**Supplementary File 3**

Table 3a: Correlation table for all participants

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Full Sample** |  | PASS Scale Total | Ages | Number of previous pregnancies | Number of other children | MSPSS Scale Total | MSPSS Significant Other Subscale | MSPSS Family Subscale | MSPSS Friends Subscale | BRS Scale Total |
| PASS Scale Total | Correlation Coefficient | -- |  |  |  |  |  |  |  |  |
| Sig. (2-tailed) | -- |  |  |  |  |  |  |  |  |
| N | 700 |  |  |  |  |  |  |  |  |
| Ages | Correlation Coefficient | -0.087\* | -- |  |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.023 | -- |  |  |  |  |  |  |  |
| N | 682 | 682 |  |  |  |  |  |  |  |
| Number of previous pregnancies | Correlation Coefficient | -0.010 | 0.319\*\* | -- |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.790 | 0.000 | -- |  |  |  |  |  |  |
| N | 696 | 678 | 696 |  |  |  |  |  |  |
| Number of other children | Correlation Coefficient | -0.032 | 0.314\*\* | 0.754\*\* | -- |  |  |  |  |  |
| Sig. (2-tailed) | 0.405 | 0.000 | 0.000 | -- |  |  |  |  |  |
| N | 692 | 674 | 690 | 692 |  |  |  |  |  |
| MSPSS Scale Total | Correlation Coefficient | -0.397\*\* | -0.026 | -0.077\* | -0.060 | -- |  |  |  |  |
| Sig. (2-tailed) | 0.000 | 0.497 | 0.043 | 0.115 | -- |  |  |  |  |
| N | 699 | 681 | 695 | 691 | 699 |  |  |  |  |
| MSPSS Significant Other Subscale | Correlation Coefficient | -0.276\*\* | -0.065 | -0.080\* | -0.088\* | 0.752\*\* | -- |  |  |  |
| Sig. (2-tailed) | 0.000 | 0.089 | 0.035 | 0.021 | 0.000 | -- |  |  |  |
| N | 699 | 681 | 695 | 691 | 699 | 699 |  |  |  |
| MSPSS Family Subscale | Correlation Coefficient | -0.347\*\* | -0.066 | -0.112\*\* | -0.093\* | 0.892\*\* | 0.608\*\* | -- |  |  |
| Sig. (2-tailed) | 0.000 | 0.087 | 0.003 | 0.014 | 0.000 | 0.000 | -- |  |  |
| N | 699 | 681 | 695 | 691 | 699 | 699 | 699 |  |  |
| MSPSS Friends Subscale | Correlation Coefficient | -0.337\*\* | 0.054 | -0.029 | -0.023 | 0.847\*\* | 0.522\*\* | 0.602\*\* | -- |  |
| Sig. (2-tailed) | 0.000 | 0.157 | 0.441 | 0.542 | 0.000 | 0.000 | 0.000 | -- |  |
| N | 699 | 681 | 695 | 691 | 699 | 699 | 699 | 699 |  |
| BRS Scale Total | Correlation Coefficient | -0.463\*\* | 0.005 | 0.006 | -0.020 | 0.286\*\* | 0.164\*\* | 0.262\*\* | 0.276\*\* | -- |
| Sig. (2-tailed) | 0.000 | 0.886 | 0.867 | 0.602 | 0.000 | 0.000 | 0.000 | 0.000 | -- |
| N | 699 | 681 | 695 | 691 | 698 | 698 | 698 | 698 | 699 |
| Type of antenatal care | Correlation Coefficient | -0.046 | 0.179\*\* | 0.110\*\* | -0.002 | 0.080\* | 0.036 | 0.100\*\* | 0.065 | 0.025 |
| Sig. (2-tailed) | 0.223 | 0.000 | 0.004 | 0.962 | 0.035 | 0.348 | 0.009 | 0.086 | 0.505 |
| N | 698 | 680 | 694 | 690 | 697 | 697 | 697 | 697 | 697 |
| Diagnosis of mental health disorder/issue | Correlation Coefficient | 0.294\*\* | -0.090\* | 0.053 | 0.059 | -0.102\*\* | -0.038 | -0.116\*\* | -0.100\*\* | -0.306\*\* |
| Sig. (2-tailed) | 0.000 | 0.019 | 0.159 | 0.121 | 0.007 | 0.316 | 0.002 | 0.008 | 0.000 |
| N | 700 | 682 | 696 | 692 | 699 | 699 | 699 | 699 | 699 |
| Currently experiencing / Experienced high risk pregnancy | Correlation Coefficient | 0.102\*\* | 0.090\* | 0.042 | 0.033 | -0.074 | -0.075\* | -0.076\* | -0.042 | -0.026 |
| Sig. (2-tailed) | 0.007 | 0.019 | 0.266 | 0.394 | 0.051 | 0.048 | 0.046 | 0.270 | 0.490 |
| N | 696 | 678 | 692 | 688 | 695 | 695 | 695 | 695 | 695 |
| Physical or psychological difficulties in previous pregnancies/births | Correlation Coefficient | 0.046 | -0.248\*\* | -0.486\*\* | -0.538\*\* | 0.037 | 0.011 | 0.049 | 0.031 | -0.002 |
| Sig. (2-tailed) | 0.226 | 0.000 | 0.000 | 0.000 | 0.333 | 0.775 | 0.197 | 0.409 | 0.950 |
| N | 699 | 681 | 695 | 691 | 698 | 698 | 698 | 698 | 698 |

