

Appendix 1. Baseline assessments

Socio-demographic survey

- What is your age group?
 - 18 to 22 years
 - 23 to 27 years
 - 28 to 32 years
 - 33 to 37 years
 - 38 years or older
- How would you describe your race or ethnicity?
 - White
 - British
 - Irish
 - Other
 - Mixed
 - White and Black Caribbean
 - White and Black African
 - White and Asian
 - Other
 - Asian or Asian British
 - Indian
 - Pakistani
 - Bangladeshi
 - Other
 - Black or Black British
 - Caribbean
 - African
 - Other
 - Chinese
 - Other
 - Prefer not to say
- What is your relationship status?
 - Single
 - Married/In a civil partnership
 - Living with partner
 - Divorced/Civil partnership that has been dissolved
 - Widowed
 - Separated
 - Prefer not to say
- What is your employment status?
 - Employed, full-time
 - Employed, part-time
 - Self-employed
 - Not employed, looking for work
 - Not employed, not looking for work
 - Disability/Not able to work

- What is your highest level of education?
 - Postgraduate – PhD/Doctorate
 - Postgraduate – Masters degree
 - University or college degree
 - University or college qualification below degree level
 - A Levels or equivalent
 - GCSE or equivalent
 - Other
 - None of these
- Do you own a smartphone (for example, an iPhone or Samsung phone)?
 - Yes
 - No
- Do you own a tablet computer (for example, an iPad)?
 - Yes
 - No
- How many times have you been pregnant (please count your current pregnancy)?
 - 1
 - 2
 - 3
 - 4 or more
- How many children have you given birth to?
 - 0
 - 1
 - 2
 - 3 or more
- When is your baby due? (please indicate month and year)
- Have you ever been diagnosed with depression?
 - Yes
 - No

Whooley questions

- Over the past month, have you been bothered by feeling down, depressed or hopeless?
 - Yes
 - No
- Over the past month, have you been bothered by having little interest or pleasure in doing things?
 - Yes
 - No

Edinburgh Postnatal Depression Scale

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

In the past 7 days:

1. I have been able to laugh and see the funny side of things
 - a. As much as I always could
 - b. Not quite so much now
 - c. Definitely not so much now
 - d. Not at all
2. I have looked forward with enjoyment to things
 - a. As much as I ever did
 - b. Rather less than I used to
 - c. Definitely less than I used to
 - d. Hardly at all
3. I have blamed myself unnecessarily when things went wrong
 - a. Yes, most of the time
 - b. Yes, some of the time
 - c. Not very often
 - d. No, never
4. I have been anxious or worried for no good reason
 - a. No, not at all
 - b. Hardly ever
 - c. Yes, sometimes
 - d. Yes, very often
5. I have felt scared or panicky for no very good reason
 - a. Yes, quite a lot
 - b. Yes, sometimes
 - c. No, not much
 - d. No, not at all
6. Things have been getting on top of me
 - a. Yes, most of the time I haven't been able to cope at all
 - b. Yes, sometimes I haven't been coping as well as usual
 - c. No, most of the time I have coped quite well
 - d. No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping
 - a. Yes, most of the time
 - b. Yes, sometimes
 - c. Not very often
 - d. No, not at all
8. I have felt sad or miserable
 - a. Yes, most of the time
 - b. Yes, quite often
 - c. Not very often
 - d. No, not at all
9. I have been so unhappy that I have been crying
 - a. Yes, most of the time
 - b. Yes, quite often
 - c. Only occasionally
 - d. No, never
10. The thought of harming myself has occurred to me
 - a. Yes, quite often
 - b. Sometimes
 - c. Hardly ever
 - d. Never