Assessed for eligibility
(n = 2140)

Excluded (n = 1639)
Not meeting inclusion criteria (n = 780)
Refused to participate (n = 826)
Failed to complete placebo run-in (n = 33)

Randomised (n = 501)

Allocated to placebo
(n = 121)
Received allocation
(n = 121)

Allocated to 100μg/d
(n = 127)
Received allocation
(n = 127)

Allocated to 200μg/d
(n = 127)
Received allocation
(n = 127)

Allocated to 300μg/d
(n = 126)
Received allocation
(n = 126)

Withdrawals from treatment
(n = 7)
Reasons:
Adverse events (n=2)
Non compliance (n=0)
Failed to attend (n=0)
Serious medical event (n=1)
Other health problems (n=1)
Wishes to take selenium (n=1)
Other personal (n=2)
Died (n=0)

Withdrawals from treatment
(n = 10)
Reasons:
Adverse events (n=2)
Non compliance (n=0)
Failed to attend (n=2)
Serious medical event (n=1)
Other health problems (n=1)
Wishes to take selenium (n=0)
Other personal (n=3)
Died (n=1)

Withdrawals from treatment
(n = 5)
Reasons:
Adverse events (n=1)
Non compliance (n=0)
Failed to attend (n=1)
Serious medical event (n=0)
Other health problems (n=0)
Wishes to take selenium (n=0)
Other personal (n=3)
Died (n=0)

Withdrawals from treatment
(n = 12)
Reasons:
Adverse events (n=8)
Non compliance (n=1)
Failed to attend (n=1)
Serious medical event (n=0)
Other health problems (n=1)
Wishes to take selenium (n=1)
Other personal (n=0)
Died (n=0)

POMS-BI
Failed to complete questionnaire at both time points
(n=2)

POMS-BI
Failed to complete questionnaire at both time points
(n=6)

POMS-BI
Failed to complete questionnaire at both time points
(n=6)

POMS-BI
Failed to complete questionnaire at both time points
(n=5)

SF-36
Failed to complete questionnaire at both time points
(n=14)

SF-36
Failed to complete questionnaire at both time points
(n=21)

SF-36
Failed to complete questionnaire at both time points
(n=17)

SF-36
Failed to complete questionnaire at both time points
(n=17)

Analysed
(n = 112)

Analysed
(n = 100)

Analysed
(n = 111)

Analysed
(n = 96)

Analysed
(n = 116)

Analysed
(n = 105)

Analysed
(n = 109)

Analysed
(n = 97)
Plasma selenium concentration (ng/g)

Placebo 100 µg/d 200 µg/d 300 µg/g
Total mood score at baseline

Total mood score at follow-up

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