

Multimedia Appendix 3. Multiple imputation analyses for couple population (mothers and fathers): Estimated differences between the intervention and control groups for changes in standardized parental outcomes at postpartum timepoints from the baseline

| Standardized outcomes | Immediately postpartum | | 1 month postpartum | | 3 months postpartum | |
|--------------------------|--|--|--|--|--|--|
| | Unadjusted Difference (95% CI) [P] | Adjusted Difference (95% CI) [P] | Unadjusted Difference (95% CI) [P] | Adjusted Difference (95% CI) [P] | Unadjusted Difference (95% CI) [P] | Adjusted Difference (95% CI) [P] |
| Parental self-efficacy | -0.42 (-0.99, 0.15) [0.150] | -0.42 (-0.99, 0.15) [0.152] | 1.99 (1.39, 2.59) [<0.001] | 1.98 (1.38, 2.58) [<0.001] | 1.99 (1.39, 2.59) [<0.001] | 1.98 (1.38, 2.58) [<0.001] |
| Parental bonding | -0.12 (-0.46, 0.21) [0.467] | -0.13 (-0.49, 0.23) [0.479] | -3.50 (-3.94, -3.09) [<0.001] | -3.49 (-3.87, -3.12) [<0.001] | -1.26 (-1.73, -0.79) [<0.001] | -1.25 (-1.63, -0.87) [<0.001] |
| Postnatal depression | -0.16 (-0.56, 0.24) [0.438] | -0.15 (-0.56, 0.26) [0.465] | -3.64 (-4.13, -3.16) [<0.001] | -3.64 (-4.15, -3.13) [<0.001] | -3.64 (-4.13, -3.16) [<0.001] | -3.64 (-4.15, -3.13) [<0.001] |
| Postnatal anxiety | 0.03 (-0.34, 0.39) [0.881] | 0.06 (-0.57, 0.69) [0.849] | -3.32 (-3.81, -2.82) [<0.001] | -3.25 (-4.34, -2.16) [<0.001] | -3.32 (-3.81, -2.82) [<0.001] | -3.30 (-3.70, -2.91) [<0.001] |
| Perceived social support | -0.22 (-1.18, 0.75) [0.657] | -0.17 (-0.62, 0.29) [0.474] | 3.05 (2.00, 4.10) [<0.001] | 3.10 (2.56, 3.64) [<0.001] | 3.05 (2.00, 4.10) [<0.001] | 3.10 (2.56, 3.64) [<0.001] |
| Parenting satisfaction | 0.38 (-0.11, 0.86) [0.128] | 0.377 (-0.12, 0.87) [0.134] | 3.78 (3.19, 4.36) [<0.001] | 3.77 (3.18, 4.37) [<0.001] | 3.77 (3.19, 4.6) [<0.001] | 3.77 (3.18, 4.37) [<0.001] |

Unadjusted differences were estimated using a linear mixed model adjusted for baseline values. Adjusted differences were estimated using the same model with additions of covariates ethnicity, maternal/paternal leave, confinement period, infant feeding mode, age, length of marriage, household income, employment status, and education. See the Methods section for outcome definitions. CI = Confidence interval.