**Supplementary File 2**

**Table 2a. Extended participant characteristics**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Full Sample** | | | **Pregnant Women** | | | **Mothers** | | | **Between-group differences** |
|  | **N** | **Median (IQR)** | **Range** | **N** | **Median (IQR)** | **Range** | **N** | **Median (IQR)** | **Range** |  |
| **Age** | 682 | 35 (5) | 18-46 | 213 | 34 (5) | 23-46 | 469 | 35 (4) | 18-46 | p = 0.027 |
| **No. previous pregnancies** | 696 | 1 (2) | 0-9 | 214 | 1 (1) | 0-6 | 482 | 1 (2) | 0-9 | p < 0.001 |
| **No. other children** | 692 | 1 (1) | 0-9 | 212 | 1 (0) | 0-3 | 480 | 0.50 (1) | 0-9 | p < 0.001 |
| **Current gestation (weeks)** | **-** | **-** | **-** | 214 | 23.50 (16) | 4-40 | **-** | **-** | **-** |  |
| **Age of youngest child (months)** | **-** | **-** | **-** | **-** | **-** | **-** | 483 | 9 (10) | 0.5-24 |  |
| **Social Support (MSPSS)** | 699 | 70 (17) | 12-84 | 214 | 72 (15) | 12-84 | 485 | 69 (18.50) | 12-84 | p < 0.001 |
| Significant Other Subscale | 699 | 26 (5) | 4 – 28 | 214 | 28 (4) | 4 – 28 | 485 | 25 (5) | 4 – 28 | p < 0.001 |
| Family Subscale | 699 | 23 (8) | 4 – 28 | 214 | 24 (6) | 4 – 28 | 485 | 22 (9) | 4 – 28 | p = 0.011 |
| Friends Subscale | 699 | 22 (8) | 4 – 28 | 214 | 23 (6) | 4 – 28 | 485 | 22 (9) | 4 – 28 | p = 0.014 |
| **Resilience (BRS)** | 699 | 20 (6) | 6-30 | 213 | 20 (6) | 7-30 | 486 | 20 (6) | 6-30 | p = 0.77 |
|  |  | **N** | **%** |  | **N** | **%** |  | **N** | **%** |  |
| **Nationality** |  | **700** |  |  | **214** |  |  | **486** |  | p = 0.19 ^ |
| Irish |  | 674 | 96.29 |  | 203 | 94.86 |  | 471 | 96.91 |  |
| British |  | 5 | 0.71 |  | 2 | 0.94 |  | 3 | 0.62 |  |
| Brazilian |  | 2 | 0.29 |  | 0 | 0 |  | 2 | 0.41 |  |
| Chilean |  | 1 | 0.14 |  | 0 | 0 |  | 1 | 0.21 |  |
| Croatian |  | 2 | 0.29 |  | 1 | 0.47 |  | 1 | 0.21 |  |
| Danish |  | 1 | 0.14 |  | 1 | 0.47 |  | 0 | 0 |  |
| Dutch |  | 1 | 0.14 |  | 1 | 0.47 |  | 0 | 0 |  |
| French |  | 2 | 0.29 |  | 0 | 0 |  | 2 | 0.41 |  |
| German |  | 2 | 0.29 |  | 1 | 0.47 |  | 1 | 0.21 |  |
| Italian |  | 3 | 0.43 |  | 3 | 1.40 |  | 0 | 0 |  |
| South African |  | 1 | 0.14 |  | 0 | 0 |  | 1 | 0.21 |  |
| Spanish |  | 2 | 0.29 |  | 1 | 0.47 |  | 1 | 0.21 |  |
| USA |  | 3 | 0.43 |  | 1 | 0.47 |  | 2 | 0.41 |  |
| Venezuelan |  | 1 | 0.14 |  | 0 | 0 |  | 1 | 0.21 |  |
| **Relationship status (grouped)** |  | **697** |  |  | **213** |  |  | **484** |  | p = 0.47 |
| Married |  | 518 | 74.32 |  | 153 | 71.83 |  | 365 | 75.41 |  |
| In a relationship, not married |  | 162 | 23.24 |  | 53 | 24.88 |  | 109 | 22.52 |  |
| Single |  | 17 | 2.44 |  | 7 | 3.27 |  | 10 | 2.07 |  |
| **In paid employment** |  | **700** |  |  | **214** |  |  | **486** |  | p = 0.14 |
| Yes |  | 641 | 91.57 |  | 201 | 93.93 |  | 440 | 90.54 |  |
| No |  | 59 | 8.43 |  | 13 | 6.08 |  | 46 | 9.47 |  |
| **Highest education level** |  | **696** |  |  | **213** |  |  | **483** |  | p = 0.03 |
| Secondary school |  | 18 | 2.59 |  | 3 | 1.41 |  | 15 | 3.11 |  |
| Technical/Vocational qual. |  | 20 | 2.87 |  | 7 | 3.29 |  | 13 | 2.69 |  |
| Non-degree qualification |  | 41 | 5.89 |  | 10 | 4.70 |  | 31 | 6.42 |  |
| Undergraduate degree |  | 216 | 31.03 |  | 51 | 23.94 |  | 165 | 34.16 |  |
| Postgraduate degree |  | 357 | 51.29 |  | 125 | 58.69 |  | 232 | 48.03 |  |
| Doctorate |  | 44 | 6.32 |  | 17 | 7.98 |  | 27 | 5.59 |  |
| **Smoking during current or most recent pregnancy** |  | **699** |  |  | **213** |  |  | **486** |  | p = 0.12 |
| Yes |  | 11 | 1.57 |  | 1 | 0.47 |  | 10 | 2.06 |  |
| No |  | 688 | 98.43 |  | 212 | 99.53 |  | 476 | 97.94 |  |
| **Current smoking (mothers only)** |  |  |  |  |  |  |  | **486** |  |  |
| Yes |  | **-** | **-** |  | **-** | **-** |  | 16 | 3.29 |  |
| No |  | **-** | **-** |  | **-** | **-** |  | 470 | 98.71 |  |
