

Table 3: Summary of the outcomes

| Outcome | Time point | Effect Estimate | Significant |
|---|--|--|--------------------|
| (1) Change in Patient Health Questionnaire-9 (PHQ-9) | After four weeks | [MD=-0.46; 95%CI: (-2.09, 1.16); P=0.58] | Non-Significant |
| | After six weeks | [MD=0.81; 95%CI: (-1.07, 2.7); P=0.40] | Non-Significant |
| | After eight weeks | [MD=-2.77; 95%CI: (-4.01, -1.53); P< 0.0001] | Significant |
| (2) Change in Inventory of Depression and Anxiety Symptoms (IDAS) | At four weeks | [SMD=0.56; 95%CI: (0.26, 0.86); P= 0.0002] | Significant |
| | At eight weeks | [SMD=-0.48; 95%CI: (-0.78, -0.18); P= 0.002] | Significant |
| (3) Change in Edinburg Postnatal Depression Scale (EPDS) | The first reported endpoint before labor | [MD=-0.54; 95%CI: (-0.1.16, 0.08); P=0.09] | Non-Significant |
| | After 6 weeks of delivery | [MD=-0.7; 95%CI: (-1.52, 0.12); P=0.14] | Non-Significant |
| (4) Generalized Anxiety Disorder Scale (GAD-7) | At last follow-up | [MD=-1.73; 95%CI: (-2.63, -0.83); P= 0.0002] | Significant |
| (5) Change after intervention in Pregnancy Distress Questionnaire (PDQ) | At last follow-up | [MD=-2.4; 95%CI: (-5.17, 0.38); P= 0.09] | Non-Significant |
| (6) Pittsburgh Sleep Quality Index (PSQI) | The first reported endpoint before labor | [MD=-0.39; 95%CI: (-1.42, 0.64); P=0.46] | Non-Significant |
| | Postpartum | [MD=-0.4; 95%CI: (-1.52, 0.73); P=0.49] | Non-Significant |
| (7) Change in Insomnia Severity Index (ISI) | At last follow-up | [MD=-3.45; 95%CI: (-5.66, -1.24); P= 0.002] | Significant |