









Table 1: Papers reviewed

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PAPER	AIM	DESIGN AND SAMPLE
<i>Psychology/psychiatry</i>		
Aber, C., Weiss, M., & Fawcett, J. (2013). Contemporary Women's Adaptation to Motherhood: The First 3 to 6 Weeks Postpartum. <i>Nursing Science Quarterly</i> , 26(4), 344-351. doi:10.1177/0894318413500345	To describe contemporary women's physical, emotional, functional, and social adaptation to motherhood and to examine the relations of selected demographic and perinatal variables to adaptation to motherhood in the first 3 to 6 weeks of the postpartum	Mixed, descriptive exploratory study: 313 women interviewed at 3 weeks postpartum
Anniverno R., B. A., Mencacci C. and Durbano F. . (2013). Anxiety Disorders in Pregnancy and the Postpartum Period. In: <i>New insights into anxiety disorders</i> . Available at: https://cdn.intechopen.com/pdfs-wm/43758.pdf	Overview of anxiety disorders in the perinatal period	Chapter in book
Atif, N., Nazir, H., Zafar, S., Chaudhri, R., Atiq, M., Mullany, L. C., Rahman, A. (2020). Development of a psychological intervention to address anxiety during pregnancy in a low-income country. <i>Frontiers in Psychiatry</i> , 10. doi:10.3389/fpsy.2019.00927	To investigate the clinical, cultural, and health service delivery context of perinatal anxiety; select an evidence-based approach that suited the population and health-delivery system; develop an intervention with extensive reference documentation/manuals; and examine issues involved in its implementation	Qual, in-depth interviews and focus groups: 19 women, 10 healthcare professionals
Bayrampour, H., Ali, E., McNeil, D. A., Benzies, K., MacQueen, G., & Tough, S. (2016). Pregnancy-related anxiety: A concept analysis. <i>International Journal of Nursing Studies</i> , 55, 115-130. doi:10.1016/j.ijnurstu.2015.10.023	To clarify the concept of pregnancy-related anxiety and examine the items of current pregnancy-related anxiety measures to determine the dimensions and attributes that each scale addresses	Review: concept analysis
Bayrampour, H., McDonald, S., Fung, T., & Tough, S. (2014). Reliability and validity of three shortened versions of the State Anxiety Inventory scale during the perinatal period. <i>Journal Of Psychosomatic Obstetrics And Gynaecology</i> , 35(3), 101-107. doi:10.3109/0167482X.2014.950218	To evaluate and compare the psychometric properties of three shortened forms of the State Anxiety Inventory scale in the perinatal period	Quant: forms evaluated using longitudinal pregnancy cohort data from 3021 women
Blackmore, E. R., Gustafsson, H., Gilchrist, M., Wyman, C., & G O'Connor, T. (2016). Pregnancy-related anxiety: Evidence of distinct clinical significance from a prospective longitudinal study. <i>Journal of Affective Disorders</i> , 197, 251-258.	To examine the degree to which pregnancy-related anxiety is distinct from continuous, and diagnostic measures of anxiety and worry in terms of longitudinal course, associations with psychosocial and perinatal risk, and prediction of postnatal mood disturbance	Quant, questionnaire and interview: 345 women at two points antenatally and two points postnatally
Britton, J. R. (2008). Maternal anxiety: Course and antecedents during the early postpartum period. <i>Depression and Anxiety</i> , 25(9), 793-800. doi:10.1002/da.20325	To determine the course and antecedents of maternal anxiety during the first month postpartum and to develop a model to predict 1-month anxiety using information obtainable before perinatal hospital discharge	Quant: 296 mothers screened before hospital discharge and at 1 month postpartum
Brooks, E. J., & Wilson, D. R. (2019). Reducing Stress and Anxiety During Pregnancy. <i>International Journal of Childbirth Education</i> , 34(1), 23-26.	To provide an overview of stress and its physiology, and to identify potential contributing factors and suggest possible ways distress might be reduced during pregnancy	Discussion paper
Buist, A., Ross, LE., Steiner, M. (2006). Anxiety and mood disorders in pregnancy and the postpartum period. In D. Castle, Kulkarni, J., Abel, KM. (Ed.), <i>Mood and anxiety disorders in women</i> . Cambridge: Cambridge University Press.	To describe aetiology, screening, prevention and treatment of anxiety disorders in the perinatal period	Chapter in book
Byrnes, L. (2019). Perinatal mood and anxiety disorders: findings from focus groups of at risk women. <i>Archives of Psychiatric Nursing</i> , 33(6), 149-153. doi:10.1016/j.apnu.2019.08.014	To explore knowledge of PMAD and awareness of treatment for PMAD, along with barriers to care, among an at-risk group of women during the perinatal period who reside in the Bronx	Qual, focus groups: 24 women who were pregnant or in first postnatal year
Chaudron, L. H., & Nirodi, N. (2010). The obsessive-compulsive spectrum in the perinatal period: a prospective pilot study. <i>Archives of Women's Mental Health</i> , 13(5), 403-410. doi:10.1007/s00737-010-0154-6	To describe the phenomenology of obsessive-compulsive symptoms (OCS) and disorders (OCD) in perinatal women and to explore the relationship of OCS/OCD to postpartum depression	Quant, prospective longitudinal study: 44 women
