

**Table 1. Prevalence of anxiety disorders and comorbid anxiety and depression**

	Early pregnancy N=102 % (95% CI)	Mid-pregnancy N=99 % (95% CI)	Late pregnancy N=102 % (95% CI)	Postnatal N=100 % (95% CI)	Total N=403 % (95% CI)
<b>Anxiety disorders</b>					
All anxiety disorders	25.5 (17.4-35.1)	19.2 (12.0-28.3)	15.7 (9.2-24.2)	19.0 (11.8-28.1)	19.9 (16.1-24.1)
GAD	5.9 (2.2-12.4)	6.1 (2.3-12.7)	4.9 (1.6-11.1)	6.0 (2.2-12.6)	5.7 (3.7-8.4)
Panic disorder	4.9 (1.6-11.1)	4.0 (1.1-10.0)	4.9 (1.6-11.1)	2.0 (0.0-7.0)	4.0 (2.3-6.4)
Agoraphobia	6.9 (2.8-13.6)	2.0 (2.5-7.1)	4.9 (1.6-11.1)	5.0 (1.6-11.3)	4.7 (2.9-7.3)
Specific phobia	4.9 (1.6-11.1)	1.0 (0.0-5.5)	4.9 (1.6-11.1)	3.0 (0.6-8.5)	3.5 (1.9-5.8)
Social anxiety	2.9 (0.6-8.4)	3.0 (0.60-8.60)	3.9 (1.1-9.7)	3.0 (0.6-8.5)	3.2 (1.7-5.5)
OCD	13.7 (7.7-22.0)	9.1 (4.2-16.6)	3.9 (1.1-9.7)	6.0 (2.2-12.6)	8.2 (5.7-11.3)
PTSD	2.9 (0.6-8.4)	1.01 (0.0-5.5)	5.9 (2.2-12.4)	0 (0-3.6)	2.5 (1.2-4.5)
Major depressive disorder	10.8 (5.5-18.5)	6.1 (2.3-12.7)	2.0 (0.2-6.9)	2.0 (1.6-11.3)	6.0 (3.8-8.7)
<b>Comorbid anxiety and depression</b>					
No diagnosis	72.5 (62.8-80.9)	80.8 (71.7-88.0)	83.3 (74.7-89.9)	80.0 (70.8-87.3)	79.2 (74.8-83.0)
Anxiety only	16.7 (10.0-25.3)	13.1 (7.2-21.4)	14.7 (8.5-23.1)	15.0 (8.6-23.5)	14.9 (11.6-18.7)
Depression only	2.0 (0-6.9)	0.0 (0-3.7)	1.0 (0-5.3)	1.0 (0-5.4)	1.0 (0.2-2.5)
Anxiety and depression	8.8 (4.1-16.1)	6.1 (2.3-12.7)	1.0 (0-5.3)	4.0 (1.1-9.9)	5.0 (3.1-7.6)

**Table 2: Current disorders and a history of mental health problems**

	History of mental health problems N=152 % (95% CI, n)	No history of mental health problems N=226 % (95% CI, n)	Don't know N=16 % (95% CI, n)
No diagnosis	65.1 (56.99-72.67, n=99)	90.7 (86.15-94.16, n=205)	50.0 (24.65-75.35, n=8)
Anxiety only	24.3 (17.75-31.96, n=37)	7.1 (4.10-11.24, n=16)	37.5 (15.20-64.57, n=6)
Depression only	1.97 (0.41-5.66, n=3)	0.44 (0.01-2.44, n=1)	0.0 (n=0)
Anxiety and depression	8.6 (4.63-14.18, n=13)	1.8 (0.48-4.47, n=4)	12.5 (1.55-38.35, n=2)

**Table 3: Proportion of sample receiving treatment or wanting treatment**

	N	No diagnosis % (95% CI, n)	Anxiety only % (95% CI, n)	Depression only % (95% CI, n)	Anxiety & depression % (95% CI, n)
<b>Currently receiving professional help or treatment (n=403)</b>					
Yes	24	3.1 (1.51-5.69, n=10)	15.0 (7.10-26.57, n=9)	75.0 (19.41-99.37, n=3)	10.0 (1.23-31.70, n=2)
No	379	96.9 (94.31-98.49, n=309)	85.0 (73.43-92.90, n=51)	25.0 (0.63-80.59, n=1)	90.0 (68.30-98.77, n=18)
<b>Want professional help or treatment (n=403)</b>					
Yes	27	3.1 (1.51-5.69, n=10)	15.0 (7.10-26.57, n=9)	25.0 (0.63-80.59, n=1)	35.0 (15.39-59.22, n=7)
No	376	96.9 (94.31-98.49, n=309)	85.0 (73.43-92.90, n=51)	75.0 (19.41-99.37, n=3)	65.0 (40.78-84.61, n=13)
<b>Whether women who want treatment were currently receiving treatment (n=27)</b>					
Receiving treatment	13	60.0 (26.24-87.84, n=6)	55.6 (21.20-86.30, n=5)	100 (2.50-100, n=1)	14.3 (0.36-57.87, n=1)
Not receiving treatment	14	40.0 (12.16-73.76, n=4)	44.4 (13.70-78.80, n=4)	0	85.71 (42.13-99.64, n=6)

**Figure 1. Number of participants with diagnosed anxiety and/or depression who received or wanted treatment (N=84)**

