

Supplement 2: Additional details on Methods

Self-reported psychiatric illnesses

Overall, 10 participants planning the pregnancy did not report any psychiatric illness, and left blank the section “no mental illness”. Two of these were classified as having binge eating disorder based on the DSM-IV algorithm, and were thus treated as having an eating disorder. Four reported feelings of low mood in the last month and were therefore treated as having depression. One had a history of antidepressant use and was treated as having ‘other mental illness’. Three participants with pregnancy status ‘planning’ were excluded due to their incomplete self-report item for psychiatric illness and no proxy that could be used.

Of the participants who were pregnant or recent mothers, 49 had not completed the item for self-reporting psychiatric illness. One participant had active depressive symptoms based on the EPDS score higher than 13, and was treated as having depression. Seven participants reported having experienced low mood in the last month and were treated as having depression. Three participants had reported having lost interest or low pleasure from doing things and were treated as having had or having depression.

Procedure for the eating disorder classification

Eating disorders (EDs) were classified using an algorithm used by Bulik et al. (2007), for which diagnoses aligned with the DSM-IV diagnostic criteria. This included several eating disorder subtypes. Broadly defined anorexia nervosa (AN) was defined as meeting all DSM-IV AN criteria, except for amenorrhea, and a BMI below 18.5. Broadly defined bulimia nervosa (BN) was defined as endorsing at least weekly frequency of binge eating and purging. BN any type included either purging or binge eating, BN purging type included those who were only purging, and BN non-purging type included only non-purging. Broadly defined binge eating disorder (BED) was defined as at least weekly frequency of binge eating, but with no compensatory behaviours occurring. Eating disorder not otherwise specified, purging type (EDNOS-P) was defined as purging at least weekly, but with no binge eating occurring.