| **Author, Year**  **Quality** | **Outcome Category Description** | **Outcome Description** | **Group (Subgroup)** | **Timepoint** | **IG n/N (%)** | **CG n/N (%)** | **RR (95% CI)** | **Study-reported Measure** | **Result** | **p-value** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Brugha, 200053  Fair | Depression prevalence | ICD-10 Depression diagnosis per SCAN | IG1 | p13 | 3/94 (3.0) | 6/96 (6.0) | 0.51 (0.13 to 1.98) | OR | 0.47 (0.11 to 1.96)\* | 0.3 |
| Above depression cut-off | EPDS ≥11 | IG1 | p13 | 15/94 (16.0) | 18/96 (18.0) | 0.85 (0.46 to 1.59) | OR | 0.83 (0.39 to 1.79)\* | 0.64 |
| Above depression cut-off | GHQ-D ≥2 | IG1 | p13 | 24/94 (26.0) | 21/96 (22.0) | 1.17 (0.7 to 1.95) | OR | 1.19 (0.59 to 2.37)\* | 0.62 |
| General functioning | Many vs. few difficulties with ADL | IG1 | p13 | 1/94 (1.1) | 6/96 (6.3) | 0.17 (0.02 to 1.39) | OR | 0.16 (0.02 to 1.37)† | 0.09 |
| Brugha, 201166  Fair | Above depression cut-off | EPDS ≥12 | IG1 | p26 | 113/1474 (7.7) | 83/767 (10.8) | 0.71 (0.54 to 0.93) | OR | 0.68 (0.5 to 0.93)\* | - |
| Cooper, 201595  Fair | Depression prevalence | SCID (% depressed) | IG1 | 0 | 26/82 (31.7) | 21/83 (25.3) | 1.25 (0.77 to 2.04) | - | - | p>0.687 |
| Depression prevalence | SCID (% depressed) | IG1 | p08 | 15/82 (18.3) | 12/83 (14.5) | 1.27 (0.63 to 2.54) | - | - | p>0.687 |
| Depression prevalence | SCID (% depressed) | IG1 | p18 | 16/80 (20.0) | 15/79 (19.0) | 1.05 (0.56 to 1.98) | - | - | p>0.687 |
| Depression prevalence | SCID (% depressed) | IG1 | p52 | 10/75 (13.3) | 11/76 (14.5) | 0.92 (0.42 to 2.04) | - | - | p>0.687 |
| Depression prevalence | SCID (% depressed) | IG1 | p78 | 5/73 (6.8) | 9/74 (12.2) | 0.56 (0.2 to 1.6) | - | - | p>0.687 |
| Child development (physical, social, emotional, behavioral) | Behavior Problems | IG1 | p08 | 45/82 (56.3) | 39/83 (48.8) | 1.17 (0.86 to 1.58) | - | - | >0.570 |
| Child development (physical, social, emotional, behavioral) | Behavior Problems | IG1 | p18 | 28/80 (35.4) | 31/79 (40.3) | 0.89 (0.59 to 1.34) | - | - | >0.570 |
| Child development (physical, social, emotional, behavioral) | Behavior Problems | IG1 | p52 | 23/75 (32.9) | 32/76 (45.1) | 0.73 (0.47 to 1.12) | - | - | >0.570 |
| Attachment/ bonding | Relationship Problems | IG1 | p08 | 22/82 (32.3) | 32/83 (42.7) | 0.7 (0.44 to 1.09) | - | - | 0.131 |
| Attachment/ bonding | Relationship Problems | IG1 | p18 | 24/80 (32.4) | 33/79 (44.0) | 0.72 (0.47 to 1.1) | - | - | 0.131 |
| Attachment/ bonding | Relationship Problems | IG1 | p52 | 20/75 (28.6) | 21/76 (30.9) | 0.97 (0.57 to 1.63) | - | - | 0.131 |
| Dennis, 2003105  Fair | Above depression cut-off | EPDS >12 | IG1 | p14 | 2/20 (10.0) | 9/22 (40.9) | 0.24 (0.06 to 1) | OR | 6.23 (1.15 to 33.77)† | 0.02 |
| Above depression cut-off | EPDS >12 | IG1 | p18 | 3/20 (15.0) | 11/22 (52.4) | 0.3 (0.1 to 0.92) | OR | 6.23 (1.4 to 27.84)† | 0.01 |
| Above depression cut-off | EPDS >9 | IG1 | p14 | 9/20 (45.0) | 16/22 (72.7) | 0.62 (0.36 to 1.07) | OR | 3.26 (0.9 to 11.81)‡ | 0.06 |
| Above depression cut-off | EPDS >9 | IG1 | p18 | 7/20 (35.0) | 16/22 (76.2) | 0.48 (0.25 to 0.92) | OR | 5.94 (1.52 to 23.18)‡ | 0.008 |
| Di Blasio, 2015112  Fair | Above depression cut-off | BDI-II 13-28 | IG1 | p13 | 5/57 (8.8) | 9/56 (16.0) | 0.55 (0.2 to 1.53) | - | - | - |
| PTSD scale score | PPQ >6 | IG1 | p13 | 6/57 (10.5) | 17/56 (30.0) | 0.35 (0.15 to 0.81) | - | - | - |
