**List of Supplemental Digital Content**

Supplement 1: MCQ score

The MCQ is a series of 14 questions relating to a mother’s confidence in her role as a mother and her ability to understand and care for her child. Questions 1 to 5 look at the mother’s ability to identify baby’s needs, questions 6 to 8 are based on childcare skills and questions 9 to 14 look at maternal role competency and attainment. Answer choices range from “never”, “seldom”, “sometimes”, “often” and “always”. Scoring for these answers scale from 1 point (“never”) to 5 points (“always”) except for question 10 and 12 which are reverse scored (“never” being 5 points and “always” being 1 point). MCQ scores were determined by calculating the sum of the answer choices and can range from 14 to 70. A previous study found a mean MCQ score = 61 and was the score used in our study to determine low(er) versus high)er maternal confidence.9 Thus, mothers were categorized to either have low(er) maternal confidence if the total score was less than or equal to 61 or high(er) maternal confidence if the total score was greater than 61.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never | Seldom | Sometimes | Often | Always |
| 1. I know when my baby wants me to play with him/her.
 |  |  |  |  |  |
| 1. I know when to take care of my baby better than anyone else.
 |  |  |  |  |  |
| 1. When my baby is cranky, I know the reason.
 |  |  |  |  |  |
| 1. I can tell when my baby is tired and needs to sleep.
 |  |  |  |  |  |
| 1. I know what makes my baby happy.
 |  |  |  |  |  |
| 1. I can give my baby a bath.
 |  |  |  |  |  |
| 1. I can feed my baby adequately.
 |  |  |  |  |  |
| 1. I can hold my baby properly.
 |  |  |  |  |  |
| 1. I can tell when my baby is sick.
 |  |  |  |  |  |
| 1. I feel frustrated taking care of my baby.
 |  |  |  |  |  |
| 1. I would be good at helping other mothers learn how to take care of their infants.
 |  |  |  |  |  |
| 1. Being a parent is demanding and unrewarding.
 |  |  |  |  |  |
| 1. I have all the skills needed to be a good parent.
 |  |  |  |  |  |
| 1. I am satisfied with my role as a parent.
 |  |  |  |  |  |