| **Alcohol intake during current or most recent pregnancy** |  | **699** |  |  | **214** |  |  | **485** |  | p < 0.001 ^^ |
| No alcohol |  | 662 | 94.71 |  | 190 | 88.79 |  | 472 | 97.32 |  |
| 1-2 standard drinks |  | 31 | 4.43 |  | 18 | 8.41 |  | 13 | 2.68 |  |
| 3-5 standard drinks |  | 6 | 0.86 |  | 6 | 2.80 |  | 0 | 0 |  |
| 6-10 standard drinks |  | 0 | 0 |  | 0 | 0 |  | 0 | 0 |  |
| 11 or more standard drinks |  | 0 | 0 |  | 0 | 0 |  | 0 | 0 |  |
| **Current alcohol intake (mothers only)** |  |  |  |  |  |  |  | **486** |  |  |
| No alcohol |  | **-** | **-** |  | **-** | **-** |  | 198 | 40.74 |  |
| 1-2 standard drinks |  | **-** | **-** |  | **-** | **-** |  | 203 | 41.77 |  |
| 3-5 standard drinks |  | **-** | **-** |  | **-** | **-** |  | 71 | 14.61 |  |
| 6-10 standard drinks |  | **-** | **-** |  | **-** | **-** |  | 11 | 2.26 |  |
| 11 or more standard drinks |  | **-** | **-** |  | **-** | **-** |  | 3 | 0.62 |  |
| **Type of antenatal care** |  | **698** |  |  | **213** |  |  | **485** |  | p = 0.37 |
| Public |  | 424 | 60.74 |  | 124 | 58.22 |  | 300 | 61.86 |  |
| Private |  | 274 | 39.26 |  | 89 | 41.78 |  | 185 | 38.14 |  |
| **Satisfaction with antenatal care** |  | **700** |  |  | **214** |  |  | **486** |  | p = 0.025 |
| Very satisfied |  | 235 | 33.57 |  | 68 | 31.78 |  | 167 | 34.36 |  |
| Satisfied |  | 275 | 39.29 |  | 93 | 43.46 |  | 182 | 37.45 |  |
| Neutral |  | 107 | 15.29 |  | 39 | 18.22 |  | 68 | 13.99 |  |
| Dissatisfied |  | 65 | 9.29 |  | 12 | 5.61 |  | 53 | 10.91 |  |
| Very dissatisfied |  | 18 | 2.57 |  | 2 | 0.94 |  | 16 | 3.29 |  |
| **Planned pregnancy** |  | **700** |  |  | **214** |  |  | **486** |  | p = 0.015 |
| Yes |  | 628 | 89.71 |  | 201 | 93.93 |  | 427 | 87.86 |  |
| No |  | 72 | 10.29 |  | 13 | 6.08 |  | 59 | 12.14 |  |
| **Type of milk feeding** |  |  |  |  |  |  |  | **485** |  |  |
| Breastfeeding only |  | **-** | **-** |  | **-** | **-** |  | 236 | 48.66 |  |
| Formula feeding only |  | **-** | **-** |  | **-** | **-** |  | 117 | 24.12 |  |
| Combination breast and formula feeding |  | **-** | **-** |  | **-** | **-** |  | 132 | 27.22 |  |
| **Health of child at birth** |  |  |  |  |  |  |  | **486** |  |  |
| Excellent |  | **-** | **-** |  | **-** | **-** |  | 363 | 74.69 |  |
| Good |  | **-** | **-** |  | **-** | **-** |  | 90 | 18.52 |  |
| Poor |  | **-** | **-** |  | **-** | **-** |  | 30 | 6.17 |  |
| Very poor |  | **-** | **-** |  | **-** | **-** |  | 3 | 0.62 |  |
| **Health of child now** |  |  |  |  |  |  |  | **483** |  |  |
| Excellent |  | **-** | **-** |  | **-** | **-** |  | 394 | 81.57 |  |
| Good |  | **-** | **-** |  | **-** | **-** |  | 79 | 16.36 |  |
| Poor |  | **-** | **-** |  | **-** | **-** |  | 10 | 2.07 |  |
| Very poor |  | **-** | **-** |  | **-** | **-** |  | 0 | 0.00 |  |
| **Diagnosis of mental health disorder/issue** |  | **700** |  |  | **214** |  |  | **486** |  | p = 0.029 |
| Yes |  | 175 | 25.00 |  | 42 | 19.63 |  | 133 | 27.37 |  |
| No |  | 525 | 75.00 |  | 172 | 80.37 |  | 353 | 72.63 |  |
| **Currently experiencing/ experienced high-risk pregnancy/ pregnancy complications** |  | **696** |  |  | **214** |  |  | **482** |  | p < 0.001 |
| Yes |  | 218 | 31.32 |  | 44 | 20.56 |  | 174 | 36.10 |  |
| No |  | 478 | 68.68 |  | 170 | 79.44 |  | 308 | 63.90 |  |
| **Experience birth complications?** |  |  |  |  |  |  |  | **484** |  |  |
| Yes |  | **-** | **-** |  | **-** | **-** |  | 275 | 56.82 |  |
| No |  | **-** | **-** |  | **-** | **-** |  | 209 | 43.18 |  |
| **Experience physical/ psychological difficulties in previous pregnancies/ births** |  | **699** |  |  | **213** |  |  | **486** |  | p < 0.001 |
| Yes |  | 246 | 35.19 |  | 93 | 43.66 |  | 153 | 31.48 |  |
| No |  | 239 | 34.19 |  | 77 | 36.15 |  | 162 | 33.33 |  |
| Not applicable |  | 214 | 30.62 |  | 43 | 20.19 |  | 171 | 35.19 |  |

