Descriptive Statistics

| **Variables** | **n** | **Overall** N = 1881 |
| --- | --- | --- |
| **postpartum depression** | 171 |  |
| *No* |  | 139 (81.3%) |
| *Yes* |  | 32 (18.7%) |
| *Missing* |  | 17 |
| **Age of participant at baseline** | 188 |  |
| *Mean (SD)* |  | 26.5 (4.8) |
| *Median (IQR)* |  | 26.5 (22.9, 29.4) |
| *Range* |  | 18.0, 42.4 |
| **Marital status** | 188 |  |
| *Married* |  | 166 (88.3%) |
| *Separated* |  | 6 (3.2%) |
| *Never Married* |  | 16 (8.5%) |
| **Highest level of education** | 188 |  |
| *<=Primary* |  | 52 (27.7%) |
| *Secondary* |  | 88 (46.8%) |
| *Tertiary (college/University)* |  | 48 (25.5%) |
| **Participant occupation** | 179 |  |
| *Participant has a wage/salaried work* |  | 34 (19.0%) |
| *Participant has self-employed business work* |  | 57 (31.8%) |
| *Participant is a housewife by choice* |  | 77 (43.0%) |
| *Participant is unable to find employment* |  | 11 (6.1%) |
| *Missing* |  | 9 |
| **Partner occupation** | 175 |  |
| *Salaried/Wage work* |  | 105 (60.0%) |
| *Self Employed business work* |  | 69 (39.4%) |
| *Unable to find work* |  | 1 (0.6%) |
| *Missing* |  | 13 |
| **Religion** | 188 |  |
| *Catholic* |  | 58 (30.9%) |
| *Protestant* |  | 102 (54.3%) |
| *Others (specified)* |  | 28 (14.9%) |
| **Household size** | 188 |  |
| *Mean (SD)* |  | 3.2 (1.4) |
| *Median (IQR)* |  | 3.0 (2.0, 4.0) |
| *Range* |  | 1.0, 9.0 |
| **Monthly family income** | 188 |  |
| *USD 81-240* |  | 72 (38.3%) |
| *USD 241-480* |  | 89 (47.3%) |
| *USD 481 and above* |  | 27 (14.4%) |
| **age of participant at followup** | 171 |  |
| *Mean (SD)* |  | 26.9 (4.9) |
| *Median (IQR)* |  | 26.7 (23.0, 29.7) |
| *Range* |  | 18.2, 42.5 |
| *Missing* |  | 17 |
| **Relationship with partner's mother** | 142 |  |
| *Good* |  | 115 (81.0%) |
| *Not good but can cope* |  | 21 (14.8%) |
| *Bad and cannot cope* |  | 6 (4.2%) |
| *Missing* |  | 46 |
| **Marital stress** | 188 |  |
| *No* |  | 140 (74.5%) |
| *Yes* |  | 48 (25.5%) |
| **Family stress** | 188 |  |
| *No* |  | 151 (80.3%) |
| *Yes* |  | 37 (19.7%) |
| **Economic stress** | 188 |  |
| *No* |  | 121 (64.4%) |
| *Yes* |  | 67 (35.6%) |
| **Societal stress** | 188 |  |
| *No* |  | 184 (97.9%) |
| *Yes* |  | 4 (2.1%) |
| **No stress** | 188 |  |
| *No* |  | 117 (62.2%) |
| *Yes* |  | 71 (37.8%) |
| **Presence of physical/verbal conflict with current partner/spouse during the previous 12 months** | 151 |  |
| *No* |  | 112 (74.2%) |
| *Yes* |  | 39 (25.8%) |
| *Missing* |  | 37 |
| **Presence of partner infidelity during the previous 12 months** | 136 |  |
| *No* |  | 79 (58.1%) |
| *Dont Know* |  | 57 (41.9%) |
| *Missing* |  | 52 |
| **Partner helping with cooking or cleaning or childcare** | 171 |  |
| *No* |  | 39 (22.8%) |
| *Yes* |  | 132 (77.2%) |
| *Missing* |  | 17 |
| **Partner helping with cooking** | 171 |  |
| *No* |  | 97 (56.7%) |
| *Yes* |  | 74 (43.3%) |
| *Missing* |  | 17 |
| **Partner helping with cleaning** | 171 |  |
| *No* |  | 126 (73.7%) |
| *Yes* |  | 45 (26.3%) |
| *Missing* |  | 17 |
| **Partner helping with child care** | 171 |  |
| *No* |  | 55 (32.2%) |
| *Yes* |  | 116 (67.8%) |
| *Missing* |  | 17 |
| **Number of previous deliveries** | 188 |  |
| *Mean (SD)* |  | 0.9 (0.9) |
| *Median (IQR)* |  | 1.0 (0.0, 1.0) |
| *Range* |  | 0.0, 5.0 |
| **Unplanned pregnancy** | 188 |  |
| *No* |  | 115 (61.2%) |
