reported low levels of hemoglobin	<i>I constantly had a hemoglobin of 90</i> (35)	4
Cardiovascular system	Vertigo	Feeling dizzy, losing balance and passing out	<i>I've felt sudden short bursts of dizziness in my head several times a day.</i> (23)	7
	Irregular heartbeat	Palpitations and feeling that the heart beats irregularly	<i>My heart beats out of sync</i> (27)	4
	Hot flushes	Feelings of warmth in the face and sweating	<i>I also had [...] sweat attacks, being red in my face and feeling warm.</i> (43)	1
Cognitive impairment	Mental fatigue	A state of mental exhaustion and impaired cognitive function	<i>My brain can't manage the smallest of things</i> (23)	1
Device-related	Insertion pain	Pain during insertion of the intrauterine device	<i>It was so painful to have it inserted that I was bedridden</i> (43)	10
	Migration or perforation	Migration of device or perforation of uterus during insertion	<i>My copper IUD went in my abdomen and was taken out with surgery</i> (7)	2
	Insufficient contraception	Unintended pregnancy despite having the device in place	<i>I became pregnant when the copper IUD was still inside</i> (114)	8
	Expulsion of device	Sudden vaginal expulsion of the device	<i>It slipped out of me and I had it in my hand</i> (122)	4
	Vaginal hemorrhage	Vaginal hemorrhage during and after insertion	<i>I had a copper IUD inserted. I bled for approximately four days.</i> (113)	11
Ears	Hyperacusis	Being sensitive to sounds	<i>Sounds are sharp, even voices</i> (23)	2
Eyes	Ocular pruritus	Severe ocular itching	<i>I have really uncomfortable red and itching eyes</i> (18)	1
	Ocular hyperemia	Redness in eyes	<i>I have really uncomfortable red and itching eyes</i> (18)	1
	Visual impairment	Negative effects on vision	<i>My vision is worse</i> (27)	1
Excretory system	Pollakiuria	Frequent passing of urine	<i>I peed often</i> (54)	1
Gastrointestinal and metabolic system	Abdominal pain	Pain in the abdominal region	<i>I have horrible pain in the stomach</i> (20)	5
	Nausea	Intermittent or constant nausea	<i>I've had constant nausea</i> (40)	4
	Abdominal distension	Distended or swollen abdomen	<i>My stomach is also swollen.</i> (46)	3

	Decreased appetite	Feeling general loss of appetite	<i>Loss of appetite (1)</i>	1
	Defaecation urgency	Feeling a urgent need to defecate	<i>A heavy feeling against the butt, like I feel a need to poop (66)</i>	1
	Dysgeusia	Persistent and unpleasant alteration in taste	<i>I have a strange metallic taste in my mouth (6)</i>	1
	Hunger	Involuntary increase in hunger	<i>My hunger has increased. (43)</i>	1
	Inability to lose weight	Difficulties losing weight	<i>I have difficulties losing weight (52)</i>	1
General psychological health	Diminished psychological health	Worsened psychological health in general terms	<i>I suspect that the Cu-IUD has caused psychological ill-health (1)</i>	7
	Impaired quality of life	Lesser quality of life	<i>My quality of life was non-existent (1)</i>	1
Negative alterations in mood and depression	Depression and depressed mood	Depression described as a specific reaction or depressive feelings, including having a depressed mood, excessive emotional sensitivity, feeling down, and feeling low-spirited	<i>One of the most difficult side that I've experienced is depression (14)</i>	13
	Apathy	Lack of emotion and motivation	<i>I only feel apathy, indifference (27)</i>	1
	Altered mood	Changes in mood and temper, including increased irritability, anger, mood swings and lesser patience	<i>My temper has become so strange [...] I am so irritated (39)</i>	14
	Premenstrual syndrome	Premenstrual syndrome described as a specific reaction, i.e. a range of physical and psychological changes occurring as the menstrual cycle progresses	<i>I have a Cu-IUD, and during this period I've had horrible premenstrual syndrome that only gets worse as time progresses (25)</i>	7
General reactions	Fatigue	Considerable weariness	<i>I've also felt this enormous tiredness (11)</i>	13
	Unspecific pain	Pain not described as localized	<i>The kind of ache I have never felt before (27)</i>	9
	Chest pain	Pain localized in the chest, either cardiac- or breasts	<i>Pain in my breasts, so painful that I almost cry out (110)</i>	2
Integumentary system	Alopecia	Spontaneous loss of hair	<i>I've started to loose a lot of hair (23)</i>	5
	Eczema	Eczema on the skin	<i>I had eczema all over my body (79)</i>	3
	Pruritus	Intense itching of the skin	<i>I have a powerful itch on my whole body (78)</i>	2
	Acne	Areas of spots, pimples and cysts on the skin	<i>I had acne, with large red abscesses on my cheeks (20)</i>	1
	Chloasma	Increased pigmentation on the skin	<i>Melasma, brown spots on the face same as the ones you get during pregnancy (1)</i>	1
Menstrual cycle and uterine bleeding	Menorrhagia	Heavier or longer menstruations	<i>I got profuse and longer menses (106)</i>	68
	Dysmenorrhea	Pain during menstruation	<i>Two weeks of menstrual pain (66)</i>	17
	Metrorrhagia	Irregular and unpredicted uterine bleeding	<i>Like ordinary menses between menstruations (121)</i>	18

