Variables Type of No. Description variable (Operational definition) White • • Green 1 Antenatal code Categorical • Yellow • Red 2 Maternal age in completed years Interval Age Malay • Chinese Ethnicity • 3 Categorical -according to paternal side • Indian • Others • Islam • Buddha 4 Religion • Hindu Categorical Christian • Others • Single • • Married 5 Marital status Categorical • Divorced Widow • Primary education • Secondary education • Education level 6 Diploma/ Technical studies Categorical • - highest attained • Tertiary education • Never been to school /No schooling Unemployed • Routine and manual occupations • 7 Occupation Categorical Intermediate occupations • Higher level: managerial, • administrative or professional 8 Duration of marriage Interval Duration of marriage in completed years • Unemployed • Routine and manual occupations Intermediate occupations • 9 Husband occupation Categorical Higher level: managerial, • administrative or professional occupations <RM1000 • RM1000-RM5000 • 10 Combined household income • RM5000-RM10,000 Categorical >RM10,000 •

Supplementary Table S1: Definitions of the variables

11	Smoking status -all types	 Yes, intensity – no of stick(s) No Ex-smoker 	Categorical
12	Alcohol status -all types	YesNoCurrently stopped	Categorical
13	Husband practicing polygamy	YesNo	Categorical
14	If polygamy, wife no	 1 2 3 4 	Categorical
15	No of children	 0 1 2 3 4 >5 	Ordinal
16	Pre-pregnancy baby gender preference	MaleFemaleNo preference	Categorical
17	Antenatal care	GovernmentPrivateNone	Categorical
18	Planned pregnancy -Is the current pregnancy planned and not unexpected?	YesNo	Categorical
19	Satisfied with marriage -self-report	YesNo	Categorical
20	Marital problems -respondent's own perception of her marriage	YesNo	Categorical
21	Period of marital problems	Before child deliveryAfter child delivery	Categorical
22	Stable relationship with husband - self-report	YesNo	Categorical
23	Domestic violence -Self-report of physical or emotional abuse at home before marriage	YesNo	Categorical
24	Domestic violence in this marriage and during pregnancy	YesNo	Categorical

25 Relationship with parents orespondent's own perception of the relationship between the mother and her parents • Yes Categorical 26 Relationship with parent in law - respondent's own perception of the relationship between ther and her parent-in-law • Yes Categorical 26 - respondent's own perception of the relationship between ther and her parent-in-law • Yes Categorical 27 - Any underlying diabetes, hypertension, asthma or any other chronic illnesse • Yes Categorical 28 Underlying medical illness during pregnancy - Hypertension, gestational diabetes etc. • Yes Categorical 29 -any history of abortion before 22 weeks in previous pregnancy • Yes Categorical 30 -Diagnosed of having mental illness prior to pregnancy • No Categorical 31 -Diagnosed of having mental illness during her current pregnancy • Yes Categorical 33 -Is there any parents of 1 st degree relative being diagnosed of having mental illness • Yes Categorical 34 - respondent's own perception of inadequate help from other family mentod • Yes Categorical 35 - Inadequate help from other family mentod • Yes Categorical 34 - respondent's own perception of i			r		
25 the relationship between the mother and her parents • No Categorical 26 Relationship with parent in law - respondent's own perception of the relationship between her and her parent-in-law • Yes Categorical 26 the reparent-in-law • No Categorical 27 -Any underlying medical illness before pregnancy - Any underlying medical illness during pregnancy - Hypertension, gestational diabetes etc. • Yes • No 28 -Underlying medical illness during pregnancy - Hypertension, gestational diabetes etc. • Yes • No 29 -any history of abortion before 22 weeks in previous pregnancy - Diagnosed of having mental illness during postpartum period - Diagnosed of having mental illness during her current pregnancy - Diagnosed of having mental illness during her current pregnancy - No • Yes • Xes 31 - Family history of mental illness / No • Yes • No Categorical 33 - Family history of mental illness / Inadequate help from other family members during postpartum period - respondent's own perception of inadequate support during postpartum period - respondent's own per	25			Ves	
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23 -Hypertension, gestational diabetes etc. • No Categorical 29 -any history of miscarriage -29 examples in previous pregnancy • Yes Categorical 30 Underlying mental illness -Diagnosed of having mental illness prior to pregnancy • Yes Categorical 31 History of mental illness during pregnancy • Yes Categorical 32 -Diagnosed of having mental illness during her current pregnancy • Yes Categorical 32 -Diagnosed of having mental illness during her postpartum period • Yes Categorical 33 degree relative being diagnosed of having mental illness? • Yes Categorical 34 - respondent's own perception of inadequate help from other family members during postpartum period • Yes Categorical 35 - respondent's own perception of inadequate help from other family members during postpartum period • Yes Categorical 35 - respondent's own perception of inadequate help from other family members during postpartum period • Yes Categorical 36 Inadequate help from other family members during postpartum period • Yes Categorical 36 Inadequate help from others • No Categorical		Underlying medical illness			
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36 Inadequate help from others					
	36		•	Yes	Categorical
during postpartum period	_	during postpartum period		-	0

	- respondent's own perception of inadequate support during postpartum period	• No	
37	Inability to establish breast feeding -the inability to exclusively breast feed, requiring top up using formula milk	YesNo	Categorical
38	No confidence to care for the child -the inability of the mother to care for the baby, thus being dependent on others	YesNo	Categorical
39	Experienced stressful life events -any recent events, occurred during antenatal and postpartum period such as financial burden, passing of loved ones or events that are perceived as stressful by respondent	YesNo	Categorical
40	Any cultural taboos observed during postnatal care that contribute to mother's stress	YesNo	Categorical
41	With whom respondent observed postnatal care during confinement	 Parents Parents in law Husband Confinement lady/ centre Alone 	Categorical
42	Inadequate help to take care of new born at night - self-report	YesNo	Categorical
43	Inadequate sleep/rest - respondent's own perception of inadequate sleep or rest during postpartum period	YesNo	Categorical
44	Dissatisfied with body weight and appearance post delivery - respondent's own perception on the satisfaction of her body weight and appearance post delivery	YesNo	Categorical
45	Intrapartum experience - respondent's own perception of having bad experiences during labour. E.g.: unbearable pain	• Yes • No	Categorical
46	Mode of delivery	• SVD	Categorical

		 Instrumental delivery Planned caesarean section Emergency caesarean section 	
47	Postnatal complication -experienced wound pain, wound breakdown, readmission to ward	 Yes No 	Categorical
48	Type of complication	List complication	Categorical
49	Readmission after discharge during postpartum period	YesNo	Categorical
50	Outcome of the baby	 Alive Gender Birth weight Twins Gestational weight Admission to ward Medical complication 	Categorical
51	Edinburgh Postpartum Depression scale scoring (Less than 11 – no postpartum depression 11 or more – postpartum depression)	 Total score (range 0 - 30) Less than 11 – no postpartum depression 11 or more – postpartum depression 	Interval Categorical
		Total scores (range 0-21)	Interval
52	Depression anxiety stress scale (DASS) scoring	 Depression Mild: 6-7 Moderate: 8-10 Severe: 11-14 Very severe: 15 to 21 Anxiety Mild: 5-6 Moderate: 7-8 Severe: 9-10 Vere severe: 11 to 21 Stress Mild: 8-9 Moderate: 10-13 Severe: 14-17 Very severe: 18 to 21 	Ordinal Ordinal Ordinal