Video

The videos are available on YouTube (https://www.youtube.com/@Mitamil_1210).

Video for theme 1: The concept of disasters and the importance of disaster mitigation for pregnant women: https://www.youtube.com/watch?v=PGuZ1ywS39I&t=606s

Video for theme 2: The impact of disasters and the concept of perinatal depression: https://www.youtube.com/watch?v=bY_XJFiNvb0&t=11s

Video for theme 3: Disaster mitigation for pregnant women and disaster preparedness bags: https://www.youtube.com/watch?v=2TkJ4unJs34

Video for theme 4: Mental resilience for pregnant women and stress management:

https://www.youtube.com/watch?v=M9TkkSMGlJA&t=208s

Video for the therapeutic dhikr:

https://www.youtube.com/watch?v=A1tI9X76bh4&t=22s

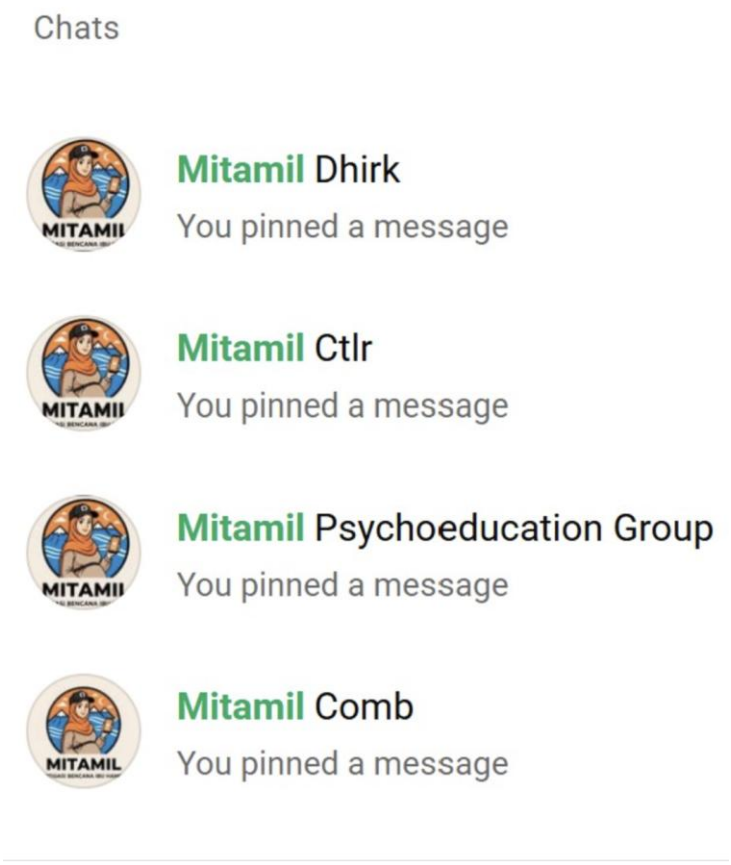

Figure 1. A WhatsApp group for each group, for participant communication and coordination

INFORMATION SHEET FILLOUT FORMAT

"The Effect of Disaster Mitigation Psychoeducational Interventions and Dhikr Therapy on Perinatal Depression and Salivary Cortisol Levels in Pregnant Women in Natural Disaster-Affected Areas in West Sumatra, Indonesia"

I am a doctoral student in the Public Health program at Lincoln University Malaysia, conducting research to determine the effect of Disaster Mitigation Psychoeducational Interventions and Dhikr Therapy on Perinatal Depression and Salivary Cortisol Levels in Pregnant Women in Natural Disaster-Affected Areas in West Sumatra, Indonesia. I invite you to participate in this research. Your participation in this research is voluntary, so you can decide whether or not to participate.

Research Objective:

To determine the effect of Disaster Mitigation Psychoeducational Interventions and Dhikr Therapy on Perinatal Depression and Salivary Cortisol Levels in Pregnant Women in Natural Disaster-Affected Areas in West Sumatra, Indonesia.

Why Subjects Were Selected:

The subjects were selected because they were pregnant women with indications of mild to moderate depression (EPDS score ≥ 9 and PHQ-9 score is ≥ 5), pregnant women who had lived in areas affected by natural disasters within the past year, were able to communicate well, were able to read and write, and were able to access educational videos and listen to dhikr (remembrance) for research purposes. They were able to understand and respond to questionnaires to determine the effect of disaster mitigation psychoeducation and dhikr therapy interventions on perinatal depression and salivary cortisol levels.

Procedure:

After respondents met the inclusion criteria, they were given informed consent. After completing the informed consent form, they were asked to complete the EPDS and PHQ-9 questionnaire and have their salivary cortisol levels measured in the pre-test. Following the pre-test, respondents received the intervention consisting of disaster-mitigation psychoeducation and dhikr therapy. After the intervention, respondents were given a post-test containing the same information as the pre-test.

Risks and Discomfort: None

Benefits (direct to subjects and general):

The direct benefit to subjects is providing calm and relaxation for pregnant women with indications of mild to moderate depression (measured by the EPDS and PHQ-9 score). The general benefit is increasing mental health literacy, particularly perinatal depression, and disaster mitigation for pregnant women.

