

Online supplementary appendix.

Table of included studies; their characteristics and their references

Author/ Year/ Country	Study design	Time of data- collection	Sample size (nr of first- time parents)	Gender	Unique characteristics	SE theory	SE level domain/task	SE terminology used
Alstveit et al., 2011, Norway	Qualitative: interviews (unstructured)	11-14 mo. post.	9 (all)	women	none	No	Domain	Confidence
Aston et al., 2016, Canada	Qualitative: interviews (semi-structured)	ns (within the first mo. post.)	16 (all)	women	received targeted program or universal program	No	Domain	Confidence
Aston et al., 2015, Canada _R	Qualitative: interviews (semi-structured)	ns (within the first mo. post.)	16 (all)	women	received targeted program or universal program	No	Domain	Confidence
Avery et al., 2009, USA* _R	Qualitative: focus groups	prenatal + 4-18 mo. post.	152 (all)	women	none	Bandura + Dennis	Task	Confidence Self-efficacy
Bäckström et al., 2010, Sweden _R	Qualitative: interviews	3-6 mo. post.	9 (all)	women	none	No	Task	Confidence Competence

Bailey et al., 2004, England	Qualitative: interviews (semi- structured)	37 wk. pre. + 3-9 wk. post.	16 (all)	women	low income	No	Task	Confidence
Bailey, 2010, England	Qualitative: interviews (semi- structured)	3-6 mo. post.	7 (all)	women	none	No	Domain	Confidence
Balaam & Thomson, 2018, United Kingdom	Mixed methods: interviews (semi- structured)	1 wk. post.	11 (6)	women	vulnerable, receiving targeted perinatal ward	No	Domain	Confidence
Barimani & Wikström, 2015, Sweden _R	Qualitative: focus groups	10 days to 7 mo. post.	34 (26)	women (18), men (16)	none	No	Domain	Confidence Self-efficacy
Beach Copeland & Harbaugh, 2017, USA*	Mixed methods: interviews (semi- structured)	2-4 mo. post.	8 (all)	women	low income	Bandura	Domain	Self-efficacy Competence Confidence

Beattie-Fairchild, 2013, USA*	Mixed methods: interviews (semi-structured)	ns	15 (all)	women	young (18-20 years), vulnerable	Bandura + Dennis	Task	Self-efficacy Confidence
Brown & Lee, 2011, United Kingdom	Qualitative: interviews (semi-structured)	6-12 mo. post.	33 (22)	women	none	No	Task	Confidence
Buultjens et al., 2019, Australia	Qualitative: interviews	Within 3 mo. post.	10 (all)	women	well educated, middle class	No	Domain	Confidence Self-efficacy
Craig & Dietsch, 2010, Australia	Qualitative: interviews (semi-structured)	34 wk. pre + immediately after birth	10 (all)	women	none	No	Task	Confidence Self-efficacy
Darvill et al., 2010, United Kingdom _R	Qualitative: interviews (semi-structured)	6-15 wk. post.	13 (all)	women	educated	No	Domain	Confidence
de Montigny & Laharité,	Qualitative: interviews (semi-structured)	within 12 days post.	13 (all)	men	none	Bandura	Domain	Confidence Self-efficacy Competence

2004, Canada _R								
Demirci et al., 2018, USA	Qualitative: diary	from birth to 8 wk. post.	35 (all)	women	most college-educated, economically privileged	No	Task	Confidence Self-efficacy
Dykes, 2005, England	Qualitative: focused interviews + observations	2-5 days post.	61 (40)	women	none	No	Task	Confidence
Dykes et al., 2003, United Kingdom _R	Qualitative: focus groups + interviews (semi-structured)	2 wk. to 6 mo. post.	20 (18)	women	young (14-19 years)	Bandura + Dennis	Task	Confidence Self-efficacy
Edwards et al., 2018, Scotland*	Qualitative: focus groups	28 wk. pre. + 11 days to 12 wk. post.	18 (17)	women	none	Bandura + Dennis	Task	Self-efficacy Confidence
Feenstra et al., 2019, Denmark	Qualitative: interviews	2-4 wk. post.	7 (4)	women	none	Bandura	Domain	Self-efficacy Confidence

