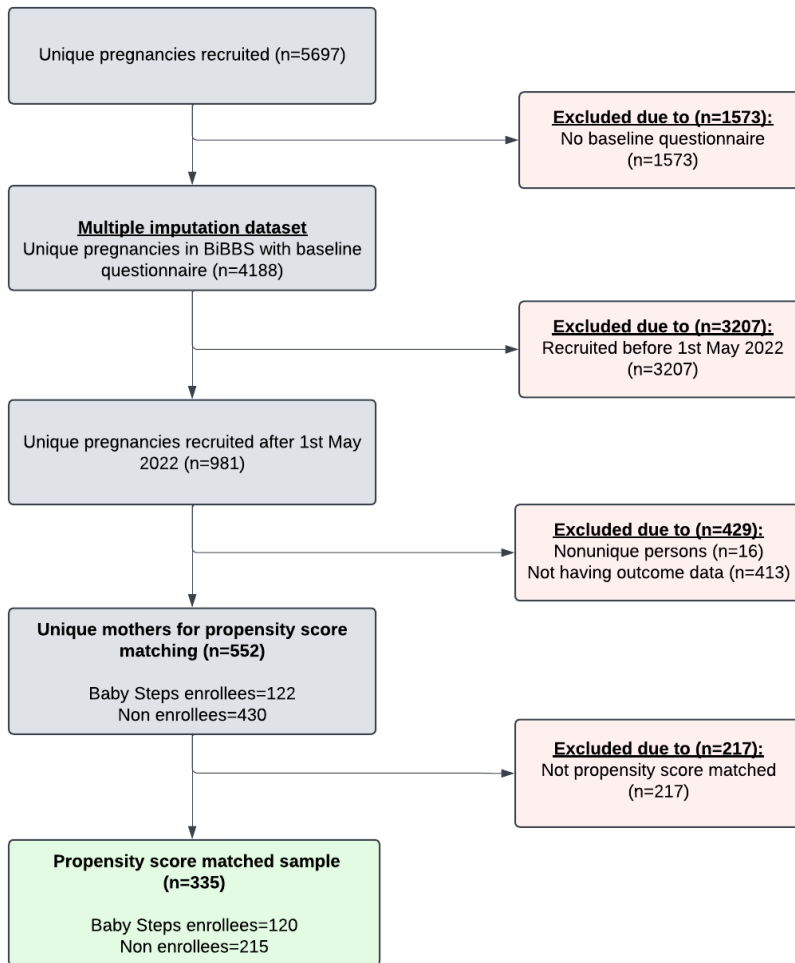


Participant flow



Baseline characteristics

Baseline characteristics for unmatched groups

	Non enrollees (n=430)	Enrollees (n=122)	Total (n=552)
Continuous variables	Mean (SD)		
PHQ	5.45 (4.73)	5.56 (4.25)	5.48 (4.62)
<i>Missing N (%)</i>			16 (3)
GAD	3.91 (4.22)	4.53 (4.41)	4.05 (4.26)
<i>Missing N (%)</i>			19 (3)
PAI	49.06 (9.81)	50.22 (9.25)	49.32 (9.69)
<i>Missing N (%)</i>			117 (21)
Maternal age	29.89 (5.51)	29.66 (5.36)	29.84 (5.47)
<i>Missing N (%)</i>			1 (<1)
Categorical variables	N (%)		
BSB area			
Bowling and Barkerend	133 (31)	35 (29)	168 (30)
Bradford Moor	134 (31)	51 (42)	185 (34)
Little Horton	160 (37)	36 (30)	196 (36)
<i>Missing</i>			0 (0)
Ethnicity			
Pakistani	265 (62)	59 (48)	324 (59)
White British	32 (7)	6 (5)	38 (7)
Other South Asian	57 (13)	28 (23)	85 (15)
Other White/CEE	Redacted due to small cell counts		

