

**Additional file 2 - Study plan and measurements**

<b>Measurement</b>	<b>Instrument</b>	<b>Baseline</b>	<b>3 month</b>	<b>6 month</b>
<b>HPA axis activity</b>				
– Diurnal cortisol variation	Salivettes, Ultra performance liquid chromatography – tandem mass spectrometry (UPLC-MSMS)	•	•	•
– CAR	Salivettes, UPLC-MSMS	•	•	•
– Mean cortisol concentration	Salivettes, UPLC-MSMS	•	•	•
– Diurnal cortisol secretion covariates	Saliva collection diary	•	•	•
<b>Experience of violence and abuse</b>				

<b>Measurement</b>	<b>Instrument</b>	<b>Baseline</b>	<b>3 month</b>	<b>6 month</b>
DVA	Composite Abuse Scale (CAS)	•	•	•
Childhood abuse	Childhood Trauma Questionnaire (CTQ)	•		
<b>Mental health</b>				
– Anxiety disorders	Generalized Anxiety Disorder (GAD-7)	•	•	•
– Depression	Patient Health Questionnaire Depression Scale (PHQ-9)	•	•	•
– Post Traumatic Stress Disorder (PTSD)	PTSD Symptom Scale: Self-Report Version (PSS-SR)	•	•	•
– Functional disability and impairment	Sheehan Disability Scale (SDS)	•	•	•

<b>Measurement</b>	<b>Instrument</b>	<b>Baseline</b>	<b>3 month</b>	<b>6 month</b>
– Perception of stress	Perceived Stress Scale (PSS-10)	•	•	•
<b>Physical health</b>				
– Abuse-related injuries and physical conditions	Miller Abuse Physical Symptom Injury Assessment Scale (MAPSAIS)	•	•	•
– Standing height	KaWe tape, Germany	•		
– Weight	SECA scales, Germany	•	•	•
Socio-demographics	Socio-demographic questionnaire	•		