

Supplementary Table S1. Characteristics of the study group.

Variables	Descriptive statistics									
	N	$\bar{x}$	Me	Min.	Max.	Q1	Q3	SD	CI -95.0%	CI +95.0%
Age [years]	187	29.19	29.00	19.00	41.00	26.00	31.00	4.01	3.64	4.47
Body height [cm]	187	165.05	165.00	150.00	187.00	160.00	170.00	6.19	5.62	6.89
Body mass [kg]	187	66.93	66.00	45.00	112.00	60.00	73.00	10.53	9.56	11.72
BMI	187	24.50	24.17	17.91	36.81	22.15	26.04	3.10	2.81	3.45
Number of pregnancy	187	1.77	2.00	1.00	4.00	1.00	2.00	0.80	0.73	0.89
Sedentary [min]	187	3953.19	3240.42	510.25	9911.8	2544.92	4383.67	2170.49	1970.55	2415.94
Light [min]	187	1090.08	1117.42	70.83	2080.50	846.17	1334.67	363.40	329.92	404.49
Moderate [min]	186	626.62	355.13	48.08	2105.00	199.92	1061.67	499.18	453.08	555.80
Vigorous [min]	187	102.48	76.50	0.00	516.08	0.00	158.33	114.66	104.10	127.63
% in Sedentary	187	66.07	67.00	31.00	99.00	57.43	74.22	13.10	11.89	14.58
% in Light	187	20.89	22.10	1.00	36.00	17.33	26.00	7.17	6.51	7.98
% in Moderate	187	11.15	6.38	1.00	39.00	4.25	19.00	8.67	7.87	9.65
% in Vigorous	187	1.85	1.58	0.00	7.00	0.00	3.15	1.88	1.71	2.10
Total MVPA [min]	187	730.80	538.42	64.42	2156.17	321.50	1071.08	511.67	464.54	569.53
% in MVPA	187	12.18	9.51	0.22	38.88	5.99	18.46	7.95	7.22	8.85
Average MVPA per day [min]	187	113.87	82.15	9.20	308.02	53.58	162.17	73.53	66.76	81.84
Steps Counts	187	53475.50	54253.00	3320.00	105283.00	38932.00	65488.00	19470.30	17676.74	21672.11
Steps counts per day	187	8461.50	8774.00	474.29	15040.43	6791.00	10053.50	2658.75	2413.83	2959.42
GAD7 before birth	187	6.19	6.00	1.00	18.00	4.00	7.00	3.33	3.02	3.70
GAD7 after childbirth	187	6.11	6.00	1.00	16.00	4.00	8.00	3.31	3.00	3.68
GAD7 6 months after childbirth	187	4.37	4.00	1.00	13.00	2.00	6.00	2.71	2.46	3.02
EDSP before birth	187	5.13	5.00	1.00	13.00	3.00	7.00	2.81	2.55	3.12
EDSP after childbirth	187	7.98	7.00	3.00	19.00	5.00	10.00	3.51	3.19	3.91
EDSP 6 months after childbirth	187	5.79	5.00	1.00	18.00	3.00	7.00	3.84	3.49	4.27

Supplementary Table S2. Sociodemographic characteristics of the study group.

	N	N All	%	Procent All
<b>Place of residence</b>				
Urban area	109	109	58.29	58.3
Rural area	78	187	41.71	100.0
<b>Education</b>				
Basic	0	0	0.00	0.0
Professional	0	0	0.00	0.0
Medium	46	46	24.60	24.6
Higher	141	187	75.40	100.0
<b>Marital status</b>				
Single	17	17	9.09	9.1
In a relationship / married woman	170	187	90.91	100.0
<b>Income</b>				
to 1000zł	9	9	4.81	4.8
1000–1500 PLN	15	24	8.02	12.8
1500–2000 PLN	54	78	28.88	41.7
2000–2500 PLN	68	146	36.36	78.1
2500–3000 PLN	31	177	16.58	94.7
3000–4000 PLN	8	185	4.28	98.9
above 4000 PLN	2	187	1.07	100.0