

6 child health clinics (CC)

3 intervention clinics  
8 public health nurses

Postpartum primiparas  
(n=73)

Eligible (n=68, 93 %)

- refused to participate (n=15)

Informed consent (n=53,  
78 % of eligible women)

- Drop-outs (n=5), reasons
- life situation, n=2
  - unknown, n=2
  - excluded from the analyses due to second pregnancy, n=1

Final number of participants  
(n=48, 91 % of women  
recruited)

3 control clinics  
6 public health nurses

Postpartum primiparas  
(n=54)

Eligible (n= 46, 85 %)

- refused to participate (n=7)

Informed consent (n=39,  
85 % of eligible women)

- Drop-outs (n=2), reasons
- excluded from the analyses due to second pregnancy, n=2

Final number of participants  
(n=37, 95 % of women  
recruited)