|  |  |
| --- | --- |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | PASS: Perinatal Anxiety Screening Scale |
| \*. Correlation is significant at the 0.05 level (2-tailed). | MSPSS: Multidimensional Scale of Perceived Social Support |
| Correlations between categorical variables cannot be calculated; as such these columns have been removed from the table | BRS: Brief Resilience Scale |
|  |  |
|  | Type of antenatal care: 1 = Public, 2 = Private |
|  | DX mental health: 0 = No, 1 = Yes |
|  | High risk pregnancy: 0 = No, 1 = Yes |
|  | Difficulties previous pregnancy: 0 = No, 1 = Yes |

Table 3b: Correlation table for mothers of children ≤ 2 years

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mothers** |  | PSS Scale Total | PASS Scale Total | Age of parent | Number of previous pregnancies | Number of other children | Age of youngest child (in months) | MSPSS Scale Total | MSPSS Significant Other Subscale | MSPSS Family Subscale | MSPSS Friends Subscale | BRS Scale Total |
| PSS Scale Total | Correlation Coefficient | -- |  |  |  |  |  |  |  |  |  |  |
| Sig. (2-tailed) | -- |  |  |  |  |  |  |  |  |  |  |
| N | 486 |  |  |  |  |  |  |  |  |  |  |
| PASS Scale Total | Correlation Coefficient | 0.706\*\* | -- |  |  |  |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.000 | -- |  |  |  |  |  |  |  |  |  |
| N | 486 | 486 |  |  |  |  |  |  |  |  |  |
| Age of mother | Correlation Coefficient | -0.029 | -0.101\* | -- |  |  |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.537 | 0.029 | -- |  |  |  |  |  |  |  |  |
| N | 469 | 469 | 469 |  |  |  |  |  |  |  |  |
| Number of previous pregnancies | Correlation Coefficient | 0.034 | -0.021 | 0.328\*\* | -- |  |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.455 | 0.652 | 0.000 | -- |  |  |  |  |  |  |  |
| N | 482 | 482 | 465 | 482 |  |  |  |  |  |  |  |
| Number of other children | Correlation Coefficient | 0.020 | -0.026 | 0.320\*\* | 0.756\*\* | -- |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.667 | 0.574 | 0.000 | 0.000 | -- |  |  |  |  |  |  |
| N | 480 | 480 | 463 | 478 | 480 |  |  |  |  |  |  |
| Age of youngest child (in months) | Correlation Coefficient | 0.082 | 0.006 | 0.247\*\* | -0.008 | -0.029 | -- |  |  |  |  |  |
| Sig. (2-tailed) | 0.072 | 0.899 | 0.000 | 0.858 | 0.522 | -- |  |  |  |  |  |
| N | 483 | 483 | 466 | 479 | 477 | 483 |  |  |  |  |  |
| MSPSS Scale Total | Correlation Coefficient | -0.384\*\* | -0.378\*\* | -0.028 | -0.127\*\* | -0.101\* | -0.042 | -- |  |  |  |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.543 | 0.005 | 0.027 | 0.356 | -- |  |  |  |  |
| N | 485 | 485 | 468 | 481 | 479 | 482 | 485 |  |  |  |  |
| MSPSS Significant Other Subscale | Correlation Coefficient | -0.272\*\* | -0.236\*\* | -0.067 | -0.111\* | -0.135\*\* | -0.060 | 0.761\*\* | -- |  |  |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.147 | 0.015 | 0.003 | 0.186 | 0.000 | -- |  |  |  |
| N | 485 | 485 | 468 | 481 | 479 | 482 | 485 | 485 |  |  |  |
| MSPSS Family Subscale | Correlation Coefficient | -0.325\*\* | -0.343\*\* | -0.066 | -0.162\*\* | -0.139\*\* | -0.038 | 0.893\*\* | 0.621\*\* | -- |  |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.155 | 0.000 | 0.002 | 0.410 | 0.000 | 0.000 | -- |  |  |
| N | 485 | 485 | 468 | 481 | 479 | 482 | 485 | 485 | 485 |  |  |
