

Supplementary Table 4: Characteristics (n (%)) of GeliS study participants according to excessive gestational weight gain (GWG) (excessive vs. non-excessive) (n = 1583).

| | Excessive GWG n = 722 (45.6%) | Non-excessive GWG n = 861 (54.4%) | p* |
|--|----------------------------------|--------------------------------------|---------------|
| Maternal characteristics | | | |
| Pre-pregnancy BMI, mean ± SD | 25.4 ± 4.5 | 23.4 ± 4.1 | <.0001 |
| Pre-pregnancy BMI categories | | | |
| BMI: 18.5–24.9 kg/m ² | 373 (51.7) | 674 (78.3) | <.0001 |
| BMI: 25.0–29.9 kg/m ² | 234 (32.4) | 118 (13.7) | |
| BMI: 30.0–40.0 kg/m ² | 115 (15.9) | 69 (8.0) | |
| Parity | | | |
| 0 | 469 (65.0) | 461 (53.5) | <.0001 |
| 1 | 207 (28.7) | 329 (38.2) | |
| ≥ 2 | 46 (6.4) | 71 (8.3) | |
| Demographic factors | | | |
| Age, mean ± SD | 29.9 ± 4.2 | 30.8 ± 4.6 | <.0001 |
| Educational level | | | |
| High School or others | 465 (64.4) | 466 (54.1) | 0.0003 |
| University | 257 (35.6) | 395 (45.9) | |
| Married | 483 (66.9) | 574 (66.7) | 0.93 |
| Living alone | 18 (2.5) | 29 (3.4) | 0.31 |
| Lifestyle and metabolic factors | | | |
| Alcohol consumption | 213 (29.5) | 268 (31.1) | 0.48 |
| Smoking | 42 (5.8) | 38 (4.4) | 0.20 |
| Low level of physical activity [°] | 373 (51.7) | 429 (49.8) | 0.47 |
| Gestational diabetes mellitus | 54 (7.8) | 101 (12.2) | 0.01 |
| Psychological factors | | | |
| Antenatal history of anxiety / depressive symptoms ^{°°} | 319 (44.2) | 341 (39.6) | 0.07 |

*p-value for differences between excessive vs. non-excessive GWG using the Kruskal-Wallis test for continuous variables and the χ^2 test for categorical variables.

[°] Assessed by the Pregnancy Physical Activity Questionnaire (PPAQ) before the end of the 12th week of gestation.

^{°°} Assessed by the Patient Health Questionnaire for Depression and Anxiety (PHQ)-4 before the end of the 12th week of gestation. Abbreviations: BMI: body mass index; GWG: Gestational weight gain; Excessive GWG as defined by the IOM.