

## **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