6 child health clinics (CC)

3 intervention clinics
8 public health nurses

Postpartum primiparas (n=73)

Eligible (n=68, 93 %)

• refused to participate (n=15)

Informed consent (n=53, 78 % of eligible women)

Drop-outs (n=5), reasons
• life situation, n=2
• unknown, n=2
• excluded from the analyses due to second pregnancy, n=1

Final number of participants (n=48, 91 % of women recruited)

3 control clinics
6 public health nurses

Postpartum primiparas (n=54)

Eligible (n=46, 85 %)

• refused to participate (n=7)

Informed consent (n=39, 85 % of eligible women)

Drop-outs (n=2), reasons
• excluded from the analyses due to second pregnancy, n=2

Final number of participants (n=37, 95 % of women recruited)