

Supplementary Material

1 Sample Characteristics

Supplementary Table 1 Sample Characteristics.

All participants, n (%)	354 (100.0)
Demographic variables	
^b Age mean in years, <i>M</i> (<i>SD</i>)	31.32 (4.86)
^a Parity	
Primipara, n (%)	189 (53.4)
Multipara, n (%)	138 (39.0)
^a Highest educational level	
Secondary school diploma, n (%)	39 (11.0)
Completed vocational training, n (%)	89 (25.1)
High school diploma, n (%)	33 (9.3)
Academic degree, n (%)	164 (46.3)
Other qualification, n (%)	28 (7.9)
Treatment of mental disorder	
^a Mothers with self-reported (prior) treatment, n (%)	54 (15.3)
^a Mothers without self-reported (prior) treatment, n (%)	298 (84.2)
^b Mothers with self-reported (prior) treatment, n (%)	25 (19.1)
^b Mothers without self-reported (prior) treatment, n (%)	106 (80.9)
Birth-related variables	
^a Gestation week, <i>M</i> (<i>SD</i>)	26.11 (9.32)
^a Pregnancy Trimester	
First trimester (1 st -12 th week gestation), n (%)	32 (9.0)
Second trimester (13 th -28 th week gestation), n (%)	163 (46.0)
Third Trimester (29 th -40 th week gestation), n (%)	154 (43.5)
Birth complications	
^a Previous experience with birth complications, n (%)	50 (14.1)
^b Complications during the last birth, n (%)	57 (43.5)
^b No complications during the last birth, n (%)	70 (53.4)
^b Age of the newborn in weeks, <i>M</i> (<i>SD</i>)	8.88 (5.48)
Under to 2nd week of life), n (%)	6 (4.6)
Under 2 months (2nd-8th week of life), n (%)	88 (67.2)
Above 2 months (9th-24th week of life), n (%)	33 (25.2)
^b Difficulties Postpartum	
Difficulties postpartum, n (%)	39 (29.8)
No difficulties postpartum, n (%)	91 (69.5)

^aat prenatal survey (with total *N* = 354)

^bat postpartum survey (with total *N* = 131)

^cPrevious experience of birth complications includes a primipara's experience of abortion

^dDichotomous variable which could include any situation the participants experienced as stressful after birth