

**Supplementary File 7. GRADE Summary of Findings**

Patient or population: Pregnant women and mothers

Intervention: Use of mobile health

Comparison: Standard care

Outcomes	Impact	No. of participants (studies)	Quality of evidence (GRADE)
<b>Anxiety symptoms</b>	Four studies found positive impact on anxiety symptoms, six studies had mixed findings, and three studies found no significant change.	4497 (8 RCT; 5 quasi-experimental)	⊕⊕○○ LOW
<b>Depressive symptoms</b>	Five studies found positive impact on depressive symptoms, two studies had mixed findings, and four studies found no significant change.	892 (5 RCT; 5 quasi-experimental; 1 mixed methods; 1 qualitative)	⊕⊕○○ LOW
<b>Perceived stress</b>	Three studies found positive impact on perceived stress, two studies had mixed findings, and two studies found no significant change.	857 (4 RCT; 3 quasi-experimental)	⊕○○○ VERY LOW
<b>Mental well-being</b>	One study found a positive impact on mental well-being, while one study did not find a significant change.	508 (1 quasi-experimental; 1 cohort)	⊕○○○ VERY LOW
<b>Coping</b>	One study reported mixed impact on coping, while one study reported no significant change.	215 (1 RCT; 1 quasi-experimental)	⊕○○○ VERY LOW
<b>Self-efficacy</b>	Seven studies found positive impact on self-efficacy, two studies had mixed findings, and seven studies found no significant change.	1744 (7 RCT; 4 quasi-experimental; 3 qualitative; 1 mixed methods; 1 cohort)	⊕⊕○○ LOW
<b>Self-management</b>	All five studies found a positive impact on self-management of health.	182 (1 RCT; 2 mixed methods; 2 qualitative)	⊕⊕○○ LOW

<b>Acceptance</b>	Three studies found a positive impact on acceptance of pregnancy and motherhood.	328 (1 quasi-experimental; 1 descriptive; 1 qualitative)	⊕○○○ VERY LOW
<b>Social support from partners</b>	Four studies found a positive impact on social support from partners.	560 (1 RCT; 2 qualitative; 1 descriptive)	⊕○○○ VERY LOW
<b>Social support from healthcare providers</b>	Three studies found a positive impact on social support from healthcare providers.	519 (1 quasi-experimental; 1 mixed methods; 1 qualitative)	⊕○○○ VERY LOW
<b>Social support from other sources</b>	Six studies found a positive impact on social support from other sources, while three studies reported mixed findings and one study reported no significant change.	622 (3 RCT; 4 mixed methods; 2 qualitative; 1 descriptive)	⊕⊕○○ LOW
RCT: randomized controlled trial			
<p><b>GRADE Working Group grades of evidence:</b></p> <p><b>High quality:</b> We are very confident that the true effect lies close to that of the estimate of the effect.</p> <p><b>Moderate quality:</b> We are moderately confident in the effect estimate: The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different</p> <p><b>Low quality:</b> Our confidence in the effect estimate is limited: The true effect may be substantially different from the estimate of the effect.</p> <p><b>Very low quality:</b> We have very little confidence in the effect estimate: The true effect is likely to be substantially different from the estimate of effect</p>			