Coo, S., Milgrom, J., Kuppens, P., & Trinder, J. (2015). Perinatal distress, an appraisal perspective. <i>Journal of Reproductive & Infant Psychology</i> , 33(2), 190-204. doi:10.1080/02646838.2015.1004570	To identify the particular appraisals that shape maternal distress using the theoretical framework of Appraisal Theory of Emotions	Quant, completion of distress and appraisal measures: 122 pregnant and postpartum women
Fairbrother, N., Corbyn, B., Thordarson, D. S., Ma, A., & Surm, D. (2019). Screening for perinatal anxiety disorders: Room to grow. <i>Journal of Affective Disorders</i> , 250, 363-370. doi:10.1016/j.jad.2019.03.052	To assess the accuracy of the most commonly used and/or recommended screening tools for perinatal anxiety disorders	Quant, completion of mood and anxiety questionnaires: 310 women 3 months postpartum
Fallon, V., Halford, J. C. G., Bennett, K. M., & Harrold, J. A. (2018). Postpartum-specific anxiety as a predictor of infant-feeding outcomes and perceptions of infant-feeding behaviours: new evidence for childbearing specific measures of mood. <i>Archives of Women's Mental Health</i> , 21(2), 181-191. doi:10.1007/s00737-017-0775-0	To test the predictive validity of the PSAS in the context of one specific perinatal outcome, infant feeding, and to examine whether the PSAS may be more efficacious at predicting infant-feeding outcomes and behaviours than the more commonly used general measures	Quant, short term prospective study of pregnancy-specific anxiety scale: 800 women postpartum 0-6 months
Furber, C. M., Garrod, D., Maloney, E., Lovell, K., & McGowan, L. (2009). A qualitative study of mild to moderate psychological distress during pregnancy. <i>International Journal of Nursing Studies</i> , 46(5), 669-677. doi:10.1016/j.ijnurstu.2008.12.003	To explore the experiences of pregnant women who self-reported mild to moderate psychological distress during antenatal care	Qual, semi-structured interviews: 24 antenatal women
Furtado, M., Chow, C. H. T., Owais, S., Frey, B. N., & Van Lieshout, R. J. (2018). Risk factors of new onset anxiety and anxiety exacerbation in the perinatal period: A systematic review and meta-analysis. <i>Journal of Affective Disorders</i> , 238, 626-635. doi:10.1016/j.jad.2018.05.073	To systematically review the literature on risk factors for new onset anxiety and maternal anxiety exacerbation in the perinatal period	Review: systematic review and meta-analysis: 11 studies meeting eligibility criteria
Goldfinger, C., Green, S. M., Furtado, M., & McCabe, R. E. (2019). Characterizing the nature of worry in a sample of perinatal women with generalized anxiety disorder. <i>Clinical Psychology & Psychotherapy</i> . doi:10.1002/cpp.2413	To investigate worry content and frequency in a sample of perinatal women and age-matched non-perinatal women diagnosed with GAD	Quant: 20 perinatal and 20 non-perinatal women
Green, S. M., Donegan, E., McCabe, R. E., Streiner, D. L., Agako, A., & Frey, B. N. (2020). Cognitive behavioral therapy for perinatal anxiety: A randomized controlled trial. <i>The Australian And New Zealand Journal Of Psychiatry</i> , 54, 423-432. doi:10.1177/0004867419898528	To evaluate the effectiveness of a cognitive behavioral group therapy protocol for perinatal anxiety	Quant, RCT: 96 pregnant women or women up to six months postpartum
Henderson, J., & Redshaw, M. (2013). Anxiety in the perinatal period: Antenatal and postnatal influences and women's experience of care. <i>Journal of Reproductive and Infant Psychology</i> , 31(5), 465-478. doi:10.1080/02646838.2013.835037	To examine the characteristics of women with antenatal or postnatal anxiety and to investigate aspects of their care that may be associated with it.	Quant, data taken from national maternity survey on antenatal and postnatal health and wellbeing: 5332 women
Henshaw, C., Cox., J., Barton, J. (2017). <i>Modern management of perinatal psychiatric disorders</i> . Cambridge: Cambridge University Press.	Reviews current practice and new knowledge of perinatal mental disorders	Book
Leach, L. S., Poyser, C., & Fairweather-Schmidt, K. (2017). Maternal perinatal anxiety: A review of prevalence and correlates. <i>Clinical Psychologist</i> , 21(1), 4-19. doi:10.1111/cp.12058	To provide an update of the literature reporting on the prevalence and risk factors for maternal perinatal anxiety	Review, systematic review: 98 papers met inclusion criteria
Martini, J., Knappe, S., Beesdo-Baum, K., Lieb, R., & Wittchen, H.-U. (2010). Anxiety disorders before birth and self-perceived distress during pregnancy: Associations with maternal depression and obstetric, neonatal and early childhood outcomes. <i>Early Human Development</i> , 86(5), 305-310.	To examine the role of maternal anxiety disorders with an onset before birth and self-perceived distress during pregnancy for unfavourable maternal, obstetric, neonatal and childhood outcomes	Quant, community cohort sample using Munich-Composite International Diagnostic Interview: 992 mothers and their offspring