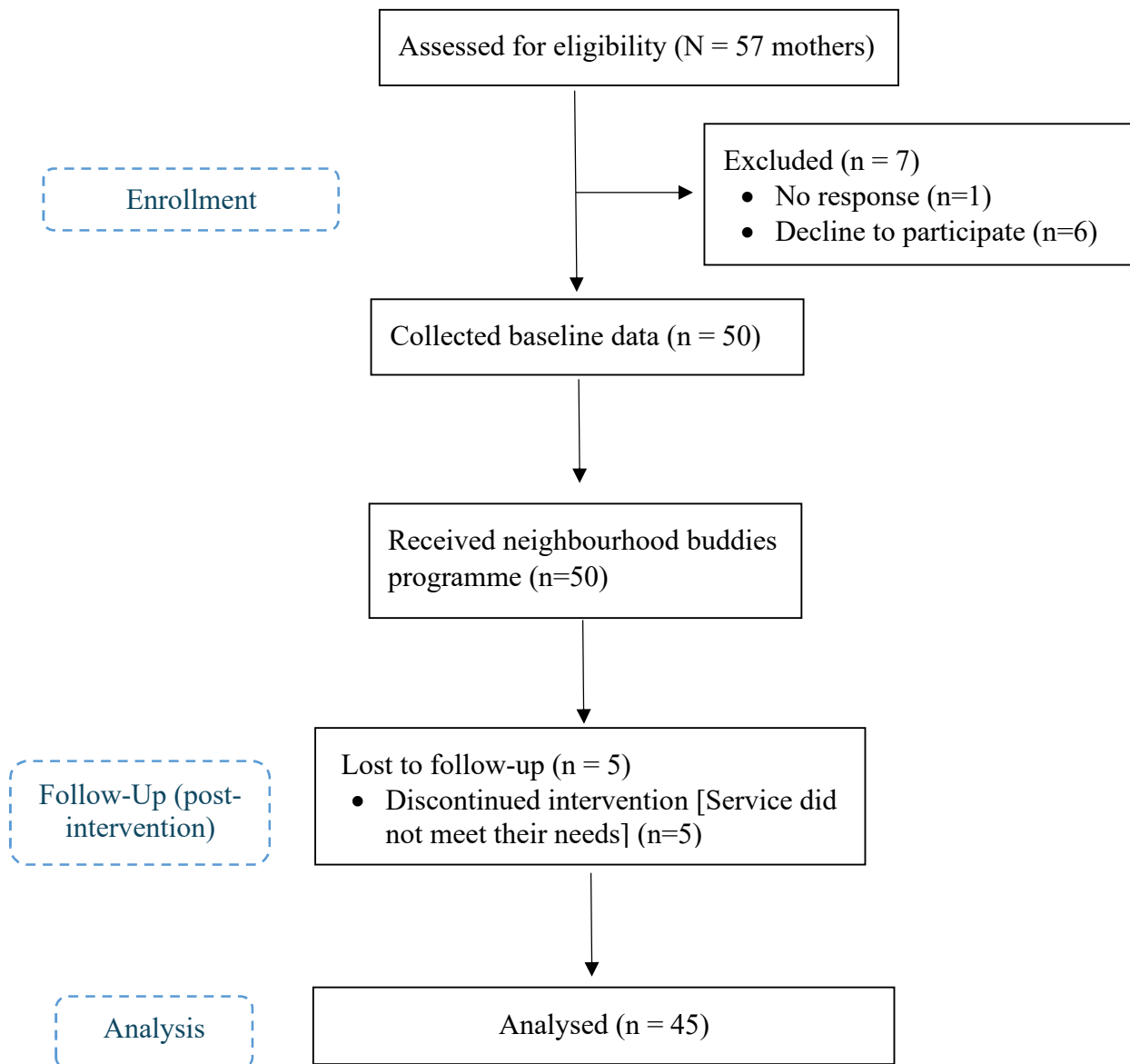


Participant Flow



Baseline Characteristics

Table 1. Demographic characteristics of the training participants (N=113).

