**Supplementary material**

**Supplemental Table 1. Maternal Characteristics of participants included and excluded from gestational weight gain analysis.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Included**  **(n=521)** | | **Excluded**  **(n = 104)** | |  | |  | |
|  | **Mean** | **SD** | **Mean** | **SD** | | ***P\**** | | **95% CI** | |
| Age (years) | 32.54 | 3.97 | 33.13 | 4.35 | | 0.173 | | (-0.26, 1.44) | |
| Gestation (days) | 282.00 | 7.69 | 281.49 | 9.40 | | 0.602 | | (-2.45, 1.43) | |
| Weight at 1st antenatal visit (kg) | 73.78 | 14.30 | 70.89 | 10.33 | | 0.017 | | (-5.25, -0.53) | |
| BMI at 1st antenatal visit (kg/m2) | 26.74 | 4.96 | 25.75 | 3.58 | | 0.019 | | (-1.81, -0.17) | |
| MUAC at 1st antenatal visit (cm) | 29.52 | 3.54 | 28.79 | 2.55 | | 0.016 | | (-1.31, -0.14) | |
| Pobal HP deprivation score | 5.36 | 10.33 | 6.87 | 9.43 | | 0.169 | | (-0.64, 3.65) | |
| WHO-5 Wellbeing score (%) | 57.79 | 15.58 | 60.08 | 14.46 | | 0.170 | | (-0.99, 5.57) | |
| \* *P* value is for independent sample *t* test | | | | | | | | | |

**Supplemental Table 2. Maternal Characteristics of participants in the intervention/control groups, across Deprivation and Education Categories**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Disadvantaged and <3rd level** | | | **Disadvantaged and >=3rd level** | | | **Advantaged and <3rd level** | | | **Advantaged and >=3rd level** | | |
|  |  | **Mean** | ***P\**** | **95% CI** | **Mean** | ***P\**** | **95% CI** | **Mean** | ***P\**** | **95% CI** | **Mean** | ***P\**** | **95% CI** |
| **Age (years)** | Control | 29.50 | 0.143 | (-3.54, 0.51) | 31.66 | 0.055 | (-3.92, 0.04) | 31.97 | 0.805 | (-1.32, 1.02) | 34.04 | 0.179 | (-0.25, 1.33) |
|  | Intervention | 31.02 |  |  | 33.60 |  |  | 32.12 |  |  | 33.50 |  |  |
| **Gestation (days)** | Control | 281.59 | 0.384 | (-4.77, 1.83) | 280.90 | 0.089 | (-7.68, 0.55) | 280.48 | 0.046 | (-4.61, -0.04) | 281.47 | 0.301 | (-2.86, 0.89) |
|  | Intervention | 283.05 |  |  | 284.46 |  |  | 282.81 |  |  | 282.46 |  |  |
| **Weight at 1st antenatal visit (kg)** | Control | 77.11 | 0.708 | (-4.97, 7.32) | 73.68 | 0.799 | (-7.43, 5.72) | 74.46 | 0.810 | (-3.71, 4.75) | 71.61 | 0.911 | (-2.86, 3.21) |
|  | Intervention | 75.94 |  |  | 74.53 |  |  | 73.94 |  |  | 71.44 |  |  |
| **BMI at 1st antenatal visit (kg/m2)** | Control | 28.45 | 0.591 | (-1.54, 2.71) | 26.78 | 0.898 | (-2.50, 2.19) | 27.36 | 0.715 | (-1.19, 1.73) | 25.70 | 0.672 | (-0.80, 1.24) |
|  | Intervention | 27.87 |  |  | 26.93 |  |  | 27.08 |  |  | 25.48 |  |  |
| **MUAC at 1st antenatal visit (cm)** | Control | 30.05 | 0.947 | (-1.29, 1.38) | 29.78 | 0.971 | (-1.71, 1.64) | 29.64 | 0.982 | (-1.15, 1.12) | 29.00 | 0.696 | (-0.60, 0.90) |
|  | Intervention | 30.00 |  |  | 29.82 |  |  | 29.65 |  |  | 28.85 |  |  |
| **Weight at final visit (kg)** | Control | 89.37 | 0.883 | (-5.67, 6.59) | 89.52 | 0.548 | (-4.94, 9.31) | 88.08 | 0.889 | (-4.30, 4.95) | 85.68 | 0.492 | (-2.36, 4.91) |
|  | Intervention | 88.91 |  |  | 87.33 |  |  | 87.75 |  |  | 84.40 |  |  |
| **Total GWG (kg)** | Control | 13.02 | 0.910 | (-2.26, 2.01) | 14.75 | 0.013 | (0.68, 5.69) | 13.37 | 0.205 | (-0.54, 2.51) | 13.85 | 0.020 | (0.20, 2.41) |
|  | Intervention | 13.15 |  |  | 11.57 |  |  | 12.39 |  |  | 12.55 |  |  |
| **GWG per week (kg/week)** | Control | 0.33 | 0.908 | (-0.06, 0.05) | 0.38 | 0.012 | (0.02, 0.15) | 0.34 | 0.176 | (-0.01, 0.07) | 0.35 | 0.026 | (0.00, 0.06) |
|  | Intervention | 0.34 |  |  | 0.30 |  |  | 0.32 |  |  | 0.32 |  |  |
| **WHO-5 Wellbeing score (%)** | Control | 55.53 | 0.171 | (-2.15, 12.11) | 64.82 | 0.024 | (1.05, 15.06) | 60.64 | 0.009 | (1.44, 10.20) | 59.54 | 0.692 | (-2.81, 4.23) |
|  | Intervention | 50.55 |  |  | 56.77 |  |  | 54.82 |  |  | 58.83 |  |  |
| \* P value is for independent sample t test | | | | | | | | | | | | | |