- no relevant data

^ chi square test carried out comparing Irish and not Irish due to small numbers in other groups

^^chi square test carried out comparing any alcohol and no alcohol due to small numbers in other groups

**Qualitative Responses to Mental Health and Pregnancy/Birth Complications Questions**

**Diagnosis of Mental Health Disorder or Issue**

A total of 175 women (42 pregnant women and 133 mothers of children under 2 years) indicated they had previously been diagnosed or told by a healthcare professional that they had a mental health disorder or issue (see Table 1). A summary of the reported mental health diagnoses is included below in Table 2b. As some women reported multiple diagnoses, the totals do not sum to the number who reported they had been diagnosed with a mental disorder or issue.

**Table 2b: Mental health disorders or issues**

|  |  |  |
| --- | --- | --- |
| **Mental Health disorder or issue** | **Pregnant Women (N)** | **Mothers (N)** |
| Anxiety (any) | 19 | 41 |
| Postpartum anxiety | 8 | 40 |
| Depression (any) | 7 | 30 |
| Postpartum depression | 10 | 44 |
| Trauma | 9 | 20 |
| Eating disorder | 2 | 1 |
| ADHD | 1 | 1 |
| OCD | 1 | 8 |
| Autism |  | 1 |
| Postpartum psychosis | 1 |  |
| **Total** | **58** | **186** |

**“High risk” pregnancy or pregnancy complications**

A total of 218 women (44 pregnant women and 174 mothers of children under 2 years) indicated they were currently experiencing a high risk pregnancy or pregnancy complications in their most recent pregnancy (see Table 1). A summary of the reported pregnancy complications is included below in Table 2c. As some women reported multiple complications, the totals do not sum to the number who reported experiencing any complications.