| Dimidjian, 201690  Fair | Depression incidence | Onset of depression | IG1 | p26 | 8/43 (18.4) | 22/43 (50.2) | 0.36 (0.18 to 0.72) | HR | 3.87 (1.39 to 10.76)\* | 0.008 |
| Dugravier, 201372  Fair | Above depression cut-off | EPDS Score >10 | IG1 | 0 | 78/184 (42.4) | 86/183 (47.0) | 0.9 (0.72 to 1.13) | - | - | - |
| Fisher, 201680  Good | Mental Health prevalence | DSM IV diagnosis of depressive, anxiety, or adjustment disorders prior 30 days | IG1 | p26 | 18/187 (9.7) | 16/177 (9.3) | 1.06 (0.56 to 2.02) | OR | 0.78 (0.38 to 1.63)\* | - |
| Depression prevalence | DSM IV diagnosis of MDD (only) in prior 30 days | IG1 | p26 | 1/185 (0.5) | 1/173 (0.6) | NR | NR | NR | NR |
| Breastfeeding | Breastfeeding in prior 24hr | IG1 | p26 | 121/187 (63.0) | 114/177 (64.0) | 1 (0.86 to 1.17) | OR | 1.05 (0.66 to 1.68)\* | - |
| Child development (physical, social, emotional, behavioral) | Unsettled infant behavior | IG1 | p26 | 92/187 (49.7) | 87/177 (50.6) | 1 (0.81 to 1.23) | OR | 0.91 (0.6 to 1.39)\* | - |
| Fontein-Kuipers, 201674  Fair | Above depression cut-off | EPDS ≥10 | IG1 | g37 | 14/218 (6.4) | 42/215 (19.5) | 0.33 (0.19 to 0.58) | - | - | - |
| Gorman, 199781  Fair | Depression prevalence | Major depression prevalence | IG1 | p04 | 0/20 (0.0) | 5/20 (25.0) | 0.09 (0.01 to 1.54) | - | - | - |
| Depression prevalence | Major depression prevalence | IG1 | p26 | 3/20 (15.0) | 4/17 (23.5) | 0.64 (0.17 to 2.46) | - | - | - |
| Heh, 2003102  Fair | Above depression cut-off | EPDS ≥10 | IG1 | p13 | 14/35 (40.0) | 24/35 (68.6) | 0.58 (0.37 to 0.93) | - | - | 0.02‡ |
| Hiscock, 201478  Fair | Above depression cut-off | EPDS >9 | IG1 | p17 | 67/293 (22.9) | 54/292 (18.5) | 1.24 (0.9 to 1.7) | OR | 1.48 (0.97 to 2.27)\* | 0.07 |
| Above depression cut-off | EPDS >9 | IG1 | p26 | 31/392 (7.9) | 51/395 (12.9) | 0.61 (0.4 to 0.94) | OR | 0.57 (0.34 to 0.94)\* | 0.03 |
| Howell, 201275  Fair | Above depression cut-off | EDPS ≥10 | IG1 | p03 | 20/227 (8.8) | 37/242 (15.3) | 0.58 (0.35 to 0.96) | - | - | 0.03‡ |
| Above depression cut-off | EDPS ≥10 | IG1 | p13 | 20/237 (8.4) | 32/242 (13.2) | 0.64 (0.38 to 1.08) | - | - | 0.09‡ |
| Above depression cut-off | EDPS ≥10 | IG1 | p26 | 19/214 (8.9) | 29/209 (13.7) | 0.64 (0.37 to 1.1) | OR | 0.67 (0.47 to 0.97)‡ | 0.11 |
| Above depression cut-off | EDPS ≥10 | IG1 (Other) | p03 | ./. (7.1) | ./. (14.4) | ( to ) | OR | 0.37 (0.17 to 0.79)\* |  |
| Above depression cut-off | EDPS ≥10 | IG1 (Other) | p13 | ./. (6.3) | ./. (11.4) | ( to ) | OR | 0.45 (0.21 to 0.92)\* |  |
| Above depression cut-off | EDPS ≥10 | IG1 (Other) | p26 | (7.5) | (13.1) | ( to ) | OR | 0.51 (0.24 to 1.07)\* |  |
| Howell, 201476  Fair | Above depression cut-off | EPDS ≥10 | IG1 | p03 | 15/249 (6.0) | 14/251 (5.6) | 1.08 (0.53 to 2.19) | - | - | 0.83‡ |
| Above depression cut-off | EPDS ≥10 | IG1 | p13 | 12/235 (5.1) | 15/232 (6.5) | 0.79 (0.38 to 1.65) | - | - | 0.53‡ |
| Above depression cut-off | EPDS ≥10 | IG1 | p26 | 8/230 (3.5) | 11/238 (4.6) | 0.75 (0.31 to 1.84) | OR | 0.97 (0.59 to 1.61)\* |  |
| Above depression cut-off | EPDS ≥10 | IG1 (Other) | p26 | - | - | - | - | - | >0.05 |
| Kenyon, 201668  Good | Above depression cut-off | EPDS ≥13 | IG1 (≥2 social risk factors) | p08 | 48/361 (13.0) | 63/360 (18.0) | 0.76 (0.54 to 1.07) | RR | 0.76 (0.54 to 1.07)‡ | 0.12 |
| Above depression cut-off | EPDS ≥13 | IG1 (1 social risk factor) | p08 | 13/128 (10.0) | 24/159 (15.0) | 0.67 (0.36 to 1.27) | RR | 0.67 (0.36 to 1.27)‡ | 0.21 |
| Above depression cut-off | EPDS ≥13 | IG1 | p08 | 61/489 (12.0) | 87/519 (17.0) | 0.74 (0.55 to 1.01) | RR | 0.74 (0.55 to 1.01)‡ | 0.05 |
