

Appendix 1. SUPPLEMENTARY FOCUS GROUP DISCUSSIONS

METHODS

Study design

Focus group discussions were conducted three months after the launching of the application. We held a total of four focus group discussions to investigate pregnant women's and mothers' attitudes toward technology and mobile applications. Specifically, participants were asked to consider the risks and benefits and comment on their familiarity with technology and mobile applications. The primary aim of the focus group discussions was to supplement the findings from the questionnaires.

Participant enrollment and data collection

FGDs were held in each of the four geographical regions of Jordan. We recruited pregnant women and mothers of children aged 0-5 as a convenience sample from UNRWA health centers' waiting rooms.

Each of the four focus group discussions was approximately an hour in duration and was conducted entirely in Arabic. The sessions were tape-recorded, translated, and transcribed into English. We identified recurring themes from the participants' answers and narratives.

RESULTS

A total of 22 eligible women attended the FGDs. We found that common themes that were repeatedly discussed were technology as a useful source of information and skepticism toward technology, especially mobile applications. For the former, one participant mentioned that "before the phone and the Internet, if [she] needed to get information, [she] would have [had] to go get a dictionary, but now, with one click, [she can] get whatever [she wants]." For the latter, one participant expressed hostility toward social media mobile applications, saying "the highest divorce rate that has happened [in Jordan] has happened because of Facebook and WhatsApp."