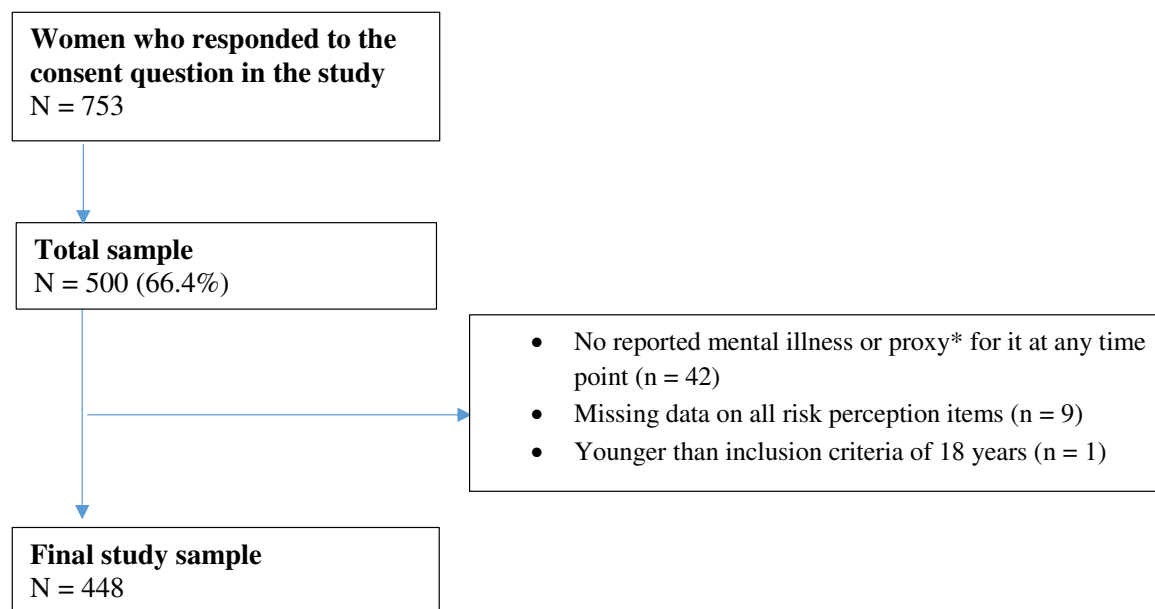


e-Only Figure 1: Data flow to achieve the final study sample

*Proxies of mental illness included having used a psychotropic medication or non-pharmacological psychotherapy in the past or currently, having an eating disorder according to the DSM-IV algorithm, having active depressive symptoms or self-harm thoughts at the time of questionnaire response as measured by the EPDS scale, or the PHQ2 scale. These proxies were used to verify whether women with missing or no reported mental illness based on self-reported diagnoses, had proxies of mental illness (since this was an eligibility criterion in the study).