

Supplementary file 2: Psychological well-being and their interpretations; adapted from McCarthy et al²⁷

Psychological and behavioural scales	Score range and interpretation
Short form of the State Trait Anxiety Index (STAI)²⁴	Short –form STAI scores 6-24 converted to a score range of 20-80 to mimic the full version of the STAI, with high scores indicating high state anxiety (i.e. current anxiety)
Perceived Stress Scale (PSS)²⁵	0-40, with high scores representing higher perceived stress (feelings of lack of control)
Edinburgh Postnatal Depression Scale (EPDS)²⁶	As a continuous measure (0-30) where a higher score indicates a higher probability of depression
Behavioural response to pregnancy scale²⁷	Two subscales: <ol style="list-style-type: none">1. Limiting/resting behaviour (0-20)^a2. All-or-nothing behaviour (0-28)^b

^a**Limiting response includes:** *avoiding exercise, life on hold, avoiding usual activities, going to bed during the day, not being able to do usual level of activities.*

^b**All-or-nothing response includes:** *overdoing and needing to rest, pushing oneself, carrying on as normal, doing too much.*
