

Additional file 4. Self-administered questionnaire for women 3 and 4 months after delivery in Suzaka City (English translation)

How have you been in these days 3 to 4 months post-delivery?

Suzaka City administered a questionnaire to women in their postpartum period. We would like to use your answers for our services as a reference. Please answer the following questions.

1. What kind of services have you received?

Please check the box.

- Interview by public health nurse at the time of submitting the pregnancy notification form
- Counseling by public health nurse during pregnancy
- Maternity seminar
- Postnatal care service (provided by Suzaka prefectural hospital or a maternity center)
- Neonatal home visit by a public health nurse or a midwife
- Telephone counseling by the public health center
- Counseling regarding child care or measuring the baby's weight at the public health center
- Home help service provided by a private company
- Others

In addition to the questions above, the EPDS was implemented.