**Supplementary materials**

**Table S1**: Culturally adapted PST- FBI for CPMD in Sierra Leone

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Problem solving therapy steps** | **Culturally adapted Sierra Leone Friendship bench intervention** | **Adaptation** |
| 1 | List problems | “Tell am ol yu belleh word” (list all problems) | Introduction  Create rapport  Review the score on the SLPPD and function scale. Active listening, empathy and non-judgmental. List of all problems by client |
| 2 | Set realistic goals | ‘Heng hed’ (put heads together/brainstorm) | Discussion of the listed problems  Getting the client to select the priority problem to focus on |
| 3 | Generate solutions |
| 4 | Evaluate and compare solutions | ‘Fen way for make tin go bifo”  (Identify a solution for implementation) | Brainstorm for solution on the selected problem  Design an action plan  Implementation of the plan  Pray for client and wish her good luck |
| 5 | Select feasible solution |
| 6 | Implement solution |
| 7 | Evaluate outcome | “Chek if bette de” (evaluate outcome) | Follow up and evaluation  If it worked, praise and reinforce  If it didn’t work, review and give another try. |

**Table S 2**: Sierra Leone Perinatal Psychological Distress Scale (SLPPDS)

Insay di las 2 wik dɛm, ɔmɔs tɛm dɛn prɔblɛm dɛm ya dɔn mɔna yu? (yuz “✓” fɔ sho yu ansa)

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Use “✓” to indicate your answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tin dɛm fɔ du  Activities | No, not at all  Nɔ, Nɔ apin at ɔl | No, not much  Nɔ, nɔ apin bɛtɛ | Yes, sometimes  Yɛs, sɔm tɛm dɛm | Yes, quite a lot  Yɛs, plɛnti tɛm |
| 1. Yu dɔn fil lɛk yu nɔ gladi? /Have you felt sad? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn fil lɛk I mɔna fɔ yu fɔ slip na net?   Have you been so unhappy that you have had  difficulty sleeping? | 0 | 1 | 2 | 3 |
| 1. Smɔl tin dɔn mek yu cray?   Have you cried easily? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn tray fɔ kip to yusɛf?   Have you tried to be alone? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn vɛx kwik kwik wan?   Have you been getting angry easily? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn tink fɔ du bad to yu man?   Have you thought o harming your husband? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn fil diskɔrej, lɛk yu at nɔ swit?   Have you been feeling discourage? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn de tink tink bɔku?   Have you been thinking too much? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn tɔk tɔk pan yusɛf?27   Have you been talking to yourself? | 0 | 1 | 2 | 3 |
| 1. Yu dɔn fil shem?   Have you felt ashamed? | 0 | 1 | 2 | 3 |



*Note: Informed consent was obtained for use of the photo from the participants*

**Figure S1**: *Col at sacul* at the end of the 4 weeks intervention for pregnant women and new mothers experiencing psychological distress.