Characteristics	Pui Yuet (n = 45)	Others (n = 68)
	n (%)	n (%)
Age (years)		
20-39 years old	2 (4.4%)	19 (27.9%)
40-59 years old	30 (66.7%)	34 (50.0%)
60 or above	13 (28.9%)	15 (22.1%)
Born in Hong Kong		
Yes	27 (60.0%)	56 (82.4%)
No	18 (40.0%)	12 (17.6%)
Education level		
Secondary school or below	38 (84.4%)	20 (29.4%)
Associate degree or above	7 (15.6%)	48 (70.6%)
Marital Status		
Single/ Divorced/ Widowed	10 (22.2%)	29 (42.6%)
Married	35 (77.8%)	39 (57.4%)
Number of Children		
0	3 (6.7%)	33 (48.5%)
1	15 (33.3%)	15 (22.1%)
2	23 (51.1%)	16 (23.5%)
3 or above	4 (8.9%)	4 (5.9%)
Employment Status		
Unemployed/housewife/student/Retired	19 (42.2%)	18 (26.5%)
Employed	26 (57.8%)	50 (73.5%)
Pui Yuet Training		
Yes	42 (93.3%)	2 (2.9%)
No	3 (6.7%)	66 (97.1%)

Table 2. Baseline characteristics of the mothers (N = 50)

Characteristics	n (%)
Age	
20-29 years	14 (28.0%)
30-39 years	31 (62.0%)
40-49 years	5 (10.0%)
Education level	
Secondary or below	37 (74.0%)
Associate Diploma/High Diploma/University or above	13 (26.0%)
Marital Status	
Single	9 (18.0%)
Married	34 (68.0%)
Divorced	6 (12.0%)
Widowed	1 (2.0%)
Number of Children	
1	19 (38.0%)
2	19 (38.0%)
3 or 4	12 (24.0%)
Age of the youngest/only child	
≤1 month	11 (22.0%)
1-6 months	25 (50.0%)
>6-12 months	8 (16.0%)
>12 months	6 (12.0%)
Working Mode	
Housewife/Unemployed	44 (88.0%)
Part-time	1 (2.0%)
Full-time (on maternity leave)	5 (10.0%)
Monthly family income (HK\$)	
≤9,999	13 (26.0%)
10,000-19,999	21 (42.0%)
20,000-29,999	10 (20.0%)
30,000-49,999	6 (12.0%)
Born in Hong Kong	
Yes	32 (64.0%)
No	18 (36.0%)
Medical history	
Yes	7 (14.0%)
No	43 (86.0%)
Smoking habits	
Never	32 (64.0%)
Quitted	12 (24.0%)
Current smoker	6 (12.0%)
Drinking habits	
Never	38 (76.0%)
Less than monthly	8 (16.0%)
2-4 times a month	2 (4.0%)
Daily or almost daily	2 (4.0%)

Outcome measures

Table 3. Comparison of pre-and post-training Chinese Interpersonal Reactivity Index scores (training participants)

Subscale	Possible range	Pre-training (n=72)	Post-training (n=72)	t	p
		Mean±SD	Mean±SD		
Empathy	0-44	32.6±6.0	33.0±5.3	-0.754	0.453
Fantasy	0-16	7.2±3.3	6.9±3.3	1.501	0.138
Personal Distress	0-28	10.3±4.4	9.9±4.5	1.102	0.274

Table 4. Summary of study outcomes (mothers)

Outcomes	Possible range	T0 (N=50) Mean (SD) / n (%)	T1 (N=45) Mean (SD) / n (%)	Paired t-test p	Effect size Cohen's d
Parenting Sense of Competence Scale (PSOC)					
Total score	17-102	57.2 (14.7)	62.2 (13.0)	0.006**	0.43
Efficacy subscale score	8-48	29.9 (8.0)	31.8 (6.8)	0.023*	0.35
Satisfaction subscale score	9-54	27.3 (9.0)	30.4 (8.6)	0.037*	0.32
Parental Stress Scale (PSS)					
Total score	17-102	52.4 (14.3)	50.0 (14.8)	0.058	0.29
Maladjustment (≥53)		25 (50.0%)	19 (42.2%)		
State-Trait Anxiety Inventory (STAI)					
State score	20-80	57.6 (15.0)	52.2 (14.8)	0.001**	0.52
Trait score	20-80	56.0 (12.3)	52.8 (11.9)	0.002**	0.49
Edinburg Postnatal Depression Scale (EPDS)					
Total score	0-30	16.8 (6.8)	15.3 (6.3)	0.101	0.25
Possible depression (≥10)		44 (88.0%)	38 (84.4%)		

* $p < 0.05$; ** $p < 0.01$

Adverse Events

There were no adverse events associated with this study