Screened for eligibility (n=) (≥18 years; primiparous)

Not eligible (n=) Eligible (n=)

Recruit 1

Did not consent to later contact (n=) Consented to later contact (n=) Were not approached (n=)

Recruit 2

Did not consent to participate (n=) Give reasons

Consented to participate and randomised (n=)

Unable to contact (n=)

Became ineligible (n=)
Psych distress (n=)
Child health (n=)
Moved out of region (n=)

Allocated to Intervention (n=)

Unable to contact (n=) Discontinued (n=) Give reasons

Time 2

Allocated to control (n=)

Unable to contact (n=) Discontinued (n=) Give reasons

Time 3

Unable to contact (n=) Discontinued (n=) Give reasons

Analysed (n=)

Analysed (n=)