| *Yes* |  | 73 (38.8%) |
| **Number of children including newborn** | 171 |  |
| *Mean (SD)* |  | 1.9 (0.9) |
| *Median (IQR)* |  | 2.0 (1.0, 2.0) |
| *Range* |  | 0.0, 5.0 |
| *Missing* |  | 17 |
| **Mode of delivery** | 171 |  |
| *Vaginal delivery* |  | 139 (81.3%) |
| *Caesarean Section* |  | 32 (18.7%) |
| *Missing* |  | 17 |
| **Birth complications** | 171 |  |
| *No* |  | 138 (80.7%) |
| *Yes* |  | 33 (19.3%) |
| *Missing* |  | 17 |
| **Persistent wound pain** | 171 |  |
| *No* |  | 130 (76.0%) |
| *Yes* |  | 41 (24.0%) |
| *Missing* |  | 17 |
| **Low birth weight** | 171 |  |
| *No* |  | 154 (90.1%) |
| *Yes* |  | 17 (9.9%) |
| *Missing* |  | 17 |
| **Neonatal(nursery) admission** | 171 |  |
| *No* |  | 154 (90.1%) |
| *Yes* |  | 17 (9.9%) |
| *Missing* |  | 17 |
| **Outcome of the baby** | 171 |  |
| *Alive* |  | 160 (93.6%) |
| *Mother lost the baby* |  | 11 (6.4%) |
| *Missing* |  | 17 |
| **History of baby being unwell** | 171 |  |
| *No* |  | 142 (83.0%) |
| *Yes* |  | 29 (17.0%) |
| *Missing* |  | 17 |
| **Are you happy the baby is a girl/boy?** | 164 |  |
| *No* |  | 4 (2.4%) |
| *Yes* |  | 160 (97.6%) |
| *Missing* |  | 24 |
| **Is your partner happy the baby is a girl/boy?** | 152 |  |
| *No* |  | 7 (4.6%) |
| *Yes* |  | 145 (95.4%) |
| *Missing* |  | 36 |
| **Are you breastfeeding** | 169 |  |
| *No* |  | 9 (5.3%) |
| *Yes* |  | 160 (94.7%) |
| *Missing* |  | 19 |
| **1b. I have been able to laugh and see the funny side of things** | 188 |  |
| *As much as I always could* |  | 97 (51.6%) |
| *Not quite so much now* |  | 68 (36.2%) |
| *Definitely not so much now* |  | 14 (7.4%) |
| *Not at all* |  | 9 (4.8%) |
| **2b. I have looked forward with enjoyment to things** | 188 |  |
| *As much as I ever did* |  | 94 (50.0%) |
| *Rather less than I used to* |  | 73 (38.8%) |
| *Definitely less than I used to* |  | 11 (5.9%) |
| *Hardly at all* |  | 10 (5.3%) |
| **3b. I have blamed myself unnecessarily when things went wrong** | 188 |  |
| *No-never* |  | 62 (33.0%) |
| *Not very often* |  | 49 (26.1%) |
| *Yes-some of the time* |  | 58 (30.9%) |
| *Yes-most of the time* |  | 19 (10.1%) |
| **4b. I have been anxious or worried for no good reason** | 188 |  |
| *No-not at all* |  | 84 (44.7%) |
| *Hardly ever* |  | 31 (16.5%) |
| *Yes-sometimes* |  | 62 (33.0%) |
| *Yes-very often* |  | 11 (5.9%) |
| **5b. I have felt scared or panicky for no good reason** | 188 |  |
| *No-not at all* |  | 75 (39.9%) |
| *No-not much* |  | 61 (32.4%) |
| *Yes-sometimes* |  | 45 (23.9%) |
| *Yes-quite a lot* |  | 7 (3.7%) |
| **8b. I have felt sad or miserable** | 188 |  |
| *No-not at all* |  | 83 (44.1%) |
| *Not very often* |  | 73 (38.8%) |
| *Yes-quite often* |  | 24 (12.8%) |
| *Yes-most of the time* |  | 8 (4.3%) |
| **6b. Things have been getting to me** | 188 |  |
| *No-I have been coping as well as ever* |  | 37 (19.7%) |
| *No-most of the time I have coped quite well* |  | 73 (38.8%) |
| *Yes-sometimes I have not been coping as well as usual* |  | 66 (35.1%) |
| *Yes-most of the time I have not been able to cope at all* |  | 12 (6.4%) |
| **9b. I have been so unhappy that i have been crying** | 188 |  |
| *No-never* |  | 92 (48.9%) |
| *Only occasionally* |  | 75 (39.9%) |
| *Yes-quite often* |  | 9 (4.8%) |
| *Yes-most of the time* |  | 12 (6.4%) |
| **7b. I have been so unhappy that i have had difficulty sleeping** | 188 |  |
