

Perinatal mental health literacy: Knowledge, attitudes, and help-seeking among perinatal women and the public – a systematic review

Supplemental Results

Overall levels of perinatal MHL

Only two studies reported on levels of MHL in relation to PMHP. Both studies focused on postpartum depression literacy with one study assessing postpartum depression literacy among the public [53] and one study in perinatal women [47]. The study assessing postpartum depression literacy in perinatal women classified their participants as having moderate levels of postpartum depression literacy.

Tabel S2 Levels of perinatal mental health literacy

Authors	Perinatal mental health literacy levels
Branquinho et al., 2020 ^a [53]	Postpartum depression literacy: M=10.45; SD=2.74
Mirsalimi, Ghofranipour, Noroozi & Montazeri, 2020 ^c [47]	Postpartum depression literacy: M=3.79; SD=0.39; moderate level of depression literacy

^aThe Knowledge about Postpartum Depression Questionnaire (KPPD-Q) (score range 0-15; higher scores indicate higher postpartum depression knowledge)

^cPostpartum Depression Literacy Scale (PoDLiS); 31 items (range 1-5)