| Healthcare use | ≥10 antenatal contacts | IG1 | p08 | 322/599 (54.3) | 320/604 (53.5) | 1.01 (0.91 to 1.13) | RR | 1.01 (0.91 to 1.13)‡ | 0.78 |
| Breastfeeding | Exclusively breastfeeding | IG1 | p06 | 110/600 (18.0) | 303/619 (50.0) | 0.37 (0.31 to 0.45) | - | - | - |
| Breastfeeding | Initiation of breastfeeding | IG1 | p0 | 300/595 (51.0) | 302/615 (49.0) | 1.03 (0.92 to 1.15) | - | - | 0.65 |
| Low birth Weight | Birth weight ≤10th centile | IG1 | p0 | 127/604 (21.0) | 141/616 (23.0) | 0.92 (0.74 to 1.14) | RR | 0.92 (0.74 to 1.14)‡ | 0.43 |
| Preterm birth | Preterm birth before 34 weeks | IG1 | p0 | 20/604 (3.0) | 19/616 (3.0) | 1.07 (0.58 to 1.99) | RR | 1.07 (0.58 to 1.99)‡ | 0.82 |
| NICU | Admission to NICU | IG1 | p0 | 77/604 (13.0) | 81/616 (13.0) | 0.97 (0.72 to 1.3) | RR | 0.97 (0.72 to 1.3) | 0.83 |
| Other Maternal pregnancy outcomes | Postpartum hemorrhage | IG1 | p0 | 137/596 (23.0) | 162/610 (27.0) | 0.87 (0.71 to 1.05) | - | - | 0.15‡ |
| Other fetal/neonatal harms | Perinatal mortality | IG1 | p0 | 6/604 (1.0) | 3/616 (0.5) | 2.04 (0.51 to 8.12) | RR | 2.04 (0.51 to 8.12)‡ | 0.3 |
| Kozinsky, 201293  Fair | Above depression cut-off | LQ ≥12 | IG1 | p06 | 54/609 (8.9) | 77/829 (9.3) | 0.95 (0.69 to 1.33) | - | - | - |
| Le, 201184  Fair | Depression incidence | MDE | IG1 | p52 | 6/77 (7.8) | 7/73 (9.6) | 0.81 (0.29 to 2.3) | - | - | - |
| Depression prevalence | MDE | IG1 | g32 | 0/94 (0.0) | 3/92 (3.3) | 0.14 (0.01 to 2.67) | - | - | - |
| Depression prevalence | MDE | IG1 | p06 | 1/89 (1.1) | 2/91 (2.2) | 0.51 (0.05 to 5.54) | - | - | - |
| Depression prevalence | MDE | IG1 | p17 | 1/87 (1.1) | 1/87 (1.1) | 1 (0.06 to 15.73) | - | - | - |
| Depression prevalence | MDE | IG1 | p52 | 1/77 (1.3) | 1/73 (1.4) | 0.95 (0.06 to 14.88) | - | - | - |
| Above depression cut-off | BDI ≥20 | IG1 | 0 | 28/112 (25.0) | 25/105 (24.0) | 1.05 (0.66 to 1.68) | - | - | - |
| Above depression cut-off | BDI ≥20 | IG1 | g32 | 9/94 (10.0) | 16/92 (18.0) | 0.55 (0.26 to 1.18) | OR | 0.36 (NR)\* | 0.06 |
| Above depression cut-off | BDI ≥20 | IG1 | p17 | 10/87 (12.0) | 8/87 (9.0) | 1.25 (0.52 to 3.02) | OR | 1.3 (NR)\* | 0.62 |
| Above depression cut-off | BDI ≥20 | IG1 | p52 | 4/77 (5.0) | 2/73 (3.0) | 1.9 (0.36 to 10.04) | OR | 2.32 (NR)\* | 0.4 |
| Leung, 201294\  Fair | Above depression cut-off | EPDS >12 | IG1 | 0 | 32/78 (41.0) | 23/78 (29.5) | 1.39 (0.9 to 2.15) | - | - | 0.37 |
| Above depression cut-off | EPDS >12 | IG1 | g24 | 28/78 (35.9) | 27/78 (34.6) | 1.04 (0.68 to 1.59) | - | - | - |
| Above depression cut-off | EPDS >12 | IG1 | p06 | 25/78 (32.1) | 24/78 (30.8) | 1.04 (0.66 to 1.66) | - | - | - |
| Llorente, 200351  Fair | Depression incidence | SCID-CV | IG1 | p78 | 4/23 (17.4) | 3/22 (13.6) | 1.28 (0.32 to 5.06) | - | - | - |
| Withdrawal due to adverse effects | Withdrawal due to adverse effects | IG1 | p17 | 0/51 (0.0) | 0/50 (0.0) | ( to ) | - | - | - |
| MacArthur, 200273  Fair | Above depression cut-off | EPDS ≥13 | IG1 | p17 | 156/1087 (14.4) | 208/977 (21.3) | 0.67 (0.56 to 0.81) | OR | 0.47 (0.31 to 0.76)\* | - |
| Maimburg, 2015104  Good | Above depression cut-off | EPDS ≥12 | IG1 | p06 | 39/543 (7.2) | 42/526 (8.0) | 0.9 (0.59 to 1.37) | OR | 0.89 (0.57 to 1.4) | - |
| Milgrom, 201197  Fair | Above depression cut-off | BDI-II ≥14 | IG1 | p12 | 6/47 (12.8) | 16/42 (38.1) | 0.34 (0.14 to 0.78) | - | - | <0.05 |