**Table 2c: High risk pregnancy or Pregnancy complications**

|  |  |  |
| --- | --- | --- |
| **Pregnancy Complications** | **Pregnant Women (N)** | **Mothers (N)** |
| **Pre-existing physical health conditions** |  |  |
| Blood condition | 3 | 16 |
| Autoimmune disease | 3 | 1 |
| Obesity | 2 | 3 |
| Pre-existing uterine condition | 2 | 2 |
| Other pre-existing condition | 7 | 15 |
| **Pregnancy related conditions** |  |  |
| Gestational diabetes | 12 | 55 |
| Twin or multiple pregnancy | 4 | 10 |
| High risk pregnancy | 2 | 7 |
| Hyperemesis |  | 7 |
| Preeclampsia/high blood pressure | 5 | 34 |
| Pregnancy related uterine condition | 5 | 0 |
| Pelvic girdle pain |  | 3 |
| Back pain |  | 1 |
| Previous miscarriage | 1 | 6 |
| Other pregnancy related conditions | 3 | 28 |
| **Labour-related complications** |  |  |
| C-section (previous) |  | 3 |
| Previous complications in labour | 3 | 3 |
| Other complication in labour |  | 1 |
| **Foetal/child health-related issues** |  |  |
| Genetic condition |  | 1 |
| Small for gestational age (SGA) | 1 | 7 |
| Large for gestational age (LGA) |  | 3 |
| Preterm |  | 1 |
| Other foetal abnormality/ complications |  | 9 |
| **Mental heath** |  |  |
| Other mental health conditions |  | 1 |
| **Other** (IVF pregnancy) |  | 4 |
| **Total** | **53** | **221** |

**Birth Complications**

A total of 275 mothers of children under 2 years indicated they had experienced birth complications in their most recent pregnancy. A summary of the reported birth complications is included below in Table 2d. As some women reported multiple complications, the totals do not sum to the number who reported experiencing any complications.

**Table 2d: Birth complications**

|  |  |
| --- | --- |
| **Birth Complication** | **Mothers (N)** |
| **Labour-related complications** |  |
| C-section | 114 |
| Perineal tear/episiotomy | 126 |
| Assisted delivery | 55 |
| Epidural | 5 |
| Post-partum haemorrhage | 33 |
| Other complication in labour | 22 |
| **Foetal/child health-related issues** |  |
| Foetal distress | 13 |
| Small for gestational age (SGA) | 1 |
| Preterm | 4 |
| Other foetal abnormality/ complications | 9 |
| **Pre-existing physical health conditions** |  |
| Other pre-existing conditions | 3 |
| **Pregnancy related conditions** |  |
| Preeclampsia/high blood pressure | 2 |
| Other pregnancy related conditions | 1 |
| **Mental heath** |  |
| Postpartum PTSD | 1 |
| **Other** | 1 |
| **Total** | **390** |

**Physical or psychological difficulties in previous pregnancies or births**

A total of 246 women (93 pregnant women and 153 mothers of children under 2 years) indicated they had experienced physical or psychological difficulties in previous pregnancies or births. A summary of the reported difficulties is included below in Table 2e. As some women reported multiple difficulties, the totals do not sum to the number who reported experiencing any difficulty.

**Table 2e: Difficulties in previous pregnancies or births**

|  |  |  |
| --- | --- | --- |
| **Pregnancy Complications** | **Pregnant Women (N)** | **Mothers (N)** |
| Pre-existing physical health conditions |  |  |
| Blood condition | 1 | 0 |
| Other pre-existing condition | 5 | 3 |
| Pregnancy related conditions |  |  |
| Gestational diabetes | 5 | 3 |
| Twin or multiple pregnancy | 1 | 0 |
| Hyperemesis | 2 | 5 |
| Preeclampsia/high blood pressure | 5 | 6 |
| Pelvic girdle pain | 12 | 11 |
| Back pain | 3 | 3 |
| Previous miscarriage | 18 | 25 |
| Other pregnancy related conditions | 9 | 8 |
| Labour-related complications |  |  |
| C-section | 11 | 24 |
| Perineal tear/Episiotomy | 2 | 28 |
| Assisted delivery | 0 | 17 |
| Epidural | 0 | 1 |
| Previous complications in labour | 6 | 0 |
| Post-partum haemorrhage | 6 | 9 |
| Difficult birth | 12 | 30 |
| Other complication in labour | 9 | 6 |
| Foetal/child health-related issues |  |  |
| Genetic condition | 0 | 1 |
| Small for Gestational Age | 1 | 1 |
| Large for Gestational Age | 0 | 1 |
| Preterm | 1 | 0 |
| Jaundice | 0 | 1 |
| Foetal distress | 1 | 3 |
| Other foetal abnormality/ complications | 1 | 7 |
| Mental heath |  |  |
| Anxiety (any) | 14 | 18 |
| Postpartum anxiety | 4 | 12 |
| Depression (any) | 0 | 3 |
| Postpartum depression | 5 | 12 |
| PTSD (any) | 0 | 2 |
| Postpartum PTSD | 4 | 5 |
| OCD | 0 | 2 |
| Other mental health conditions | 3 | 1 |
| Other (IVF pregnancy) | 1 | 0 |
| Total | **142** | **248** |