

## **Plain English summary of results for secondary outcome measure (adverse perinatal outcomes)**

Gestational diabetes mellitus (GDM) is a type of diabetes that develops during pregnancy and can increase the chances of complications for both mother and baby. This study tested whether showing educational films to pregnant women and their healthcare providers could help reduce these complications by improving the early detection and management of GDM.

Researchers carried out two large studies in Uganda and India. In each country, 30 public health facilities were randomly assigned either to use the films or to continue with their usual care. The films—seven in total—were culturally tailored and designed to explain what GDM is, how it is detected, and how it can be managed.

More than 5,000 women took part in Uganda and almost 11,000 in India. The researchers looked at whether the films helped reduce a combined measure of serious outcomes, including unplanned caesarean section, stillbirth, neonatal death, or newborn hospitalisation.

The results showed **no difference** between the facilities that used the films and those that did not. In both countries, the rates of complications were very similar for women in the intervention group and the control group.

The findings suggest that providing short educational films alone is **not enough** to reduce GDM-related pregnancy and birth complications. However, because the films are inexpensive and easy to share, they could still be useful when combined with more intensive support or other interventions.