| Stress | DASS stress ≥15 | IG1 | 0 | 25/71 (35.2) | 21/72 (29.2) | 1.21 (0.75 to 1.95) | - | - | - |
| DASS stress ≥15 | IG1 | p12 | 5/47 (10.6) | 13/42 (31.0) | 0.34 (0.13 to 0.88) | - | - | <0.05 |
| PSI ≥260 | IG1 | p12 | 3/45 (6.7) | 11/39 (28.2) | 0.24 (0.07 to 0.79) | - | - | <0.05 |
| Anxiety scale score | DASS anxiety ≥8 | IG1 | 0 | 29/71 (40.8) | 23/72 (31.9) | 1.28 (0.82 to 1.98) | - | - | - |
| IG1 | p12 | 3/47 (6.4) | 11/42 (26.2) | 0.24 (0.07 to 0.81) | - | - | <0.05 |
| Morrell, 200082  Fair | Healthcare use | Use of A&E services (infant) | IG1 | p06 | 17/278 (6.1) | 19/261 (7.3) | 0.84 (0.45 to 1.58) | - | - | 0.59 |
| Healthcare use | Use of A&E services (infant) | IG1 | p26 | 32/259 (12.4) | 30/229 (13.1) | 0.94 (0.59 to 1.5) | - | - | 0.81 |
| Healthcare use | Use of A&E services (mother) | IG1 | p06 | 6/279 (2.2) | 6/262 (2.3) | 0.94 (0.31 to 2.88) | - | - | 0.91 |
| Healthcare use | Use of A&E services (mother) | IG1 | p26 | 8/229 (3.5) | 8/229 (3.5) | 1 (0.38 to 2.62) | - | - | 0.17 |
| Healthcare use | Use of inpatient services (infant) | IG1 | p06 | 13/210 (6.2) | 8/191 (4.2) | 1.48 (0.63 to 3.49) | - | - | 0.37 |
| Healthcare use | Use of inpatient services (infant) | IG1 | p26 | 17/260 (6.5) | 19/233 (8.2) | 0.8 (0.43 to 1.51) | - | - | 0.49 |
| Breastfeeding | Exclusive breastfeeding | IG1 | p06 | 87/280 (31.1) | 72/268 (26.9) | 1.16 (0.89 to 1.51) | - | - | 0.55 |
| Breastfeeding | Exclusive breastfeeding | IG1 | p26 | 33/260 (12.7) | 28/233 (12.0) | 1.06 (0.66 to 1.69) | - | - | 0.86 |
| Mozurkewich, 201350  Good | Depression incidence | % with MDD | IG1 | g26 | 4/39 (10.0) | 0/41 (0.0) | 9.45 (0.53 to 169.95) | - | - | >0.16† |
| Depression incidence | % with MDD | IG1 | g34 | 2/39 (5.0) | 3/41 (7.0) | 0.7 (0.12 to 3.97) | - | - | - |
| Depression incidence | % with MDD | IG1 | p06 | 3/39 (7.7) | 2/41 (4.9) | 1.58 (0.28 to 8.94) | - | - | > 0.16† |
| Depression incidence | % with MDD | IG2 | g26 | 4/38 (11.0) | 0/41 (0.0) | 9.69 (0.54 to 174.23) | - | - | - |
| Depression incidence | % with MDD | IG2 | g34 | 4/38 (11.0) | 3/41 (7.0) | 1.44 (0.34 to 6.01) | - | - | - |
| Depression incidence | % with MDD | IG2 | p06 | 5/38 (13.2) | 2/41 (4.9) | 2.7 (0.56 to 13.09) | - | - | - |
| Treatment for depression | % started antidepressant | IG1 | p06 | 6/39 (15.4) | 4/41 (9.7) | 1.58 (0.48 to 5.17) | - | - | 0.56† |
| Treatment for depression | % started antidepressant | IG2 | p06 | 7/38 (18.4) | 4/41 (9.7) | 1.89 (0.6 to 5.94) | - | - | - |
| Gestational Diabetes/metabolic | Gestational diabetes incidence | IG1 | p06 | 7/39 (17.9) | 2/41 (4.9) | 3.68 (0.81 to 16.64) | - | - | 0.06† |
| Gestational Diabetes/metabolic | Gestational diabetes incidence | IG2 | p06 | 1/38 (2.6) | 2/41 (4.9) | 0.54 (0.05 to 5.71) | - | - | - |
| Preeclampsia/ Gestational HTN | Gestational HTN or preeclampsia incidence | IG1 | p06 | 8/39 (20.5) | 5/41 (12.1) | 1.68 (0.6 to 4.7) | - | - | 0.12† |
| Preeclampsia/ Gestational HTN | Gestational HTN or preeclampsia incidence | IG2 | p06 | 2/38 (5.3) | 5/41 (12.1) | 0.43 (0.09 to 2.09) | - | - | - |
| NICU | NICU Admission | IG1 | p06 | 6/40 (15.0) | 4/40 (10.0) | 1.5 (0.46 to 4.91) | - | - | 0.39† |
| NICU | NICU Admission | IG2 | p06 | 2/38 (5.3) | 4/40 (10.0) | 0.53 (0.1 to 2.71) | - | - | - |
| Munoz, 200783  Fair | Depression incidence | MDE incidence | IG1 | p52 | 3/21 (14.3) | 5/20 (25.0) | 0.57 (0.16 to 2.08) | - | - | - |
| Depression prevalence | MDE prevalence | IG1 | p04 | 0/21 (0.0) | 0/20 (0.0) | ( to ) | - | - | - |