Alternative Procedures: None

Data Confidentiality:

Respondents' identities will be used solely for research purposes, and confidentiality will be guaranteed.

Estimated Number of Subjects to be Included:

The sample for this study comprises pregnant women selected according to inclusion and exclusion criteria. The sample size for this study is 240 people. They are divided into four groups (Solomon's four groups), each consisting of 60 people. From each group, five people will be examined twice (pre-test and post-test), and each group will receive four interventions. Therefore, the total sample size for cortisol levels is 160 people.

Voluntary:

After completing the informed consent form, respondents will complete the pre-test questionnaire. And take saliva. The same thing is done during the post-test.

Subject Participation Period:

± 30 days or 1 month

Subjects can be removed/withdrawn from the study:

If a respondent wishes to discontinue their participation in the study even after signing the informed consent, they can withdraw, and the researcher will find another respondent.

Possibility of funding from the health insurance company or researcher:

None

Incentives and Compensation:

An incentive will be provided to respondents after the study is completed in the form of accommodation.

Question:

The contact person for the subject is Ms. Rafika Oktova (08117532122).

CONSENT AFTER EXPLANATION

TO PARTICIPATE IN RESEARCH WITH ADULT SUBJECTS

(INFORMED CONSENT)

A. Informed Consent for Adults

I have read or received an explanation, fully acknowledge, understand, and comprehend the purpose, benefits, and potential risks of the study, and have been given the opportunity to ask questions and have had them satisfactorily answered. I also have the right to withdraw from participation at any time. Therefore, I agree/disagree*) to participate in this study, entitled:

"The Effect of Disaster Mitigation Psychoeducational Intervention and Dhikr Therapy on Perinatal Depression and Salivary Cortisol Levels in Pregnant Women in Natural Disaster-Affected Areas in West Sumatra, Indonesia."

I voluntarily choose to participate in this study without any pressure or coercion. I will be provided with a copy of the explanation sheet and the consent form that I have signed for my records.

I agree: Yes/No*)

	Date:	Signature (If not, a thumbprint can be used.)
Participant Name: Age: Address:		
Researcher Name:		
Witness Name:		

RESEARCH QUESTIONNAIRE

Intervention Type :
Session :
Date :

A. Demographic Data

Name :
Age :
Education :
Occupation :
Husband and wife's income :
a. <Regional Minimum Wage (Rp 2.811.000)
b. ≥Regional Minimum Wage (Rp 2.811.000)
Which pregnancy is this? :
Gestational age :
The number of children :
History of Miscarriage :
a. Never
b. Once

B. Edinburgh Postnatal Depression Scale (EPDS)

We want to know how you have felt in the past week. Please indicate which of the following comes closest to how you have been feeling over the past seven days, not just how you feel today. Please tick one circle for each question closest to how you have felt in the **last seven days.**

Here is an example already completed.

I have felt happy:
- Yes, all of the time
- **Yes, most of the time**
- No, not very often
- No, not at all

This would mean: 'I have felt happy most of the time during the past week'.
Please complete the other questions in the same way.

1. I have been able to laugh and see the funny side of things
   - As much as I always could
   - Not quite so much now
   - Definitely not so much now
   - Not at all

2. I have looked forward with enjoyment to things
    - As much as I ever did
    - Rather less than I used to
    - Definitely less than I used to
    - Hardly at all

3. *I have blamed myself unnecessarily when things went wrong
    - Yes, most of the time
    - Yes, some of the time
    - Not very often
    - No, never

4. I have been anxious or worried for no good reason
    - No, not at all
    - Hardly ever
    - Yes, sometimes
    - Yes, very often

5. *I have felt scared or panicky for no excellent reason
    - Yes, quite a lot
    - Yes, sometimes
    - No, not much
    - No, not at all

6. *Things have been getting on top of me
    - Yes, most of the time, I haven't been able to cope at all
    - Yes, sometimes I haven't been coping as well as usual
    - No, most of the time, I have coped quite well
    - No, I have been coping as well as ever

7. *I have been so unhappy that I have had difficulty sleeping
    - Yes, most of the time
    - Yes, sometimes
    - Not very often
    - No, not at all

8. *I have felt sad or miserable
    - Yes, most of the time
    - Yes, quite often
    - Not very often
    - No, not at all

9. *I have been so unhappy that I have been crying
   - Yes, most of the time
   - Yes, quite often
   - Only occasionally
   - No, never

10. *The thought of harming myself has occurred to me
   - Yes, quite often
   - Sometimes
   - Hardly ever
   - Never

C. Patient Health Questionnaire-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by the following problems? (used √ to indicate your answer)		**Not at all**	**Several Days**	**More than half the days**	**Nearly every day**
1	Little interest or pleasure in doing things				
2	Feeling down, depressed, or hopeless				
3	Trouble falling asleep or sleeping too much				
4	Feeling tired or having little energy				
5	Poor appetite or overeating				
6	Feeling bad about yourself or that you are a failure or have let yourself or family down				
7	Trouble concentrating on things, such as reading the newspaper or watching television				
8	Moving or speaking so slowly that other people could have noticed. Or the opposite-being so fidgety or restless that you have been moving around a lot more than usual				
9	Thoughts that you would be better off read, or of hurting yourself in some way				