

Supplementary Table 1: Guideline recommendation themes and associated subcategories for psychological assessment and intervention in perinatal period.

No.	Theme and recommendation category	<i>Antenatal Assessment</i>			<i>Antenatal Intervention</i>			<i>Postnatal Assessment</i>			<i>Postnatal Intervention</i>			% coverage
		Women	Mother -infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	
1	<i>Therapeutic approaches in perinatal context</i>													
	Psychosocial	✓✓	✓	-	✓	-	-	✓✓	-	-	✓	-	-	29
	Structured psychological	✓	-	-	✓	-	-	✓	-	-	✓	✓	✓	25
	Focus on specific MH conditions	✓✓	-	-	✓✓	-	-	✓✓	-	-	✓	-	-	29
	Trauma-informed	-	-	-	-	-	-	-	-	-	-	-	-	0
	Use of validated questionnaires	✓✓	-	-	-	-	-	✓✓	-	-	-	-	-	17
	<i>Equitable care considerations</i>													
	Therapeutic relationship	-	-	-	✓	-	-	-	-	-	✓	-	-	8
	Cultural/diversity	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17
	Environmental **	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17
	<i>Individual and systemic considerations</i>													
	Recovery-oriented	-	-	-	-	-	-	-	-	-	-	-	-	0
	Care planning	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17
	Involve significant others	-	-	-	-	-	-	-	-	-	-	-	✓	4
Safety / Risk	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17	
2	<i>Therapeutic approaches in perinatal context</i>													
	Psychosocial	✓✓	✓	✓	✓✓	-	-	✓✓	✓✓	✓✓	✓✓	-	-	58
	Structured psychological	✓	-	✓	✓✓	✓✓	✓✓	✓	-	✓	✓✓	✓✓	✓✓	67

No.	Theme and recommendation category	Antenatal Assessment			Antenatal Intervention			Postnatal Assessment			Postnatal Intervention			% coverage
		Women	Mother -infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	
	Focus on specific MH conditions	✓✓	✓	✓✓	✓	-	✓	✓✓	✓	✓✓	✓	-	✓	58
	Trauma-informed	-	-	-	-	-	-	-	-	-	-	-	-	0
	Use of validated questionnaires	✓✓	-	✓	-	-	-	✓✓	-	✓	-	-	-	25
<i>Equitable care considerations</i>														
	Therapeutic relationship	-	-	-	-	-	-	-	-	-	-	-	-	0
	Cultural/diversity	✓	-	-	-	-	-	✓	-	-	-	-	-	8
	Environmental **	✓✓	-	✓	-	-	-	✓✓	-	✓	-	-	-	25
<i>Individual and systemic considerations</i>														
	Recovery-oriented	-	-	-	-	-	-	-	-	-	-	-	-	0
	Care planning	✓	-	-	✓	✓	✓	-	-	-	✓✓	✓	✓	33
	Involve significant others	-	-	-	-	-	-	-	-	-	-	-	-	0
	Safety / Risk	✓✓	✓✓	-	✓✓	✓✓	-	✓✓	✓✓	-	✓✓	✓✓	-	67
3	<i>Therapeutic approaches in perinatal context</i>													
	Psychosocial	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓✓	✓✓	✓	✓	71
	Structured psychological	✓✓	✓✓	-	✓✓	✓	✓	✓✓	✓✓	-	✓✓	✓	✓	67
	Focus on specific MH conditions	✓✓	✓	✓	✓✓	✓	-	✓✓	✓	✓	✓✓	✓	-	58
	Trauma-informed	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	67
	Use of validated questionnaires	✓✓	✓	✓	✓	✓	-	✓✓	✓	✓	✓	✓	-	50

