

Multimedia Appendix 5: Inventories used in included studies

Inventory	Range of scores	Comment	Study author
Questionnaire developed from the Transtheoretical Model	Stage-of-change score (1-5)	Assesses readiness to engage in new or change existing lifestyle behaviours.	Ainscough
Stanford Brief Physical Activity Survey (SBAS)	5 response choices per item, including a global statement about the activity and the dimensions of frequency, intensity, time, and type of activity.	2-item, self-report PA assessment tool designed to obtain a quick assessment of the usual amount and intensity of physical activity that a person currently performs throughout the day.	Choi
Physical Activity Stages of Change	Scores motivational readiness for behaviour change (from pre-contemplation to maintenance stages)	4-item questionnaire with Yes/No responses	Choi
Self-Efficacy for Physical Activity	6 (low) to 30 (high)	5-item questionnaire measuring stages of change for exercise behaviour	Choi
Social Support and Exercise Survey	13 (less) to 65 (more support)	13-item questionnaire, each with 5-point scale, listing things people might do or say to someone who is trying to exercise regularly.	Choi
Barriers to Being Active Quiz (CDC)	0 (low) to 9 (high)	21-item questionnaire on 4-point scale. Barriers to physical activity fall into 1 or more of 7 categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources.	Choi
Center for Epidemiological Studies Depression Scale (CES-D)	0 (no) to 60 (severe depression)	20-item questionnaire with 4 response categories, asking respondents how they may have felt or behaved.	Choi
Pregnancy Discomfort Checklist (modified)	Frequency, Severity: 32 (less) to 128 (more). Distress: 0 (less) to 128 (more)	Assessed the severity and “distressfulness” of symptoms in addition to frequency, sleep disturbance and restless legs syndrome.	Choi
Patient activation measure (PAM)	0=not activated, 100=most activated	13 Likert-type items to create a continuous patient activation measure. Done at baseline and 32 wk gestation appt.	Ledford
Prenatal Interpersonal Processes of Care (PIPC) scale	Scale of 0-100. Items averaged to create subscales. Subscales averaged to calculate overall PIPC score.	30 items, each with 7-point scale. PIPC is conceptualized as the social and psychological aspects of provider interactions with patients. Focuses on 3 dimensions: Communication, Patient-Centered Decision Making, and Interpersonal Style.	Ledford
Asthma Control Questionnaire (ACQ-7)	ACQ score is the mean of the 7 items, 0 (well controlled) and 6 (extremely poorly controlled).	7-item questionnaire, each with 7-point scale. Given at 3- and 6-months for primary outcome measures. Can be completed in the clinic without daily recordings of symptoms, medication use and airway calibre. Patients recall their experiences during the previous 7 days.	Zairina
Juniper’s mini-Asthma Quality-of-life Questionnaire (mAQLQ)	Score is the mean of all responses.	15-item questionnaire, each with 7-point scale. Self-administered, with patients asked to recall their experiences during the previous 2 weeks. Measures 4 domains of symptoms, activity limitation, emotional function and environmental stimuli.	Zairina

References:

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Choi J, Lee JH, Vittinghoff E, Fukuoka Y: mHealth Physical Activity Intervention: A Randomized Pilot Study in Physically Inactive Pregnant Women. *Matern Child Health J* 2016, 20:1091-1101.

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Zairina E, Abramson MJ, McDonald CF, Li J, Dharmasiri T, Stewart K, Walker SP, Paul E, George J: Telehealth to improve asthma control in pregnancy: A randomized controlled trial. *Respirology* 2016, 21:867-874.