Fox et al., 2015, United Kingdom	Qualitative: interviews (semi- structured) + focus groups	first wk. to over 6 mo. post.	51 (33)	women	highly educated	No	Task	Confidence Self-efficacy
Francis et al., 2020, Canada	Qualitative: interviews (semi- structured) + focus groups	2-17 mo. post.	46 (25)	women	vulnerable, low- income, immigrants	Dennis	Task	Self-efficacy Confidence
Gaboury et al., 2017, Canada	Qualitative: interviews (semi- structured)	first days post. From 24 hours post. to discharge	18 (12)	women (10), men (8)	highly educated	No	Domain	Competence Confidence
Gao et al., 2012, China	Mixed methods: interviews (semi- structured)	6 wk. post	20 (all)	women	most caesarean and from middle-class families	No	Domain	Competence Confidence
Harrison et al., 2020, United Kingdom	Qualitative: focus groups	prenatal to 12 mo. post.	23 (17)	women	self-identification of anxiety (not diagnosed), educated	No	Domain	Confidence Self-efficacy Competence

Henshaw et al., 2018, USA	Qualitative: focus groups	6 wk. post	32 (17)	women (26), men (6)	none	No	Domain	Confidence
Ho & Holroyd, 2002, China	Qualitative: focus groups + observations	ns (mothers asked about the first mo. post.)	11 (all)	women	high education/ income	No	Domain	Confidence
Hoddinott et al., 2012, Scotland	Qualitative: interviews (semi-structured)	prenatal to 6 mo. post	36 (19)	women	more advantaged people living in disadvantaged areas	No	Task	Confidence Self-efficacy
McInnes et al., 2013, Scotland*	Qualitative: interviews (semi-structured)	prenatal to 6 mo. post.	36 (19)	women	more advantaged people living in disadvantaged areas	Bandura + Dennis	Task	Confidence, Self-efficacy
Javadifar et al., 2016, Iran	Qualitative: interviews (semi-structured)	up to 12 mo. post.	26 (all)	women	none	No	Domain	Competence Confidence
Johansson et al., 2010, Sweden	Qualitative: interviews + focus groups	within 2 mo. post.	21 (20)	women (11), men (10)	none	No	Domain	Confidence

Kalinowski et al., 2012, Brazil	Qualitative: interviews (semi-structured) + observations	from 1-43 days post.	16 (all)	women	none	No	Domain	Confidence Competence
Kerrick, 2017, USA*	Mixed methods: interviews (semi-structured)	9 and 11 wks. post.	2 (all)	women	none	Bandura + Dennis	Domain	Self-efficacy Confidence Competence
Khajehei et al., 2020, Australia*	Qualitative: interviews (semi-structured)	within 1 wk. post.	16 (all)	women	none	No	Domain	Confidence Self-efficacy competence
Korukcu, 2020, Turkey	Qualitative: interviews (semi-structured)	4-5 mo. post.	18 (all)	women	none	No	Domain	Confidence Competence
Kuswara et al., 2016, Australia	Qualitative: interviews (semi-structured)	0-12 mo. post.	36 (23)	women	highly educated	No	Task	Confidence Self-efficacy
Lafaurie, 2015, USA	Qualitative: interviews (semi-structured)	0-12 mo. post. (1 was 15 mo.)	15 (9)	women	none	Bandura	Domain	Self-efficacy Confidence Competence

