

Supplementary Table 1. Outcomes in PGWBI at late pregnancy and three months postpartum. “Per-protocol” model based analyses with comparison between groups presented as estimated mean difference, 95% confidence interval (CI) and *p*-value.

	Exercise Per protocol		Control		Difference between groups					
	Score late pregnancy <i>N</i> = 19	Score postpartum <i>N</i> = 19	Score late pregnancy <i>N</i> = 36	Score postpartum <i>N</i> = 34	Late pregnancy			Postpartum		
					<i>Diff</i>	95% <i>CI</i>	<i>P</i> -value	<i>Diff</i>	95% <i>CI</i>	<i>P</i> -value
Anxiety	21.4 (19.7, 23.2)	20.9 (19.3, 22.4)	19.5 (18.4, 20.7)	21.7 (20.7, 22.7)	1.88	-0.17, 3.93	0.07	-0.80	-2.66, 1.07	0.39
Depressed mood	13.6 (12.4, 14.3)	13.6 (12.8, 14.4)	13.2 (12.5, 13.8)	13.5 (12.9, 14.1)	0.20	-0.93, 1.33	0.72	0.14	-0.82, 1.10	0.77
Positive well-being	12.3 (11.0, 13.7)	14.2 (12.8, 15.6)	12.8 (11.9, 13.7)	13.9 (12.9, 14.8)	-0.41	-2.02, 1.24	0.62	0.36	-1.31, 2.03	0.66
Self-Control	13.2 (11.8, 14.6)	13.3 (12.4, 14.3)	12.1 (11.2, 13.0)	13.1 (12.5, 13.7)	1.05	-0.63, 2.73	0.21	0.18	-0.96, 1.32	0.75
General Health	8.5 (7.0, 10.0)	11.6 (10.4, 12.8)	8.1 (7.1, 9.1)	11.3 (10.5, 12.1)	0.45	-1.35, 2.25	0.62	0.31	-1.15, 1.76	0.67
Vitality	10.9 (9.0, 12.7)	12.0 (10.4, 13.6)	9.6 (8.4, 10.8)	12.3 (11.2, 13.4)	1.28	-0.96, 3.52	0.26	-0.29	-2.31, 1.74	0.77
PGWBI Index	80.2 (73.9, 86.6)	84.8 (79.5, 90.2)	74.7 (70.4, 79.0)	85.3 (81.5, 89.2)	5.55	-2.13, 13.2	0.15	-0.49	-7.18, 6.20	0.88

Missing late pregnancy: Exercise 6, control, 5. *Missing postpartum:* Exercise 5, control 4.
Statistics: General linear model analysis of covariance, with baseline mean as covariate in late pregnancy analyses, and late pregnancy mean as covariate in the postpartum analyses.
 PGWBI: The Psychological General Well-Being Index (global score of all subscales).