| MSPSS Friends Subscale | Correlation Coefficient | -0.347\*\* | -0.331\*\* | 0.049 | -0.071 | -0.048 | -0.015 | 0.847\*\* | 0.528\*\* | 0.600\*\* | -- |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.293 | 0.119 | 0.296 | 0.748 | 0.000 | 0.000 | 0.000 | -- |  |
| N | 485 | 485 | 468 | 481 | 479 | 482 | 485 | 485 | 485 | 485 |  |
| BRS Scale Total | Correlation Coefficient | -0.454\*\* | -0.475\*\* | -0.007 | 0.011 | -0.016 | -0.128\*\* | 0.257\*\* | 0.147\*\* | 0.235\*\* | 0.252\*\* | -- |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.887 | 0.809 | 0.720 | 0.005 | 0.000 | 0.001 | 0.000 | 0.000 | -- |
| N | 486 | 486 | 469 | 482 | 480 | 483 | 485 | 485 | 485 | 485 | 486 |
| Type of antenatal care | Correlation Coefficient | -0.062 | -0.055 | 0.177\*\* | 0.134\*\* | 0.005 | -0.045 | 0.070 | 0.025 | 0.090\* | 0.058 | -0.009 |
| Sig. (2-tailed) | 0.170 | 0.229 | 0.000 | 0.003 | 0.908 | 0.329 | 0.127 | 0.588 | 0.048 | 0.206 | 0.837 |
| N | 485 | 485 | 468 | 481 | 479 | 482 | 484 | 484 | 484 | 484 | 485 |
| Health of child at birth (Excellent v not excellent) | Correlation Coefficient | -0.180\*\* | -0.130\*\* | -0.036 | -0.028 | 0.026 | -0.065 | 0.184\*\* | 0.185\*\* | 0.166\*\* | 0.127\*\* | 0.091\* |
| Sig. (2-tailed) | 0.000 | 0.004 | 0.439 | 0.539 | 0.575 | 0.151 | 0.000 | 0.000 | 0.000 | 0.005 | 0.045 |
| N | 486 | 486 | 469 | 482 | 480 | 483 | 485 | 485 | 485 | 485 | 486 |
| Health of child now (Excellent v not excellent) | Correlation Coefficient | -0.206\*\* | -0.086 | -0.052 | -0.033 | -0.052 | -0.091\* | 0.099\* | 0.079 | 0.116\* | 0.059 | 0.067 |
| Sig. (2-tailed) | 0.000 | 0.059 | 0.267 | 0.473 | 0.259 | 0.046 | 0.029 | 0.083 | 0.011 | 0.196 | 0.140 |
| N | 483 | 483 | 466 | 479 | 477 | 480 | 482 | 482 | 482 | 482 | 483 |
| Diagnosis of mental health disorder/issue | Correlation Coefficient | 0.243\*\* | 0.295\*\* | -0.056 | 0.074 | 0.076 | 0.082 | -0.082 | -0.046 | -0.089 | -0.071 | -0.306\*\* |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.226 | 0.105 | 0.094 | 0.072 | 0.070 | 0.310 | 0.050 | 0.117 | 0.000 |
| N | 486 | 486 | 469 | 482 | 480 | 483 | 485 | 485 | 485 | 485 | 486 |
| Experienced of high risk pregnancy in most recent pregnancy | Correlation Coefficient | 0.101\* | 0.124\*\* | 0.100\* | 0.069 | 0.051 | 0.037 | -0.084 | -0.084 | -0.085 | -0.050 | -0.074 |
| Sig. (2-tailed) | 0.027 | 0.006 | 0.031 | 0.132 | 0.266 | 0.424 | 0.065 | 0.067 | 0.063 | 0.276 | 0.107 |
| N | 482 | 482 | 465 | 478 | 476 | 479 | 481 | 481 | 481 | 481 | 482 |
| Experience of birth complications in most recent pregnancy | Correlation Coefficient | 0.073 | 0.079 | -0.126\*\* | -0.155\*\* | -0.244\*\* | 0.011 | -0.046 | -0.015 | -0.053 | -0.046 | -0.045 |
| Sig. (2-tailed) | 0.109 | 0.082 | 0.006 | 0.001 | 0.000 | 0.806 | 0.312 | 0.745 | 0.243 | 0.316 | 0.325 |
| N | 484 | 484 | 467 | 480 | 478 | 481 | 483 | 483 | 483 | 483 | 484 |
| Physical or psychological difficulties in previous pregnancies/births | Correlation Coefficient | -0.039 | 0.046 | -0.258\*\* | -0.460\*\* | -0.494\*\* | -0.006 | 0.076 | 0.037 | 0.088 | 0.064 | 0.003 |
| Sig. (2-tailed) | 0.394 | 0.315 | 0.000 | 0.000 | 0.000 | 0.887 | 0.095 | 0.415 | 0.053 | 0.156 | 0.949 |
| N | 486 | 486 | 469 | 482 | 480 | 483 | 485 | 485 | 485 | 485 | 486 |