Law et al., 2018, Australia _R	Qualitative: interviews (semi- structured)	6-8 mo. post.	32 (all)	women	EPDS spectrum (not clinical disorder)	No	Domain	Confidence Self-efficacy Competence
Leahy- Warren et al., 2017, Ireland	Qualitative: interviews (semi- structured)	3.5-14 mo. post	7 (6)	women	third level education	No	Task	Confidence
Löf et al., 2006, Sweden	Qualitative: interviews	1 wk. post.	9 (all)	women	none	No	Domain	Confidence
Marshall et al., 2007, England _R	Qualitative: interviews + observations	3 wk. to 6 mo. post	22 (16)	women	none	No	Task	Confidence
Martell, 2001, USA _R	Qualitative: interviews	3-27 days post.	32 (all)	women	none	No	Domain	Confidence Competence
Masala- Chokwe & Ramukumba , 2017, South-Africa	Qualitative: interviews (semi- structured)	within 6 wk. post.	14 (all)	women	young (<21 years), unmarried, half were unemployed	No	Domain	Confidence Competence

Mbekenga et al., 2011, Tanzania	Qualitative: interviews (semi-structured)	4-10 wk. post	10 (all)	men	multicultural, low-income, suburban setting	No	Domain	Confidence
Midtsund et al., 2019, Norway	Qualitative: interviews	1-7 mo. post.	12 (7)	women	highly educated, insecure and stressed, (not diagnosed)	No	Domain	Confidence
Missal, 2013, Oman & the United Arab Emirates (UAE)	Qualitative: interviews (semi-structured)	prenatal to 40 days post (Oman) and post-delivery (UAE)	34 (all)	women	none	No	Domain	Confidence
Moore & Coty, 2006, USA*	Qualitative: focus groups, one interview	prenatal and 6-8 wk. post.	9 (all)	women	upper-middle class to middle-class	Dennis + Ajzen	Task	Confidence Self-efficacy
Ngai et al., 2011, China*	Qualitative: interviews (semi-structured)	6 wks. post.	26 (all)	women	none	Bandura	Domain	Competence Confidence Self-efficacy

Ngai & Chan, 2019, China	Qualitative: interviews (semi-structured)	6 wks. post.	39 (all)	women	>=10 EPDS	Bandura	Domain	Confidence Competence Self-efficacy
Sheehan et al., 2009, Australia	Qualitative: interviews	1-9 wks. post.	37 (23)	women	none	Dennis	Task	Confidence Competence
Shorey et al., 2018, Singapore	Qualitative: interviews (semi-structured)	1 wk. post.	50 (34)	men	none	Bandura	Domain	Competence Confidence
Shorey et al., 2019, Singapore	Qualitative: interviews (semi-structured)	6 mo. post.	50 (34)	men	none	Bandura	Domain	Confidence
Shorey et al., 2015, Singapore	Qualitative: interviews (semi-structured)	6-9 wks. post.	18 (all)	women	none	Bandura	Domain	Self-efficacy Confidence
Shorey et al., 2017, Singapore	Qualitative: interviews (semi-structured)	1-2 wk. post.	15 (all)	men	none	No	Domain	Confidence Self-efficacy

Shorey & Ng, 2019, Singapore	Qualitative: interviews (semi-structured)	1 mo. post.	16 (10)	women	none	Bandura	Domain	Self-efficacy Confidence Competence
St. John et al., 2005, Australia	Qualitative: interviews	6-12 wks. post.	18 (12)	men	none	No	Domain	Confidence
Suplee et al., 2015, USA	Qualitative: interviews (semi-structured)	1 wk. to 6 mo. post	13 (all)	women	vulnerable/ low income	No	Domain	Confidence
Wilkins, 2006, England	Qualitative: interviews	6 wks. post.	8 (all)	women	none	No	Domain	Confidence Competence
Xiao et al., 2020, China	Qualitative: interviews (semi-structured)	within 6 wks. post.	22 (14)	women	none	No	Task	Self-efficacy Competence Confidence
Zwedberg, 2010, Sweden _R	Qualitative: interviews + 19 observations	3 mo. post.	14 (9)	women	none	No	Task	Self-efficacy Confidence Competence

Legend: Wks. = weeks; mo. = months; post. = postpartum; * = PSE was directly addressed in the title and/or aim; _R = from reference-list

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