

Supplementary Table 2. Overall effect size of nonpharmacological interventions in women with high-risk pregnancies (N=29)

Variable	Categories	Outcome	n	Hedge's g	SE	Lower	Upper	<i>p</i>	Q	df	<i>p</i>	<i>I</i> ²
Type of high-risk pregnancy	Preeclampsia	Anxiety	5	-0.42	0.28	-0.97	0.14	0.142	28.61	4	<.001	86.02
		Depression	2	-0.75	0.14	-1.02	-0.49	<.001	0.13	1	0.719	<.001
		Stress	2	-0.48	0.46	-1.37	0.42	0.296	6.62	1	0.01	84.9
	Gestational diabetes	Anxiety	10	-1.66	0.46	-2.56	-0.77	<.001	382.15	9	<.001	97.65
		Depression	7	-0.23	0.11	-0.45	-0.01	0.045	11.85	6	0.065	49.37
		Stress	4	-0.62	0.48	-1.55	0.32	0.194	76.3	3	<.001	96.07
	Preterm labor	Anxiety	10	-0.97	0.31	-1.57	-0.37	0.001	151.65	9	<.001	94.07
		Stress	7	-0.67	0.15	-0.97	-0.67	<.001	14.72	6	0.023	59.24
	Study design	RCT	Anxiety	16	-1.01	0.26	-1.52	-0.51	<.001	391.45	15	0.242
Depression			6	-0.52	0.08	-0.67	-0.37	<.001	6.73	5	<.001	25.69
Stress			6	-0.77	0.28	-1.31	-0.23	0.005	39.24	5	<.001	87.26
Non-RCT		Anxiety	10	-1.14	0.32	-1.77	-0.52	<.001	125.75	9	<.001	92.84
		Depression	5	-0.29	0.19	-0.66	0.09	0.136	12.62	4	0.013	68.31
		Stress	7	-0.49	0.25	-0.99	<.001	0.051	54.75	6	<.001	89.04

RCT: Randomized controlled trial.