Additional file 5. Barrier, beliefs and knowledge response per statement (N=237)

Figure 1. Barrier outcome per statement

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>disagree</th>
<th>No opinion</th>
<th>Agree</th>
<th>Strongly agree</th>
<th>no response</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is difficult for me to visit a GP or midwife due to practical reasons</td>
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<tr>
<td>I find it difficult to make an appointment with my GP or midwife at a suitable moment for me</td>
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<tr>
<td>It takes too much time for me to go to a preconception care consultation</td>
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<tr>
<td>I look for information to have a healthy pregnancy in other ways (e.g. internet)</td>
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<tr>
<td>I have enough knowledge about what to do to have a healthy pregnancy</td>
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</tbody>
</table>
Figure 2. Beliefs outcome per statement

- I find it positive that you can visit a healthcare provider to discuss your pregnancy desire
- I find it uneasy to discuss getting pregnant with my GP or midwife
- When you have a PCC consultation chances are greater that you will have a healthy pregnancy
- It is not necessary to have a PCC consultation before you are pregnant
- Visiting a healthcare provider for a PCC consultation makes me medicalize 'becoming pregnant'
- Because of a PCC consultation I feel pressured to have a perfect baby
- I am afraid of having a PCC consultation because I am afraid of a gynecological examination
- I do not appreciate that a healthcare provider interferes with my pregnancy desire
- I am afraid of negative responses from the people around me when I have a PCC consultation

■ Strongly disagree ■ Disagree ■ No opinion ■ Agree ■ Strongly agree ■ no response
Figure 3. Knowledge outcome per statement

- When you have a very high weight, you become pregnant less quickly
- When you smoke, you become pregnant less quickly
- When you want to become pregnant, you should stop eating raw meat or fish
- All medications that you can buy at a pharmacy are safe: you can take them during pregnancy
- When you have a very low weight, you become pregnant less quickly
- When you want to become pregnant, you should stop eating a lot of liver
- You do not need to take folic acid supplementation until you know that you are pregnant
- Drugs are not yet harmful in the beginning of pregnancy

[Bar chart showing knowledge outcomes per statement]