Recruitment

Baseline (pregnancy)

Couples recruited N = 167 (334 individuals: 169F/165M)

Couples that signed consent then chose to not participate N = 11
Couples that became pregnant while in the study (and did not transfer groups) N = 6

Couples dropped N = 6
Reasons:
too busy (N = 2);
broke up (N = 1);
no reason (N = 3)

Non-parents

Couples N = 47 (94 individuals: 47F/47M)

Couples dropped N = 6
Reasons:
too busy (N = 2);
broke up (N = 1);
no reason (N = 3)

New parents

Couples N = 69 (138 individuals: 71F/67M)

Couples dropped N = 5
Reasons:
moved (N = 1);
too busy (N = 1);
no reason (N = 3)

Established parents

Couples N = 37 (35) (74 individuals: 37F/37M)

Couples dropped N = 1
Reason: no reason

Wave 2 (6-months)

Couples N = 41 (82 individuals: 41F/41M)

Couples dropped N = 5
Reasons:
broke up (N = 3);
no reason (N = 2)

Wave 3 (12-months)

Couples N = 36 (33) (72 individuals: 36F/36M)

Couples dropped N = 2
Reasons:
moved (N = 1);
too busy (N = 1)

Couples N = 64 (128 individuals: 66F/62M)

Pregnant; group transfer* (N = 3)

Couples dropped N = 5
Reasons:
health issue (N = 1);
moved (N = 1);
broke up (N = 1);
no reason (N = 2)

Couples N = 36 (34) (70 individuals: 36F/36M)

* Couples that transferred into this group N = 3