|  |  |
| --- | --- |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | PSS: Perceived Stress Scale |
| \*. Correlation is significant at the 0.05 level (2-tailed). | PASS: Perinatal Anxiety Screening Scale |
| Correlations between categorical variables cannot be calculated; as such these columns have been removed from the table | MSPSS: Multidimensional Scale of Perceived Social Support |
|  | BRS: Brief Resilience Scale |
|  |  |
|  | Type of antenatal care: 1 = Public, 2 = Private |
|  | Health of child: 0 = not excellent; 1 = Excellent |
|  | DX mental health: 0 = No, 1 = Yes |
|  | High risk pregnancy: 0 = No, 1 = Yes |
|  | Birth complications: 0 = No, 1 = Yes |
|  | Difficulties previous pregnancy: 0 = No, 1 = Yes |

Table 3c: Correlation table for pregnant women

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Pregnant** |  | PDQ Scale Total | PASS Scale Total | Age of pregnant woman | Number of previous pregnancies | Number of other children | Current gestation (in weeks) | MSPSS Scale Total | MSPSS Significant Other Subscale | MSPSS Family Subscale | MSPSS Friends Subscale | BRS Scale Total |
| PDQ Scale Total | Correlation Coefficient | -- |  |  |  |  |  |  |  |  |  |  |
| Sig. (2-tailed) | -- |  |  |  |  |  |  |  |  |  |  |
| N | 214 |  |  |  |  |  |  |  |  |  |  |
| PASS Scale Total | Correlation Coefficient | 0.715\*\* | -- |  |  |  |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.000 | -- |  |  |  |  |  |  |  |  |  |
| N | 214 | 214 |  |  |  |  |  |  |  |  |  |
| Age of pregnant woman | Correlation Coefficient | -0.092 | -0.066 | -- |  |  |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.182 | 0.335 | -- |  |  |  |  |  |  |  |  |
| N | 213 | 213 | 213 |  |  |  |  |  |  |  |  |
| Number of previous pregnancies | Correlation Coefficient | -0.070 | 0.067 | 0.360\*\* | -- |  |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.308 | 0.331 | 0.000 | -- |  |  |  |  |  |  |  |
| N | 214 | 214 | 213 | 214 |  |  |  |  |  |  |  |
| Number of other children | Correlation Coefficient | -0.119 | 0.022 | 0.411\*\* | 0.716\*\* | -- |  |  |  |  |  |  |
| Sig. (2-tailed) | 0.084 | 0.750 | 0.000 | 0.000 | -- |  |  |  |  |  |  |
| N | 212 | 212 | 211 | 212 | 212 |  |  |  |  |  |  |
| Current gestation (in weeks) | Correlation Coefficient | -0.125 | -0.027 | -0.043 | -0.113 | -0.031 | -- |  |  |  |  |  |
| Sig. (2-tailed) | 0.069 | 0.692 | 0.535 | 0.099 | 0.651 | -- |  |  |  |  |  |
| N | 214 | 214 | 213 | 214 | 212 | 214 |  |  |  |  |  |
| MSPSS Scale Total | Correlation Coefficient | -0.408\*\* | -0.413\*\* | 0.011 | -0.028 | -0.045 | 0.002 | -- |  |  |  |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.870 | 0.684 | 0.511 | 0.976 | -- |  |  |  |  |
| N | 214 | 214 | 213 | 214 | 212 | 214 | 214 |  |  |  |  |
| MSPSS Significant Other Subscale | Correlation Coefficient | -0.287\*\* | -0.329\*\* | -0.028 | -0.111 | -0.095 | 0.028 | 0.700\*\* | -- |  |  |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.688 | 0.104 | 0.170 | 0.686 | 0.000 | -- |  |  |  |
| N | 214 | 214 | 213 | 214 | 212 | 214 | 214 | 214 |  |  |  |
