

SUPPLEMENTAL TABLES

eTable 1. Scales, Questions and Timeframe for the non-EMA and EMA measures of stress, discrimination and microaggressions

Scale/Construct	Specific Questions	Timeframe(s)
Cohen Perceived Stress Scale-4 ⁴⁵	<ol style="list-style-type: none"> 1. How often have you felt you were unable to control the important things in your life? 2. How often have you felt confident about your ability to handle personal problems? 3. How often have you felt difficulties were piling up so high that you could not overcome them? 4. How often have you felt nervous or stressed? (5-point Likert scale, "0"-never, "4" - very often) 	<p>GDM² Visit 2: 25-32 weeks pregnant (asked to respond to questions based on past 4 weeks)</p> <p>Random EMA surveys: 25 weeks pregnant through 12 months postpartum (asked about what happened "today")</p>
Major Discrimination Scale ⁴⁶	<p>Can you tell me if any of the following has ever happened to you:</p> <ol style="list-style-type: none"> 1. At any time in your life, have you been unfairly fired? 2. For unfair reasons, have you ever not been hired for a job? 3. Have you ever been unfairly denied a promotion? 4. Have you ever been unfairly stopped, searched, questioned, physically threatened, or abused by the police? 5. Have you ever been unfairly discouraged by a teacher or advisor from continuing your education? 6. Have you ever been unfairly prevented from moving into a neighbourhood because the landlord or a realtor refused to sell or rent you a house or apartment? 7. Have you ever moved into a neighbourhood where neighbours made life difficult for you or your family? 	PMOMS Non-EMA survey: 14 days after enrolment

8. Have you ever been unfairly denied a bank loan?
9. Have you ever received service from someone such as a plumber or car mechanic that was worse than what other people get?

Follow-up questions after each item:

1. What do you think was the main reasons for this experience? (e.g. gender, race, age, etc.)
2. When was the last time this happened?
3. How many times has this happened during your lifetime?

Gendered and Racial
Microaggressions Scale

- Have you experienced any of the following today:
1. Receive negative comments about the size of my facial features
 2. Received a negative comment about my skin tone
 3. Someone objectified me based on my physical features
 4. Someone made a sexually inappropriate comment about me
 5. Received negative comments about my hair when natural
 6. I felt unheard
 7. Someone challenged my authority
 8. Someone tried to “put me in my place”
 9. Someone assumed I did not have much to contribute to the conversation
 10. Someone made me feel exotic
 11. I was told I am to assertive
 12. Someone accused me of being angry when speaking calm

Random EMA surveys: 25 weeks
pregnant through 12 months
postpartum (asked if any of the
experienced happened that day)

eTable 2. Sources of Stress, Total Number and % of Participants, PMOMS RAND EMA Survey (n=230)

Stress Source	N	%
Too many things at once	141	61.3
Work	129	56.1
Baby/Children	117	50.9
Financial issues	90	39.1
Partner/ spouse	86	37.4
Family/ friend	83	36.1
Housing issues	51	22.2