

Supplementary Table 2: Frequency of experiencing stress symptoms among mothers (n=80)

Perceived stress symptoms	Never	Almost Never	Sometimes	Fairly Often	Very Often
Upset because of something that happened unexpectedly?	13 (16.3)	19 (23.8)	22 (27.5)	12 (15.0)	14 (17.5)
Were unable to control the important things in your life?	10 (12.5)	7 (8.8)	38 (47.5)	17 (21.3)	8 (10)
Felt nervous and stressed?	7 (8.8)	17 (21.3)	17 (21.3)	21 (26.3)	18 (22.5)
Felt confident about the ability to handle personal problems?	12 (15)	23 (28.7)	25 (31.3)	12 (15.0)	8 (10)
Felt that things were going your way?	5 (6.3)	21 (26.3)	36 (45)	11 (13.8)	7 (8.8)
Could not cope with all the things that you had to do?	3 (3.8)	19 (23.8)	21 (26.3)	16 (20.0)	21 (26.3)
Control irritations in your life?	5 (6.3)	17 (21.3)	24 (30)	23 (28.7)	11 (13.8)
Felt that you were on top of things?	6 (7.5)	14 (17.5)	27 (33.8)	18 (22.5)	15 (18.8)
Angered because of things that happened were outside of your control?	4 (5.0)	13 (16.3)	27 (33.8)	15 (18.8)	21 (26.3)
Felt difficulties were piling up so high that you could not overcome them?	4 (5.0)	23 (28.7)	25 (31.3)	13 (16.3)	15 (18.8)

Data was collected using PSS (Perceived Stress Scale) from mothers (n=80)