Table S2. Participant characteristics and the difference between intervention- and control group

		Overall (n= 276)	Intervention group (n= 136)	Control group (n= 140)	P-value
Age at previous birth, mean ±SD		30 ±3.6	29.4 ±3.4	30.2 ±3.4	0.51
Parity at baseline, n (%)	Primiparous	224 (81)	110 (81)	114 (81)	1
	Multiparous	52 (19)	26 (19)	26 (19)	
Education at baseline, n (%)	Secondary degree	66 (24)	31 (23)	35 (25)	0.86
	Bachelor degree	93 (34)	50 (37)	43 (31)	
	Master degree and above	117 (42)	55 (40)	62 (44)	
Ethnicity, n (%)	White European	266 (96)	131 (96)	135 (96)	1
	Other ethnicity	10 (4)	5 (4)	5 (4)	
Method of conception previous childbirth, n (%)	Spontaneous	241 (91)	112 (86)	129 (96)	**0.006**
	ART	25 (9)	19 (14)	6 (4)	
	Missing	*10*	*5*	*5*	
Method of delivery previous childbirth, n (%)	Spontaneous	184 (67)	86 (63)	98 (70)	0.49
	Vacuum- extraction/ forceps	37 (13)	23 (17)	14 (10)	
	Primary section (planned)	19 (7)	9 (7)	10 (7)	
	Secondary section (urgent)	36 (13)	18 (13)	18 (13)	
Exclusive breastfeeding at 6 weeks postpartum*, n (%)	Yes	178 (64)	80 (59)	98 (70)	**0.052**
	No	98 (36)	56 (41)	42 (30)	
Family composition baseline, n (%)	Biological parents				
	Single parent family	14 (5)	8 (6)	6 (4)	0.80
	Two parent family	253 (92)	124 (91)	129 (92)	
	Blended family	9 (3)	4 (3)	5 (4)	
Family income (monthly) at baseline, n (%)	Less than 2000 euro	13 (5)	5 (4)	8 (6)	0.53
	2000-3000 euro	36 (14)	14 (11)	22 (16)	
	3000-4000 euro	124 (47)	61 (48)	63 (47)	
	4000 or above	88 (34)	46 (37)	42 (31)	
	Missing	*15*	*10*	*5*	
History of depressive feelings before previous childbirth, n (%)	Yes	30 (11)	10 (8)	20 (15)	0.08
	No	236 (89)	121 (92)	115 (85)	
	Missing	*10*	*5*	*5*	
History of anxiety feelings before previous childbirth, n (%)	Yes	27 (10)	15 (11)	12 (9)	0.55
	No	238 (90)	116 (89)	122 (91)	
	Missing	*11*	*5*	*6*	
Pre- pregnancy BMI previous pregnancy, n (%)	NW	154 (56)	76 (56)	78 (56)	1
	OW	89 (32)	44 (32)	45 (32)	
	OB	33 (12)	16 (12)	17 (12)	

Gestational weight gain in kg previous pregnancy, median (IQR)	Among NW	18 (3)	18 (3)	19 (4)	0.11
	Among OW	16 (6)	16 (5)	16 (6)	0.41
	Among OB	15 (5)	15 (7)	14.5 (4)	0.40
Depression score at baseline, median (IQR)	EPDS (0-30)	6 (6)	6 (7)	5 (6)	0.49
	GMDS (0-39)	4 (5)	5 (5)	4 (6)	0.74
Anxiety score at baseline, median (IQR)	sSTAI (20-80)	37 (13)	35 (10)	37 (13)	0.20
	EDS-3A (0-9)	3 (4)	3 (3)	4 (3)	0.80
Quality of life score at baseline, median (IQR)	(0-100)	80 (12)	80 (14)	81 (11)	**0.04**
Sense of Cohrence score at baseline, median (IQR)	SOC (13-91)	72 (14)	71 (17)	71 (16)	0.41
Depression score at 6 months after childbirth, median (IQR)	EPDS (0-30)	5 (5)	5 (6)	5 (5)	0.63
	GMDS (0-39)	5 (6)	5 (6)	4 (6)	0.89
Anxiety score at 6 months after childbirth, median (IQR)	sSTAI (20-80)	37 (16)	40 (17)	37 (13)	0.17
	EDS-3A (0-9)	3 (2)	3 (4)	3 (2)	0.70
Quality of life score at 6 months after childbirth, median (IQR)	(0-100)	80 (16)	80 (14)	80 (15)	0.07
Sense of Coherence at 6 months after childbirth, median (IQR)	SOC (13-91)	73 (17)	74 (16)	71 (15)	0.57
Interpregnancy Interval (months), median (IQR)		17 (11)	17 (12)	18 (11)	0.09

pp= postpartum; ART = assisted reproductive treatment; BMI= body mass index; NW= normal weight; OW= overweight; OB= obesity; sSTAI-6= spielberger State-Trait Anxiety Inventory- 6 item; EDS-3A = Edinburgh Depression Scale- 3 Anxiety subscale; EPDS= Edinburgh Postnatal Depression Scale; GMDS = Gotland Male Depression Scale; SOC = Sense Of Coherence

Significance level was calculated using the Likelihood ratio chi- square test or Lineair-by-Lineair Association for categorical variables and the Mann- Whitney U test for continue variables.

Baseline = 6 weeks postpartum Interpregnancy Interval = time between childbirth and start next pregnancy.