No.	Theme and recommendation category	<i>Antenatal Assessment</i>			<i>Antenatal Intervention</i>			<i>Postnatal Assessment</i>			<i>Postnatal Intervention</i>			% coverage
		Women	Mother -infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	
	<i>Equitable care considerations</i>													
	Therapeutic relationship	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	67
	Cultural/diversity	✓✓	✓	✓✓	✓✓	✓	✓✓	✓✓	✓	✓✓	✓✓	✓	✓✓	83
	Environmental **	✓✓	✓	✓	✓	-	✓***	✓✓	✓	✓	✓	✓	✓***	54
	<i>Individual and systemic considerations</i>													
	Recovery-oriented	✓✓	✓	-	✓✓	✓	-	✓✓	✓	-	✓✓	✓	-	50
	Care planning	✓✓	✓	-	✓✓	✓	-	✓✓	✓	-	✓✓	✓	-	50
	Involve significant others	✓	✓	-	✓	✓	-	✓	✓	-	✓	✓	-	33
	Safety / Risk	✓✓	✓✓	-	✓✓	✓✓	-	✓✓	✓✓	-	✓✓	✓✓	-	67
4	<i>Therapeutic approaches in perinatal context</i>													
	Psychosocial	✓	-	-	✓✓	-	-	✓	-	-	✓✓	-	-	25
	Structured psychological	✓✓	-	-	✓✓	-	-	✓✓	-	-	✓✓	-	-	33
	Focus on specific MH conditions	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17
	Trauma-informed	✓✓	-	-	✓	-	-	✓✓	-	-	✓	-	-	25
	Use of validated questionnaires	✓	-	-	-	-	-	✓	-	-	-	-	-	8
	<i>Equitable care considerations</i>													
	Therapeutic relationship	✓✓	-	-	✓✓	-	-	✓✓	-	-	✓✓	-	-	33
	Cultural/diversity	✓✓	-	-	✓✓	-	-	✓✓	-	-	✓✓	-	-	33
	Environmental **	✓✓	-	-	✓✓	-	-	✓✓	-	-	✓✓	-	-	33

No.	Theme and recommendation category	<i>Antenatal Assessment</i>			<i>Antenatal Intervention</i>			<i>Postnatal Assessment</i>			<i>Postnatal Intervention</i>			% coverage
		Women	Mother -infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	
6	<i>Therapeutic approaches in perinatal context</i>													
	Psychosocial	✓	✓	-	✓	✓	-	✓	✓	-	✓	✓	-	33
	Structured psychological	✓	✓	✓	✓✓	✓	✓✓	✓	✓	✓	✓✓	✓	✓	63
	Focus on specific MH conditions	✓✓	-	-	✓✓	-	-	✓✓	-	-	✓✓	-	-	33
	Trauma-informed	✓	✓	✓	✓	✓	✓	✓	✓✓	✓	✓	✓	✓	54
	Use of validated questionnaires	✓✓	-	-	✓	-	-	✓✓	-	-	✓	-	-	25
	<i>Equitable care considerations</i>													
	Therapeutic relationship	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	50
	Cultural/diversity	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17
	Environmental **	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17
	<i>Individual and systemic considerations</i>													
	Recovery-oriented	✓	-	-	✓	-	-	✓	-	-	✓	-	-	17
	Care planning	✓✓	✓✓	-	✓	✓	-	✓✓	✓✓	-	✓	✓	-	50
Involve significant others	✓✓	✓✓	-	✓	✓	-	✓✓	✓✓	-	✓	✓	-	50	
Safety / Risk	✓✓	✓✓	-	✓	✓	-	✓✓	✓✓	-	✓	✓	-	50	
7	<i>Therapeutic approaches in perinatal context</i>													
	Psychosocial	✓	✓	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	✓✓	16
	Structured psychological	✓✓	✓✓	✓✓	✓	✓	✓	✓✓	✓✓	✓✓	✓	✓	✓	18
	Focus on specific MH conditions	-	-	-	-	-	-	-	-	-	-	-	-	0
	Trauma-informed	✓	✓	✓	✓	-	-	✓	✓	✓	✓	-	-	8

No.	Theme and recommendation category	<i>Antenatal Assessment</i>			<i>Antenatal Intervention</i>			<i>Postnatal Assessment</i>			<i>Postnatal Intervention</i>			% coverage
		Women	Mother -infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	Women	Mother - infant dyad	Partners	
	Use of validated questionnaires	-	-	-	-	-	-	-	-	-	-	-	-	0
<i>Equitable care considerations</i>														
	Therapeutic relationship	-	-	-	-	-	-	-	-	-	-	-	-	0
	Cultural/diversity	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	16
	Environmental **	✓✓	✓	✓✓	✓✓	✓	✓✓	✓✓	✓	✓✓	✓✓	✓	✓✓	20
<i>Individual and systemic considerations</i>														
	Recovery-oriented	-	-	-	-	-	-	-	-	-	-	-	-	0
	Care planning	✓✓	✓✓	✓✓	✓✓	✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓	✓✓	22
	Involve significant others	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	✓✓	✓	✓	16
	Safety / Risk	✓	✓	✓	-	-	✓	✓	✓	✓	-	-	✓	8
Total % of coverage (rounded to nearest whole number)		60	26	17	49	18	9	60	24	18	49	20	15	

1 – SIGN⁴⁸

2 – Reproductive Mental Health Program & Perinatal Services BC⁶⁰

3 – COPE⁵¹

4 – RNAO⁴⁹

5 – Public Health Agency Canada⁶¹

6 – NICE⁵⁰

7 – NHS England⁶²