	Amenorrhea	Absence of menstruation	<i>I have not had menses one week after when it should have come</i> (115)	2
	Ovulation pain	Pain during ovulation	<i>So much pain during ovulation</i> (131)	9
	Polymenorrhea	Shorter menstrual cycle	<i>It seems like my cycles get shorter with the IUD</i> (113)	5
Musculoskeletal and connective tissue	Arthralgia	Pain in the joints	<i>I've had a horrible ache in my joints</i> (20)	3
	Back pain	Pain in the back	<i>Super painful in the back</i> (108)	3
Nervous system	Headache	Pain manifesting in the cranial region	<i>I have strong headaches as a side effect.</i> (143)	5
	Somnolence	Feeling foggy in the brain and having an urge to sleep	<i>I also have this drowsiness in my head</i> (11)	5
	Paresthesia	Spontaneous sensations in the skin	<i>Felt stinging in the arms, like rushes</i> (39)	4
	Unspecific tremor	Involuntary movement of body parts	[I have] " <i>Shakiness</i> " (1)	1
Reproductive tract infections and inflammations	Salpingitis	Inflammation of the salpinx	<i>I got salpingitis because of it</i> (38)	1
	Unspecified uterine infection	Infection in the uterus	<i>I had a uterine infection</i> (60)	4
	Bacterial vaginosis	Vaginal inflammation caused by bacterial overgrowth	<i>I got bacterial vaginosis so the IUD had to be changed</i> (35)	1
Uterus	Uterine contractions	Twitching of uterus and pain because of contractions	<i>Pain in my lower abdomen. Feels like Braxton Hicks contractions</i> (16)	4
Vulvovagina	Vaginal haemorrhage during sex	Bleeding during and after sex	<i>I've had bleedings [...] and extra much after sex</i> (43)	1
	Vaginal discharge	Discharge from the genital tract	<i>I myself have slimy discharges</i> (62)	16
	Vaginal odour	Smell from vagina	<i>I smell bad between my legs</i> (65)	1
	Inadequate vaginal lubrication	Decreased lubrication and dryness of vagina	<i>I feel drier</i> (72)	3
	Vulvovaginal pain	Spontaneous pain in vulvovagina	<i>Sometimes I feel a pinch somewhere in the genital area</i> (46)	1
Self-injurious behaviors	Suicidal ideation	Utterances of having thoughts about committing suicide	<i>I've never felt this bad, I want to take my own life sometimes</i> (27)	2
Sexual health and function	Dyspareunia	Pain during sex	<i>Intercourse is not on the agenda, because I feel so sore</i> (46)	2
	Decreased libido	Decreased sexual drive or interest	<i>I don't feel any desire to have sex</i> (128)	2

<sup>1</sup>Number of posters who reported the adverse reaction.