**Table S1: Search Strategy used in Cochrane Center Register of Controlled Trials**

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| --- | --- |
| **Concepts** | **Key words/Query** |
| **Condition** | (antenatal OR antepartum OR pregnan\* OR postnatal OR postpartum OR perinatal OR peripartum OR maternal):ti,ab,kw |
| (common NEXT (mental disorder\* OR mental health problem\*)):ti,ab,kw OR (depression):ti,ab,kw OR (depressive NEXT (disorder)):ti,ab,kw OR (depress\*):ti,ab,kw OR (anxiety):ti,ab,kw OR (anxiety NEXT (disorder)):ti,ab,kw OR (anxi\*):ti,ab,kw |
| MeSH descriptor: [Depression, Postpartum] explode all trees |
| MeSH descriptor: [Depression] explode all trees |
| MeSH descriptor: [Anxiety] explode all trees |
| **Psychological Interventions** | MeSH descriptor: [Psychotherapy] explode all trees |
| ((psychosocial NEXT (intervention\* or counseling or counselling)):ti,ab,kw OR (psychoeducat\*):ti,ab,kw OR (non NEXT (pharmacological or pharmaceutical)):ti,ab,kw OR (psychotherapy):ti,ab,kw OR (psychological or group NEXT (therapy)):ti,ab,kw OR (individual or group NEXT (counseling or counselling)):ti,ab,kw OR (psychoeducat\*):ti,ab,kw OR (non NEXT (pharmacological or pharmaceutical)):ti,ab,kw OR (psychotherapy):ti,ab,kw OR (psychological or psychosocial NEXT (therapy or intervention)):ti,ab,kw OR (non directive NEXT (counseling or counselling)):ti,ab,kw OR (comprehensive or multifaceted or holistic or integrated NEXT (intervention)):ti,ab,kw OR (talk or relational or interpersonal NEXT (therapy)):ti,ab,kw OR (cognitive behavio\* therapy):ti,ab,kw OR (dialectical behavio\* therapy):ti,ab,kw |
| **Delivery Agents** | MeSH descriptor: [Community Health Workers] explode all trees |
| (psychosocial or "community health" or "lay health" or peer or health NEXT (worker or volunteer)):ti,ab,kw OR task NEXT (shar\* or shift\*):ti,ab,kw OR (nonspecialist):ti,ab,kw OR ("community health aide"):ti,ab,kw OR ("barefoot doctor"):ti,ab,kw OR (psychosocial or "community health" NEXT (counselor)):ti,ab,kw OR ("village health worker"):ti,ab,kw OR ("specially trained"):ti,ab,kw OR ("nurse"):ti,ab,kw |
| (implement):ti,ab,kw OR (practice):ti,ab,kw OR (reach\*):ti,ab,kw OR (penetration):ti,ab,kw OR (train\*):ti,ab,kw OR (sustainab\*):ti,ab,kw OR (attitude\*):ti,ab,kw OR (perception\*):ti,ab,kw OR (behavior\*):ti,ab,kw OR (facilitator\*):ti,ab,kw OR (clinical NEXT (mentor\* or supervis\* or competen\*)):ti,ab,kw OR (competen\*):ti,ab,kw OR (barrier\*):ti,ab,kw OR (acceptab\*):ti,ab,kw OR (fidelity):ti,ab,kw OR (qualitative\*):ti,ab,kw OR ("thematic analysis"):ti,ab,kw OR (feasibil\*):ti,ab,kw OR (evaluation NEXT (stud\* OR research\*)):ti,ab,kw OR ("program\* evaluation"):ti,ab,kw OR (ethnograph\*):ti,ab,kw OR (phenomenology):ti,ab,kw OR ("content analysis"):ti,ab,kw OR (discourse\*):ti,ab,kw OR ("grounded theory"):ti,ab,kw |
| MeSH descriptor: [Program Evaluation] explode all trees |
| **Limiter applied** | Jan 2000- Jan 2022 |
| **Results** | 734 [Search Date- 2 June 2022 (3:00 pm NPT)] |

