**Participant Flow:**



**Baseline Characteristics**

**Table 1. Demographic information of participants who completed the study (n=74)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Categorical variables** | **N** | **%** |  |  |
| Primary language |
| Spanish | 60 | 81.1 |  |  |
| English | 13 | 17.6 |  |  |
| Other | 1 | 1.4 |  |  |
| Country of birth |
| USA | 20 | 27 |  |  |
| Othera | 53 | 71.6 |  |  |
| Declined to answer | 1 | 1.4 |  |  |
| Relationship Status |
| Married | 37 | 50 |  |  |
| Single/Never Married | 29 | 39.1 |  |  |
| Divorced/widowed/separated | 7 | 9.5 |  |  |
| Decline to answer | 1 | 1.4 |  |  |
| Employment Status |
| Employed | 24 | 32.4 |  |  |
| Unemployed by choice | 28 | 37.8 |  |  |
| Unemployed but desire to be employed | 22 | 29.7 |  |  |
| Education |  |
| 8th grade or less | 14 | 18.9 |  |  |
| More than 8th grade to GED | 35 | 47.3 |  |  |
| **Continuous variables** | **M** | **SD** | **Min** | **Max** |
| Age | 28.9 | 6.7 | 18 | 44 |
| Length in US (if foreign born) | 12 | 7.1 | 1 | 29 |
| Household income (last 30 days) | 1658.0 | 931.9 | 0 | 4000 |
| EPDS\* | 15.7 | 3.6 | 10 | 25 |

\* One inclusion criterion is scoring 10 and above in EPDS.

**Outcome Measures**

**Table 2 Descriptive statistics and paired-t test results for study variables**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Outcome | Pretest | Posttest | t | df | p | Cohen’s d (effect size) |
| M | SD | M | SD |
| EPDS | 15.7 | 3.6 | 7.70 | 5.33 | 13.622 | 73 | .001 | 1.584 (large) |
| PHQ-9 | 10.9 | 5.7 | 5.00 | 3.96 | 9.49 | 73 | <.001 | 1.103 (large) |
| NGSE | 29.1 | 7.7 | 32.18 | 6.90 | -3.41 | 73 | .001 | 0.398 (small) |
| MEQ | 28.4 | 4.4 | 31.28 | 4.08 | -4.94 | 73 | <.001 | 0.575 (medium) |
| PPD Knowledge | 4.59 | 1.71 | 5.64 | 2.08 | -3.618 | 73 | <.001 | 0.424 (small) |

**Adverse Events**

The Puerto Rico site was dropped due to hurricane Maria that struck the island in 2017.

To our best knowledge, there have not been any adverse events happened to the participants during the period of the intervention.