

## Ethical committees approval- Supplementary Materials

**Supplementary Table S1-** Ethical approvals from the institutions participating in the BESTHOPE study with dates of approval.

Site	Number of document	Date of approval
Centro Hospitalar do Algarve	2062/2015	12-10-2015
Centro Hospitalar do Baixo Vouga - Aveiro	164/AD	25-05-2015
Centro Hospitalar de Lisboa Central	233/2015	25-09-2015
Centro Académico de Medicina de Lisboa	187/16	07-11-2016
Centro Hospitalar Lisboa-Occidental	40/CES-2017	06-03-2017
Centro Hospitalar do Porto	2015.165 (144-DEFI/134-CES)	02-09-2015
Centro Hospitalar de Setúbal	11/16	10-03-2016
Centro Hospitalar de São João	241/15	09-12-2015
Hospital Beatriz Ângelo	1244/2015_MJHEB	08-09-2015
Hospital de Santarém		14-12-2015
Hospital Prof. Dr. Fernando Fonseca		29-04-2016
Unidade Local de Saúde do Baixo Alentejo	02/2016	17-06-2016
Unidade Local de Saúde de Matosinhos- Hospital Pedro Hispano	080/CE/JAS	11-12-2015