| Depression prevalence | MDE prevalence | IG1 | p13 | 2/21 (9.5) | 0/20 (0.0) | 4.77 (0.24 to 93.67) | - | - | - |
| Depression prevalence | MDE prevalence | IG1 | p26 | 0/21 (0.0) | 2/20 (10.0) | 0.19 (0.01 to 3.75) | - | - | - |
| Depression prevalence | MDE prevalence | IG1 | p52 | 2/21 (9.5) | 5/20 (25.0) | 0.38 (0.08 to 1.74) | - | - | - |
| Norman, 2010101  Fair | Above depression cut-off | EPDS >13 | IG1 | 0 | 14/62 (22.0) | 12/73 (16.0) | 1.37 (0.69 to 2.75) | - | - | - |
| Above depression cut-off | EPDS >13 | IG1 | p16 | 7/62 (11.0) | 12/73 (16.0) | 0.69 (0.29 to 1.64) | - | - | - |
| Ortiz Collado, 201489  Fair | Above depression cut-off | EPDS ≥12 | IG1 | p09 | 24/92 (34.3) | 27/58 (45.5) | 0.56 (0.36 to 0.87) | Effect Size | - | 0.26 |
| Preterm birth | Incidence of preterm birth | IG1 | p0 | 3/69  (4.4) | 13/58  (22.4) | 0.19 (0.06 to 0.65) | - |  | 0.0003 |
| Perales, 2015100  Good | Above depression cut-off | CES-D ≥ 16 | IG1 | 0 | 22/90 (24.4) | 17/77 (22.1) | 1.11 (0.64 to 1.93) | - | - | - |
| Above depression cut-off | CES-D ≥ 16 | IG1 | g39 | 11/90 (12.2) | 19/77 (24.7) | 0.49 (0.25 to 0.97) | RR | 0.49 (0.25 to 0.97)† | 0.04 |
| Phipps, 201341  Good | Depression incidence | Incidence of PPD | IG1 | p26 | 6/48 (12.5) | 13/52 (25.0) | 0.5 (0.21 to 1.21) | HR | 0.44 (0.17 to 1.15)\* | - |
| Priest, 2003111  Fair | Depression incidence | Depression incidence | IG1 | p52 | ./. (17.8) | ./. (18.2) | 0.99 (0.87 to 1.11) | RR | 0.99 (0.87 to 1.11) | 0.85 |
| PTSD diagnosis | PTSD Diagnosis | IG1 | p52 | ./. (0.6) | ./. (0.8) | 0.71 (0.23 to 2.23) | RR | 0.71 (0.23 to 2.23) | 0.58 |
| Reid, 2002106  Fair | Above depression cut-off | EPDS ≥12 | IG1 | p0 | 65/399 (16.3) | 67/435 (15.4) | 1.06 (0.77 to 1.45) | - | - | - |
| Above depression cut-off | EPDS ≥12 | IG1 | p13 | 55/344 (16.0) | 46/388 (11.9) | 1.35 (0.94 to 1.94) | OR | 0.71 (0.28 to 1.13) | - |
| Above depression cut-off | EPDS ≥12 | IG1 | p26 | 49/339 (14.5) | 46/370 (12.4) | 1.16 (0.8 to 1.69) | OR | 0.84 (0.41 to 1.27) | - |
| Small, 200044  Fair | Above depression cut-off | EPDS ≥13 | IG1 | p26 | 81/467 (17.3) | 65/450 (14.4) | 1.2 (0.89 to 1.62) | OR | 1.24 (0.87 to 1.77) | - |
| Songoygard, 201299  Fair | Above depression cut-off | EPDS ≥ 10 | IG1 | p13 | 14/379 (3.7) | 17/340 (5.0) | 0.74 (0.37 to 1.48) | OR | 0.73 (0.4 to 1.5)† | 0.46 |
| Above depression cut-off | EPDS ≥ 13 | IG1 | p13 | 4/379 (1.1) | 8/340 (2.4) | 0.45 (0.14 to 1.48) | OR | 0.44 (0.1 to 1.5)† | 0.25 |
| Stamp, 1995107  Fair | Above depression cut-off | EPDS >12 | IG1 | p06 | 8/64 (12.5) | 11/64 (17.1) | 0.73 (0.31 to 1.69) | OR | 0.69 (0.23 to 2.03) | - |
| Above depression cut-off | EPDS >12 | IG1 | p12 | 7/63 (11.1) | 10/65 (15.4) | 0.72 (0.29 to 1.78) | OR | 0.69 (0.22 to 2.14) | - |
| Above depression cut-off | EPDS >12 | IG1 | p26 | 9/60 (15.0) | 6/61 (9.8) | 1.52 (0.58 to 4.02) | OR | 1.62 (0.47 to 5.91) | - |
| Above depression cut-off | EPDS >9 | IG1 | p06 | 22/64 (34.4) | 22/64 (34.4) | 1 (0.62 to 1.61) | OR | 1 (0.45 to 2.21) | - |
| Above depression cut-off | EPDS >9 | IG1 | p12 | 14/63 (22.2) | 17/65 (26.2) | 0.85 (0.46 to 1.57) | - | - | - |
| Above depression cut-off | EPDS >9 | IG1 | p26 | 14/60 (23.3) | 10/61 (16.4) | 1.42 (0.69 to 2.95) | OR | 1.55 (0.58 to 4.22) | - |
| Tandon, 201179  Fair | Depression incidence | Major depressive disorder | IG1 | p32 | 3/32 (9.4) | 9/27 (33.3) | 0.28 (0.08 to 0.94) | - | - | <0.05 |
