

SUPPLEMENTARY TABLE S3. ASSOCIATIONS OF PRE- AND EARLY PREGNANCY DEPRESSIVE SYMPTOMS WITH GESTATIONAL WEIGHT GAIN RATE (LBS/WEEK) BY EARLY PREGNANCY DEPRESSION SEVERITY

	N	Mean difference ^a (95% CI)	N	RR ^a (95% CI) for GWG below the IOM recommendations	N	RR ^a (95% CI) for GWG above the IOM recommendations
No depressive symptoms in pre- or early pregnancy	72,567	Reference	16,984	Reference	39,870	Reference
Prepregnancy onset depression						
No early pregnancy depressive symptoms	3893	0.00 (−0.01 to 0.01)	934	1.09 (1.05 to 1.14)	2249	1.02 (1.00 to 1.05)
Mild early pregnancy depressive symptoms (PHQ-9 5–10)	2299	0.00 (−0.01 to 0.02)	561	1.14 (1.08 to 1.20)	1346	1.04 (1.01 to 1.07)
Moderate early pregnancy depressive symptoms (PHQ-9 10–14)	912	0.00 (−0.03 to 0.03)	223	1.10 (1.00 to 1.19)	529	1.02 (0.98 to 1.06)
Severe early pregnancy depressive symptoms (PHQ-9 ≥ 15)	592	−0.02 (−0.06 to 0.02)	159	1.09 (0.99 to 1.21)	322	0.99 (0.93 to 1.04)
Early pregnancy onset depression						
Mild (PHQ-9 < 10)	1064	0.05 (0.01 to 0.08)	244	1.04 (0.95 to 1.13)	622	1.04 (1.00 to 1.08)
Moderate (PHQ-9 10–14)	4699	0.02 (0.01 to 0.03)	1120	1.02 (0.98 to 1.06)	2629	1.02 (1.00 to 1.04)
Severe (PHQ-9 ≥ 15)	1574	0.05 (0.02 to 0.07)	357	1.01 (0.94 to 1.08)	917	1.05 (1.02 to 1.08)

^aModel is adjusted for maternal age, race/ethnicity (white, black, Hispanic, Asian/Pacific Islander, Native American/multiracial, other/unknown), nulliparity (Y/N), Medicaid (Y/N), smoking in first 20 weeks of pregnancy (Y/N), alcohol use in first 20 weeks of pregnancy (Y/N), and prepregnancy BMI category (underweight, normal weight, overweight, obese).

GWG, gestational weight gain; IOM, Institute of Medicine; BMI, body mass index; CI, confidence intervals; RR, relative risks.