| MSPSS Family Subscale | Correlation Coefficient | -0.326\*\* | -0.333\*\* | -0.047 | -0.029 | -0.024 | 0.036 | 0.888\*\* | 0.549\*\* | -- |  |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.494 | 0.677 | 0.731 | 0.598 | 0.000 | 0.000 | -- |  |  |
| N | 214 | 214 | 213 | 214 | 212 | 214 | 214 | 214 | 214 |  |  |
| MSPSS Friends Subscale | Correlation Coefficient | -0.358\*\* | -0.338\*\* | 0.091 | 0.031 | -0.020 | -0.048 | 0.849\*\* | 0.486\*\* | 0.600\*\* | -- |  |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.187 | 0.656 | 0.773 | 0.489 | 0.000 | 0.000 | 0.000 | -- |  |
| N | 214 | 214 | 213 | 214 | 212 | 214 | 214 | 214 | 214 | 214 |  |
| BRS Scale Total | Correlation Coefficient | -0.387\*\* | -0.449\*\* | 0.018 | -0.001 | -0.017 | 0.067 | 0.370\*\* | 0.219\*\* | 0.339\*\* | 0.341\*\* | -- |
| Sig. (2-tailed) | 0.000 | 0.000 | 0.800 | 0.986 | 0.811 | 0.327 | 0.000 | 0.001 | 0.000 | 0.000 | -- |
| N | 213 | 213 | 212 | 213 | 211 | 213 | 213 | 213 | 213 | 213 | 213 |
| Type of antenatal care | Correlation Coefficient | 0.009 | -0.020 | 0.192\*\* | 0.041 | -0.047 | -0.071 | 0.094 | 0.049 | 0.113 | 0.074 | 0.107 |
| Sig. (2-tailed) | 0.892 | 0.776 | 0.005 | 0.553 | 0.498 | 0.302 | 0.173 | 0.480 | 0.099 | 0.283 | 0.120 |
| N | 213 | 213 | 212 | 213 | 211 | 213 | 213 | 213 | 213 | 213 | 212 |
| Diagnosis of mental health disorder/issue | Correlation Coefficient | 0.135\* | 0.276\*\* | -0.200\*\* | 0.026 | 0.054 | 0.032 | -0.120 | 0.024 | -0.162\* | -0.153\* | -0.317\*\* |
| Sig. (2-tailed) | 0.049 | 0.000 | 0.003 | 0.708 | 0.437 | 0.644 | 0.079 | 0.722 | 0.018 | 0.025 | 0.000 |
| N | 214 | 214 | 213 | 214 | 212 | 214 | 214 | 214 | 214 | 214 | 213 |
| Currently experiencing high risk pregnancy | Correlation Coefficient | -0.015 | 0.007 | 0.025 | 0.026 | 0.072 | 0.139\* | 0.034 | 0.024 | 0.010 | 0.055 | 0.096 |
| Sig. (2-tailed) | 0.829 | 0.914 | 0.714 | 0.705 | 0.296 | 0.042 | 0.620 | 0.725 | 0.884 | 0.427 | 0.161 |
| N | 214 | 214 | 213 | 214 | 212 | 214 | 214 | 214 | 214 | 214 | 213 |
| Physical or psychological difficulties in previous pregnancies/births | Correlation Coefficient | 0.077 | 0.009 | -0.272\*\* | -0.542\*\* | -0.654\*\* | 0.004 | -0.002 | 0.004 | -0.004 | -0.004 | -0.022 |
| Sig. (2-tailed) | 0.263 | 0.892 | 0.000 | 0.000 | 0.000 | 0.953 | 0.978 | 0.953 | 0.952 | 0.955 | 0.746 |
| N | 213 | 213 | 212 | 213 | 211 | 213 | 213 | 213 | 213 | 213 | 212 |

|  |  |
| --- | --- |
| \*\*. Correlation is significant at the 0.01 level (2-tailed). | PDQ: Pregnancy Distress Questionnaire |
| \*. Correlation is significant at the 0.05 level (2-tailed). | PASS: Perinatal Anxiety Screening Scale |
| Correlations between categorical variables cannot be calculated; as such these columns have been removed from the table | MSPSS: Multidimensional Scale of Perceived Social Support |
|  | BRS: Brief Resilience Scale |
|  |  |
|  | Type of antenatal care: 1 = Public, 2 = Private |
|  | DX mental health: 0 = No, 1 = Yes |
|  | High risk pregnancy: 0 = No, 1 = Yes |
|  | Difficulties previous pregnancy: 0 = No, 1 = Yes |