**Table S2: Search strategy used in Web of Science Database**

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| **Concepts** | **Key words Query (Search in AB and TI separately)** |
| Perinatal women | **(TI=((antenatal OR antepartum OR pregnan\* OR postnatal OR postpartum OR "postpartum period" OR maternal OR perinatal OR peripartum) )) OR AB=((antenatal OR antepartum OR pregnan\* OR postnatal OR postpartum OR "postpartum period" OR maternal OR perinatal OR peripartum) )** |
| Depression | **(TI=((depress\* OR "depressive disorder" OR depression OR anxiety OR "anxiety disorder" OR anxi\* OR "common mental disorder" OR "common mental health problem") )) OR AB=((depress\* OR "depressive disorder" OR depression OR anxiety OR "anxiety disorder" OR anxi\* OR "common mental disorder" OR "common mental health problem") )** |
| Psychological  Interventions | **(TI=(("psychosocial intervention" OR "psychosocial counseling" OR "psychological intervention" OR psychoeducat\* OR "non-pharmacological" OR psychotherapy OR "psychological therapy" OR "group therapy" OR "group counseling" OR "individual counseling" OR "group session\*" OR "nondirective counseling" OR comprehensive OR multifaceted OR integrated OR multicomponent OR multidimension\* OR holistic OR "community based" OR "cognitive behavioral therapy" OR "Dialectical Behavior Therapy" OR "interpersonal therapy" OR "Interpersonal Psychotherapy"))) OR AB=(("psychosocial intervention" OR "psychosocial counseling" OR "psychological intervention" OR psychoeducat\* OR "non-pharmacological" OR psychotherapy OR "psychological therapy" OR "group therapy" OR "group counseling" OR "individual counseling" OR "group session\*" OR "nondirective counseling" OR comprehensive OR multifaceted OR integrated OR multicomponent OR multidimension\* OR holistic OR "community based" OR "cognitive behavioral therapy" OR "Dialectical Behavior Therapy" OR "interpersonal therapy" OR "Interpersonal Psychotherapy"))** |
| Non-specialist | **(TI=((nonspecialist\* OR task shar\* OR task shift\* OR "community health worker\*" OR "lay health worker\*" OR "peer volunteer\*" OR "community volunteer\*" OR "health worker\*" OR volunteer\* OR "barefoot doctor" OR "psychosocial worker\*" OR "psychosocial counselor\*" OR "specially trained" OR nurse\* OR "village health worker\*"))) OR AB=((nonspecialist\* OR task shar\* OR task shift\* OR "community health worker\*" OR "lay health worker\*" OR "peer volunteer\*" OR "community volunteer\*" OR "health worker\*" OR volunteer\* OR "barefoot doctor" OR "psychosocial worker\*" OR "psychosocial counselor\*" OR "specially trained" OR nurse\* OR "village health worker\*"))** |
| Implementation  Outcomes | **(TI=((implement\* OR practice OR reach OR penetration OR train\* OR "Clinical Mentor\*" OR "Clinical Supervision" Or "clinical competence" OR competen\* OR Sustainab\* OR Attitude\* OR perception\* OR view\* OR behavior\* OR facilitator\* OR barrier\* OR Qualitative\* OR discuss\* OR focus\* group discussion OR interview\* OR "thematic analysis" OR feasibil\* OR acceptab\* OR evaluat\* OR "program\* evaluation" OR ethnograph\* OR phenomenology\* OR "content analysis" OR discourse OR "grounded theory" OR fidelity))) OR AB=((implement\* OR practice OR reach OR penetration OR train\* OR "Clinical Mentor\*" OR "Clinical Supervision" Or "clinical competence" OR competen\* OR Sustainab\* OR Attitude\* OR perception\* OR view\* OR behavior\* OR facilitator\* OR barrier\* OR Qualitative\* OR discuss\* OR focus\* group discussion OR interview\* OR "thematic analysis" OR feasibil\* OR acceptab\* OR evaluat\* OR "program\* evaluation" OR ethnograph\* OR phenomenology\* OR "content analysis" OR discourse OR "grounded theory" OR fidelity))** |
| Limiters | 2000.01.01-2022.01.31 |
| Results | **203** [6 June 2022; Time- 12:00 PM NPT] |