

Title	Social, biological, behavioural and psychological factors related to physical activity during early pregnancy in the Screening for Pregnancy Endpoints (Cork, Ireland) cohort study
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**Supplementary file 2: Psychological well-being and their interpretations; adapted from McCarthy et al<sup>27</sup>**

<b>Psychological and behavioural scales</b>	<b>Score range and interpretation</b>
<b>Short form of the State Trait Anxiety Index (STAI)<sup>24</sup></b>	Short –form STAI scores 6-24 converted to a score range of 20-80 to mimic the full version of the STAI, with high scores indicating high state anxiety (i.e. current anxiety)
<b>Perceived Stress Scale (PSS)<sup>25</sup></b>	0-40, with high scores representing higher perceived stress (feelings of lack of control)
<b>Edinburgh Postnatal Depression Scale (EPDS)<sup>26</sup></b>	As a continuous measure (0-30) where a higher score indicates a higher probability of depression
<b>Behavioural response to pregnancy scale<sup>27</sup></b>	Two subscales: <ol style="list-style-type: none"><li>1. Limiting/resting behaviour (0-20)<sup>a</sup></li><li>2. All-or-nothing behaviour (0-28)<sup>b</sup></li></ol>

<sup>a</sup>**Limiting response includes:** *avoiding exercise, life on hold, avoiding usual activities, going to bed during the day, not being able to do usual level of activities.*

<sup>b</sup>**All-or-nothing response includes:** *overdoing and needing to rest, pushing oneself, carrying on as normal, doing too much.*