

Appendix 1 – Variables included in analysis

Sociodemographic variables

Maternal age
Index of Multiple Deprivation (quintile)
Ethnicity (5 categories)
Left full-time education aged <16 yrs
Parity

Pre-pregnancy health

Long-standing physical health problem or disability
Long-standing mental health problem or learning disability

Antenatal health and well-being

Anxiety
Depression
Mental health problem

Long-term health problem complicating pregnancy
Pregnancy-specific problem

Labour and birth

Duration of labour
Mode of delivery
Multiple birth
Gestation at birth
Baby admitted to neonatal unit
Baby born <37 weeks' gestation
Baby <2500g at birth

Postnatal variables

Infant feeding in first few days and at 3 mths
Depression at 10 days, 1 mth, 3 mths
Anxiety at 10 days, 1 mth, 3 mths
Sleep problems (not related to the baby) at 10 days, 1 mth, 3 mths
PTSD symptoms at 10 days, 1 mth, 3 mths
EPDS >12 at 3 mths
Infant health at 3 mths

Situational variables in PN period

Employment/maternity leave

Indicators of infant attachment

Woman's sense of when the baby belonged (6 categories: pregnancy-not quite yet)
Positive and negative adjectives used about baby (8 of each)
Baby considered more or less difficult than average

Partner support

Single mother
Amount of paternity leave taken (days)
Score of help with baby care (0-20)

Health professional support

No. home visits by MW
Age of baby at last visit (days)
Would have liked to see MW more/less
Support with baby's crying, sleeping, feeding
Attended baby clinic, drop-in clinic, Children's centre, parents' group, peer support, PN classes, baby café, used online support, parenting website

MW midwife; PN postnatal; EPDS Edinburgh Postnatal Depression Scale; PTSD post-traumatic stress disorder