Black British/African/Caribbean	40 (9)	16 (13)	56 (10)
Other	18 (4)	12 (10)	30 (5)
<i>Missing</i>			0 (0)
Country of birth			
Not UK	257 (60)	90 (74)	347 (63)
UK	173 (40)	32 (26)	205 (37)
<i>Missing</i>			0
First language			
English	247 (57)	56 (46)	303 (55)
Not English	183 (43)	66 (54)	249 (45)
<i>Missing</i>			0 (0)
English ability			
Very well	157 (37)	41 (34)	198 (36)
Quite well	69 (16)	33 (27)	102 (18)
Some	50 (12)	12 (10)	62 (11)
A little bit	32 (7)	15 (12)	47 (9)
Not at all	6 (1)	0 (0)	6(1)
<i>Missing</i>			0 (0)
Financial security			
Living comfortably	106 (25)	32 (26)	138 (25)
Doing alright	190 (44)	47 (39)	237 (43)
Just about getting by	81 (19)	25 (20)	106 (19)
Finding it quite/very difficult	37 (9)	15 (12)	52 (9)
<i>Missing</i>			19 (3)

Parity			
0 previous pregnancies	38 (9)	10 (8)	48 (9)
1 previous	91 (21)	21 (17)	112 (20)
2 or more previous	118 (27)	23 (18)	141 (26)
<i>Missing</i>			251 (45)
Previous projects			
None	395 (92)	95 (78)	490 (89)
1 or more	35 (8)	27 (22)	62 (11)
			0 (0)

Baseline descriptives for matched groups

	Control group (n=215)	Baby Steps group (n=120)	Standardized difference
Continuous variables	Mean (SD)		
PHQ	5.69 (5.11)	5.517 (4.25)	0.038
GAD	4.45 (4.71)	4.41 (4.41)	0.008
Prenatal Attachment In	49.6 (9.58)	50.23 (9.56)	-0.065
Maternal age	29.15 (5.60)	29.52 (5.27)	-0.068
Categorical variables	N (%)		
Bradford area of residence			
Bowling and Barkerend	62 (28.8)	35 (29.2)	0.078
Bradford Moor	83 (38.6)	50 (41.7)	
Little Horton	70 (32.6)	35 (29.2)	
Ethnicity			

Pakistani	113 (52.6)	49 (42.2)	0.220
White British	17 (7.9)	6 (5.0)	
Other South Asian	38 (17.7)	28 (23.3)	
Other White/Central Eastern European	<i>Redacted due to small cell counts</i>		
Black British/African/ Caribbean	27 (12.6)	16 (13.3)	
Other	15 (7.0)	10 (8.3)	
First language			
English	118 (54.9)	56 (46.7)	0.164
Not English	97 (45.1)	64 (53.3)	
Financial security			
Living comfortably	58 (27.0)	32 (26.7)	0.054
Doing alright	85 (39.5)	47 (39.2)	
Just about getting by	47 (21.9)	25 (20.8)	
Finding it quite/very difficult	25 (11.6)	16 (13.3)	
Parity			
0 previous pregnancies	76 (35.3)	42 (35.0)	
1 previous	76 (35.3)	45 (37.5)	
2 or more previous	63 (29.3)	33 (27.5)	
Previous antenatal intervention participation			
None	186 (86.5)	95 (79.2)	0.196

1 or more	29 (13.5)	25 (20.8)
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Outcome measures

Continuous outcomes		
Outcome [measure]	B [95% CI]	p
Maternal warmth [MORS-SF]*, **	0.62 [-0.79 to 2.03]	0.388
Maternal invasion [MORS-SF]*	0.57 [-0.67 to 1.82]	0.367
Depression [PHQ-8]*	-0.74 [-1.56 to 0.07]	0.072
Anxiety [GAD-7]*	-0.50 [-1.28 to 0.28]	0.206
Binary outcomes		
Outcome [reference level]	Odds ratio [95% CI]	p
Depression categorized [reference=no depression]*	0.52 [0.26 to 1.04]	0.066
Anxiety categorized [reference=no depression]*	0.59 [0.28 to 1.21]	0.149
Gestation [reference=after 37 weeks]	0.33 [0.07 to 1.59]	0.169
Birth type [reference=vaginal delivery]	2.18 [1.35 to 3.51]	0.001
Birth weight [reference=healthy birthweight]	0.63 [0.25 to 1.61]	0.340

**=models adjusted for child age in days at time of outcome, and baseline measure of the relevant outcome. Other models did not adjust for child age as period was not relevant, and no baseline measure of these outcomes existed e.g. of birthweight. **=a lower score/category is considered more desirable for all outcomes, except for maternal warmth (MORS-SF).*

Harms/adverse events

There were no adverse events recorded in our study.