| Tandon, 201438  Fair | Depression incidence | Depressive episode | IG1 | p40 | 6/41 (14.6) | 11/34 (32.4) | 0.45 (0.19 to 1.1) | Effect Size | 0.21 (NR)‡ | 0.07 |
| Wiggins, 200467  Good | Above depression cut-off | EPDS ≥12 | IG1 | p61 | 38/149 (25.5) | 90/303 (29.7) | 0.86 (0.62 to 1.19) | RR | 0.86 (0.62 to 1.19) | - |
| Above depression cut-off | EPDS ≥12 | IG2 | p61 | 43/155 (27.7) | 90/303 (29.7) | 0.93 (0.69 to 1.27) | RR | 0.93 (0.69 to 1.27) | - |
| Above depression cut-off | GHQ ≥12 | IG1 | p87 | 70/136 (51.5) | 145/270 (53.7) | 0.96 (0.79 to 1.17) | RR | 0.96 (0.79 to 1.17) | - |
| Above depression cut-off | GHQ ≥12 | IG2 | p87 | 77/143 (53.8) | 145/270 (53.7) | 1 (0.83 to 1.21) | RR | 1 (0.83 to 1.21) | - |
| Social support | DUFSS ≥19 | IG1 | p87 | 54/132 (40.9) | 122/273 (44.7) | 0.92 (0.72 to 1.17) | RR | 0.92 (0.72 to 1.17) | - |
| Social support | DUFSS ≥19 | IG2 | p87 | 68/145 (46.9) | 122/273 (44.7) | 1.05 (0.84 to 1.3) | RR | 1.05 (0.84 to 1.3) | - |
| Social support | Partner rarely or never gives support (score ≤12) | IG1 | p61 | 14/132 (10.6) | 38/267 (14.2) | 0.75 (0.42 to 1.33) | RR | 0.75 (0.42 to 1.33) | - |
| Social support | Partner rarely or never gives support (score ≤12) | IG2 | p61 | 15/133 (11.3) | 38/267 (14.2) | 0.79 (0.45 to 1.39) | RR | 0.79 (0.45 to 1.39) | - |
| Healthcare use | Any health service use in previous month (maternal) | IG1 | p61 | 87/165 (52.7) | 175/326 (53.7) | 0.99 (0.83 to 1.18) | RR | 0.99 (0.83 to 1.18) | - |
| Healthcare use | Any health service use in previous month (maternal) | IG1 | p87 | 77/145 (53.1) | 155/298 (52.0) | 1.02 (0.85 to 1.23) | RR | 1.02 (0.85 to 1.23) | - |
| Healthcare use | Any health service use in previous month (maternal) | IG2 | p61 | 84/162 (51.6) | 175/326 (53.7) | 0.96 (0.8 to 1.15) | RR | 0.96 (0.8 to 1.15) | - |
| Healthcare use | Any health service use in previous month (maternal) | IG2 | p87 | 94/158 (59.5) | 155/298 (52.0) | 1.14 (0.97 to 1.35) | RR | 1.14 (0.97 to 1.35) | - |
| Healthcare use | Any medication use in past week (maternal) | IG1 | p61 | 88/164 (53.7) | 176/324 (54.3) | 0.99 (0.83 to 1.18) | RR | 0.99 (0.83 to 1.18) | - |
| Healthcare use | Any medication use in past week (maternal) | IG1 | p87 | 82/145 (56.6) | 166/298 (55.7) | 1.02 (0.85 to 1.21) | RR | 1.02 (0.85 to 1.21) | - |
| Healthcare use | Any medication use in past week (maternal) | IG2 | p61 | 87/163 (53.4) | 176/324 (54.3) | 0.98 (0.81 to 1.12) | RR | 0.98 (0.81 to 1.12) | - |
| Healthcare use | Any medication use in past week (maternal) | IG2 | p87 | 91/158 (57.6) | 166/298 (55.7) | 1.03 (0.87 to 1.22) | RR | 1.03 (0.87 to 1.22) | - |
| Healthcare use | Any medication use in the past week (infant) | IG1 | p61 | 109/165 (66.1) | 203/328 (61.9) | 1.07 (0.93 to 1.23) | RR | 1.07 (0.93 to 1.23) | - |
| Healthcare use | Any medication use in the past week (infant) | IG1 | p87 | 89/145 (61.4) | 186/298 (62.4) | 0.98 (0.84 to 1.15) | RR | 0.98 (0.84 to 1.15) | - |
| Healthcare use | Any medication use in the past week (infant) | IG2 | p61 | 107/164 (65.2) | 203/328 (61.9) | 1.05 (0.92 to 1.21) | RR | 1.05 (0.92 to 1.21) | - |
| Healthcare use | Any medication use in the past week (infant) | IG2 | p87 | 101/158 (63.9) | 186/298 (62.4) | 1.02 (0.88 to 1.19) | RR | 1.02 (0.88 to 1.19) | - |
| Healthcare use | Infant A&E visits | IG1 | p61 | 45/159 (28.9) | 83/312 (26.6) | 1.09 (0.8 to 1.48) | RR | 1.09 (0.8 to 1.48) | - |
| Healthcare use | Infant A&E visits | IG1 | p87 | 28/144 (19.4) | 52/296 (17.6) | 1.03 (0.68 to 1.54) | RR | 1.03 (0.68 to 1.54) | - |