| *No-not at all* |  | 76 (40.4%) |
| *No-Not very often* |  | 59 (31.4%) |
| *Yes-sometimes* |  | 38 (20.2%) |
| *Yes-most of the time* |  | 15 (8.0%) |
| **10b. The thought of harming myself has occurred to me** | 188 |  |
| *Never* |  | 159 (84.6%) |
| *Hardly ever* |  | 13 (6.9%) |
| *Sometimes* |  | 10 (5.3%) |
| *Yes-quite often* |  | 6 (3.2%) |
| **Total epds score (phase 1)** | 188 |  |
| *Mean (SD)* |  | 8.4 (5.3) |
| *Median (IQR)* |  | 8.0 (4.8, 11.0) |
| *Range* |  | 0.0, 26.0 |
| **antepartum depression** | 188 |  |
| *No* |  | 154 (81.9%) |
| *Yes* |  | 34 (18.1%) |
| **1f. I have been able to laugh and see the funny side of things** | 171 |  |
| *As much as I always could* |  | 130 (76.0%) |
| *Not quite so much now* |  | 27 (15.8%) |
| *Definitely not so much now* |  | 8 (4.7%) |
| *Not at all* |  | 6 (3.5%) |
| *Missing* |  | 17 |
| **2f. I have looked forward with enjoyment to things** | 171 |  |
| *As much as I ever did* |  | 123 (71.9%) |
| *Rather less than I used to* |  | 35 (20.5%) |
| *Definitely less than I used to* |  | 8 (4.7%) |
| *Hardly at all* |  | 5 (2.9%) |
| *Missing* |  | 17 |
| **3f. I have blamed myself unnecessarily when things went wrong** | 171 |  |
| *No-never* |  | 75 (43.9%) |
| *Not very often* |  | 49 (28.7%) |
| *Yes-some of the time* |  | 34 (19.9%) |
| *Yes-most of the time* |  | 13 (7.6%) |
| *Missing* |  | 17 |
| **4f. I have been anxious or worried for no good reason** | 171 |  |
| *No-not at all* |  | 103 (60.2%) |
| *Hardly ever* |  | 34 (19.9%) |
| *Yes-sometimes* |  | 28 (16.4%) |
| *Yes-very often* |  | 6 (3.5%) |
| *Missing* |  | 17 |
| **5f. I have felt scared or panicky for no good reason** | 171 |  |
| *No-not at all* |  | 105 (61.4%) |
| *No-not much* |  | 42 (24.6%) |
| *Yes-sometimes* |  | 21 (12.3%) |
| *Yes-quite a lot* |  | 3 (1.8%) |
| *Missing* |  | 17 |
| **8f. I have felt sad or miserable** | 171 |  |
| *No-not at all* |  | 88 (51.5%) |
| *Not very often* |  | 58 (33.9%) |
| *Yes-quite often* |  | 21 (12.3%) |
| *Yes-most of the time* |  | 4 (2.3%) |
| *Missing* |  | 17 |
| **6f. Things have been getting to me** | 171 |  |
| *No-I have been coping as well as ever* |  | 38 (22.2%) |
| *No-most of the time I have coped quite well* |  | 100 (58.5%) |
| *Yes-sometimes I have not been coping as well as usual* |  | 26 (15.2%) |
| *Yes-most of the time I have not been able to cope at all* |  | 7 (4.1%) |
| *Missing* |  | 17 |
| **9f. I have been so unhappy that i have been crying** | 171 |  |
| *No-never* |  | 101 (59.1%) |
| *Only occasionally* |  | 56 (32.7%) |
| *Yes-quite often* |  | 10 (5.8%) |
| *Yes-most of the time* |  | 4 (2.3%) |
| *Missing* |  | 17 |
| **7f. I have been so unhappy that i have had difficulty sleeping** | 171 |  |
| *No-not at all* |  | 93 (54.4%) |
| *No-Not very often* |  | 48 (28.1%) |
| *Yes-sometimes* |  | 27 (15.8%) |
| *Yes-most of the time* |  | 3 (1.8%) |
| *Missing* |  | 17 |
| **10f. The thought of harming myself has occurred to me** | 171 |  |
| *Never* |  | 153 (89.5%) |
| *Hardly ever* |  | 9 (5.3%) |
| *Sometimes* |  | 7 (4.1%) |
| *Yes-quite often* |  | 2 (1.2%) |
| *Missing* |  | 17 |
| **Total epds score (phase 2)** | 171 |  |
| *Mean (SD)* |  | 5.8 (4.6) |
| *Median (IQR)* |  | 5.0 (2.0, 8.0) |
| *Range* |  | 0.0, 22.0 |
| *Missing* |  | 17 |
| 1n (%); Mean (SD); Median (IQR); Range | | |