

Supplementary tables

Supplement table 1 Training guide addressing misconception in traditional knowledge of community people

OBJECTIVE: TO TRAIN ON	FOCUS OF OBJECTIVE	CONTENT	METHOD	MATERIALS	EVALUATE
Feedback from survey and the community on the exploration of maternal depression	To teach on definition of maternal depression + symptoms+ consequences + causes	Every details about maternal depression	Discussion and return demonstration	Use talk and picture	Evaluate knowledge, skill and self-efficacy
1. What Maternal Depression (MD) is	Simple description of maternal depression	Definition	Talk + use of slides + developed education materials	Developed education materials+ Literature+ multimedia projector	Pre and Post training question in questionnaire administration
2.Symptoms of maternal depression	Address misconception of local perception. why mental problems is associated with spiritual problem	List of symptoms(scientific and local)	Talk + use of slides+ pictures+ brainstorming	Developed education materials+ Literature+ multimedia projector+ info from community+ history of depression	“
3. Consequences of MD	Address misconception of local perception	List of consequences (scientific and local)	Brainstorming	Developed education materials+ literature+ multimedia projector+ info from community	“

4.Addressing wrong perception of mothers on the meaning, names, symptoms, consequences and help seeking	Address misconception of local belief gathered from the community	Use facts to address misconception gathered from community about maternal depression	Talk + use of slides	Information gathered from community about maternal depression	
5.Coping/Prevent ion/ Help seeking and help giving	Address misconception of local perception	List of coping/prevention(gathered from literature and community)	Talk + use of slides+ pictures	literature+ multimedia projector+ info from community	“

Supplementary table 2: Outline of training

Time	Activities	Resource Person/Coordinator
9.30-10.00	Registration	Research Assistant Y and Z
	Introduction of participants	Research Assistant Q and X
10-10.20	Post-test on knowledge, skill and self-efficacy	Research Assistant and A.O
12.00-12.20	Why this training? Feedback from perception of mothers and informal care givers about maternal depression and Introduction to maternal depression	A.O
	Tea break	
12.20- 12.40	IEC materials on Maternal Depression (MD)(definition, terms, signs, risk, consequences, coping/resilience, help seeking	A.O
1.40-2.00	Health talk content adaptable to health belief model, checklist and demonstration, Help tips for maternal depression	O.S
	Lunch(<i>served within lecture</i>)	
2.00- 3.00	Health talk delivery return demonstration using health talk guide	Participants
3.00-4.00	Post-test on knowledge, skill and self-efficacy	Research Assistant and A.O

Supplementary table 3: The sociodemographic characteristics of clinic attendees in the experimental and control groups of training intervention

Sociodemographic characteristics	Experimental arm Clients N=120	Control arm clients N=124
Mean Age (years)	29.0±5.6	29.3±5.7
Age range		
19-30	105 (87.5%)	92(74.2%)
31-40	14(11.7%)	32(25.8%)
Total	119 (99.2%)	124(100.0%)
LGA		
IBN	55(45.8%)	
IBNE	65(54.2%)	
IBNW	120(100.0%)	40((32.2%)
IBSW		40(32.3%)
IBSE		44(35.5%)
Total		124(100.0%
Category of women		
Pregnant	60(50.0%)	62(50.0%)
Nursing mothers	60(50.0%)	62(50.0%)
Total	120(100.0%)	124(100.0%)
Education		
Pry-JSS	22(18.3%)	19(15.3%)
SSCE	60(50.0%)	70(56.5%)
Post-secondary	36(30.0%)	34(27.4%)
Total	118(98.3%)	123(99.2%)
Occupation		
Unemployed	7(5.8%)	10(8.1%)
Employed	6(5.0%)	8(6.5%)
Self employed	105(87.5%)	106(85.5%)

Total	118(98.3%)	124(100.0%)
Tribe		
Yoruba	108(90.0%)	110(88.7%)
Hausa	3(2.5%)	9(7.3%)
Ibo	8(6.7%)	3(2.4%)
Other tribe	1(0.8%)	2(1.6%)
Total	120(100.0%)	124(100.0%)

120 and 117 completed the pre and post-test in the experimental arm and the control arm respectively

Supplementary table 4: Sociodemographic characteristics of clinic attendees in supervision and not-supervised clinics

Sociodemographic characteristics	Clients in the supervised arm N=99	Clients in the not-supervised arm N=57
Mean age (years)	28.8±5.6	27.7±6.2
Age (years)		
19-30	72 (72.7%)	25 (43.9%)
31-40	26 (26.3%)	12 (21.1%)
	98 (99.0%)	37 (65.0%)
LGA		
IBN	54(54.5%)	32 (56.1%)
IBNE	45(45.5%)	25(43.9%)
	99(100.0%)	57(100.0%)
Category of women		
Pregnant	19(19.9%)	15(26.3%)
Nursing mothers	80(80.8%)	42(73.7%)
	99 (100.0%)	57(100.0%)
Education		
Pry-JSS	16(56.1%)	12(21.1%)
SSCE	55(56.1%)	26(45.6%)
Post-secondary	28(27.5%)	16(28.1%)
	99 (100.0%)	54(94.8%)
Occupation		
Unemployed	22 (22.2%)	11(19.3%)
Employed	8 (8.1%)	4(7.0%)
Self employed	68 (68.7%)	40(70.2%)
	98 (99.0%)	55(96.5%)
Tribe		

Yoruba	90(2.0%)	52(91.1%)
Hausa	3(3.0%)	0
Ibo	5(5.1%)	4(7.0%)
Other tribe	1(1.0%)	1(1.8%)
	99 (100.0%)	56(99.9%)

97 maternal-child health clients in the supervised and 36 in the not-supervised completed the pre and posttests. Attrition was due to urgency to go back to business.