| Healthcare use | Infant A&E visits | IG2 | p61 | 40/150 (26.7) | 83/312 (26.6) | 1 (0.73 to 1.38) | RR | 1 (0.73 to 1.38) | - |
| Healthcare use | Infant A&E visits | IG2 | p87 | 35/157 (22.3) | 52/296 (17.6) | 1.17 (0.8 to 1.7) | RR | 1.17 (0.8 to 1.7) | - |
| Healthcare use | Infant injury requiring medical attention in past 6 months | IG1 | p61 | 24/164 (14.6) | 48/326 (14.7) | 0.99 (0.63 to 1.56) | RR | 0.99 (0.63 to 1.56) | - |
| Healthcare use | Infant injury requiring medical attention in past 6 months | IG1 | p87 | 12/145 (8.3) | 27/295 (9.2) | 0.9 (0.47 to 1.73) | RR | 0.9 (0.47 to 1.73) | - |
| Healthcare use | Infant injury requiring medical attention in past 6 months | IG2 | p61 | 19/161 (11.8) | 48/326 (14.7) | 0.8 (0.49 to 1.32) | RR | 0.8 (0.49 to 1.32) | - |
| Healthcare use | Infant injury requiring medical attention in past 6 months | IG2 | p87 | 14/156 (9.0) | 27/295 (9.2) | 0.98 (0.53 to 1.81) | RR | 0.98 (0.53 to 1.81) | - |
| Healthcare use | Infant overnight hospital stay | IG1 | p61 | 13/164 (7.9) | 19/326 (5.8) | 1.36 (0.69 to 2.68) | RR | 1.36 (0.69 to 2.68) | - |
| Healthcare use | Infant overnight hospital stay | IG1 | p87 | 7/144 (4.9) | 13/296 (4.4) | 1.11 (0.45 to 2.7) | RR | 1.11 (0.45 to 2.7) | - |
| Healthcare use | Infant overnight hospital stay | IG2 | p61 | 13/162 (8.0) | 19/326 (5.8) | 1.38 (0.7 to 2.72) | RR | 1.38 (0.7 to 2.72) | - |
| Healthcare use | Infant overnight hospital stay | IG2 | p87 | 6/157 (3.8) | 13/296 (4.4) | 0.87 (0.34 to 2.25) | RR | 0.87 (0.34 to 2.25) | - |
| Treatment for depression | Antidepressant use in the past week | IG1 | p61 | 8/164 (4.9) | 15/324 (4.6) | 1.05 (0.46 to 2.43) | RR | 1.05 (0.46 to 2.43) | - |
| Treatment for depression | Antidepressant use in the past week | IG1 | p87 | 5/145 (3.4) | 17/298 (5.7) | 0.6 (0.23 to 1.61) | RR | 0.6 (0.23 to 1.61) | - |
| Treatment for depression | Antidepressant use in the past week | IG2 | p61 | 7/163 (4.3) | 15/324 (4.6) | 0.93 (0.39 to 2.23) | OR | 0.93 (0.39 to 2.23) | - |
| Treatment for depression | Antidepressant use in the past week | IG2 | p87 | 3/158 (1.9) | 17/298 (5.7) | 0.33 (0.1 to 1.12) | RR | 0.33 (0.1 to 1.12) | - |
| Breastfeeding | Breastfeeding <26 weeks | IG1 | p61 | 77/140 (55.0) | 134/277 (48.4) | 1.14 (0.94 to 1.38) | RR | 1.14 (0.94 to 1.38) | - |
| Breastfeeding | Breastfeeding <26 weeks | IG2 | p61 | 76/140 (54.3) | 134/277 (48.4) | 1.12 (0.92 to 1.36) | RR | 1.12 (0.92 to 1.36) | - |
| Attachment/ bonding | Mother's perception of ease of looking after child (not easy) | IG1 | p61 | 46/163 (28.2) | 80/324 (24.7) | 1.14 (0.84 to 1.56) | OR | 1.14 (0.84 to 1.56) | - |
| Attachment/ bonding | Mother's perception of ease of looking after child (not easy) | IG1 | p87 | 39/144 (27.1) | 84/290 (29.0) | 0.94 (0.68 to 1.3) | RR | 0.94 (0.68 to 1.3) | - |
| Attachment/ bonding | Mother's perception of ease of looking after child (not easy) | IG2 | p61 | 42/160 (26.3) | 80/324 (24.7) | 1.06 (0.77 to 1.47) | RR | 1.06 (0.77 to 1.47) | - |
| Attachment/ bonding | Mother's perception of ease of looking after child (not easy) | IG2 | p87 | 43/153 (28.1) | 84/290 (29.0) | 0.96 (0.71 to 1.32) | RR | 0.96 (0.71 to 1.32) | - |
| Wisner, 200146  Fair | Depression incidence | Recurrence of depression | IG1 | p17 | 6/26 (23.1) | 6/25 (24.0) | 0.96 (0.36 to 2.59) | - | - | 1‡ |
| Withdrawal due to adverse effects | Withdrawal due to adverse effects | IG1 | p20 | 1/28 (3.6) | 1/28 (3.6) | 1 (0.07 to 15.21) | - | - | - |
