

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)