| Other antidepressant harms | Constipation | IG1 | p20 | 20/26 (78.0) | 5/25 (22.0) | 3.85 (1.71 to 8.66) | - | - | ≤ 0.00 |
| Other antidepressant harms | Conversion to mania | IG1 | p20 | 1/28 (3.6) | 0/28 (0.0) | 3 (0.13 to 70.64) | - | - | - |
| Wisner, 200445  Fair | Depression incidence | Depression recurrence | IG1 | p17 | 1/14 (7.1) | 4/8 (50.0) | 0.14 (0.02 to 1.07) | Effect Size | 0.43 (-0.01 to 0.84)† | 0.04 |
| Depression incidence | Depression recurrence | IG1 | p20 | 3/14 (21.4) | 4/8 (50.0) | 0.43 (0.13 to 1.45) | - | - | - |
| Other antidepressant harms | Conversion to mania | IG1 | p20 | 1/14 (7.1) | 0/8 (0.0) | 1.8 (0.08 to 39.64) | - | - | - |
| Other antidepressant harms | Dizziness | IG1 | p20 | 8/14 (57.1) | 1/8 (12.5) | 4.57 (0.69 to 30.22) | - | - | 0.05 |
| Other antidepressant harms | Drowsiness | IG1 | p20 | 14/14 (100.0) | 4/8 (50.0) | 1.93 (1 to 3.74) | - | - | 0.02 |
| Other antidepressant harms | Withdrawal due to AE | IG1 | p20 | 3/14 (21.4) | 0/8 (0.0) | 4.2 (0.24 to 72.29) | - | - | - |
| Zlotnick, 200186  Fair | Depression incidence | Postpartum depression incidence | IG1 | p13 | 0/17 (0.0) | 6/18 (33.0) | 0.08 (0 to 1.34) | - | - | - |
| Zlotnick, 200687  Fair | Depression incidence | Postpartum depression | IG1 | p13 | 2/46 (4.3) | 8/40 (20.0) | 0.22 (0.05 to 0.96) | - | - | 0.04 |
| Breastfeeding | Breastfeeding (currently) | IG1 | p13 | 15/47 (32.0) | 7/45 (16.0) | 2.05 (0.92 to 4.56) | - | - | - |
| Breastfeeding | Breastfeeding ≤7 days | IG1 | p02 | 5/47 (11.0) | 18/45 (40.0) | 0.27 (0.11 to 0.66) | - | - | - |
| Zlotnick, 201188  Fair | Depression incidence | Major depressive disorder | IG1 | p13 | 6/25 (24.0) | 5/21 (23.8) | 1.01 (0.36 to 2.84) | - | - | - |
| Zlotnick, 201642  Good | Depression incidence | Onset of PPD | IG1 | p26 | 16/101 (16.0) | 30/96 (31.0) | 0.51 (0.3 to 0.87) | - | - | 0.041\* |
| Depression incidence | Onset of PPD | IG1 | p52 | 26/101 (26.0) | 38/96 (40.0) | 0.65 (0.43 to 0.98) | - | - | 0.052† |
| Healthcare use | Mental health treatment | IG1 | p13 | 10/104 (10.0) | 23/101 (23.0) | 0.42 (0.21 to 0.84) | - | - | 0.0229 |
| Healthcare use | Mental health treatment | IG1 | p26 | 11/104 (11.0) | 23/101 (23.0) | 0.46 (0.24 to 0.9) | - | - | 0.0415 |
| Healthcare use | Mental health treatment | IG1 | p52 | 21/104 (20.0) | 25/101 (25.0) | 0.82 (0.49 to 1.36) | - | - | 0.59 |

\* Adjusted, author reported

† NR whether results were adjusted

‡ Author reported unadjusted

**Abbreviations**: A&E = accident and emergency; ADL = activities of daily living; BDI = Beck Depression Inventory; CES-D = Center for Epidemiologic Studies Depression Scale; CG = control group; DASS = Dyadic Adjustment Scale; DSM-IV = Diagnostic and Statistical Manual of Mental Disorders, fourth version; DUFSS = Duke Functional Social Support; EPDS = Edinburgh Postnatal Depression Scale; g = weeks’ gestation; GHQ-D = General Health Questionnaire; depression subset; hr = hour(s); HR = hazard ratio; ICD-9 = International Classification of Disease, ninth revision, clinical modification; IG = intervention group; LQ = Leverton Questionnaire; MDD = major depressive disorder; MDE = major depressive episode(S); NICU = neonatal intensive care unit; NR = not reported; OR = odds ratio; p = weeks postpartum; PPD = postpartum depression; PPQ = Perinatal PTSD Questionnaire; PTSD = Post-traumatic Stress Disorder; RR= relative risk; SCID = Structured Clinical Interview; SCID-CV = Structured Clinical Interview-Clinician Version