

S5. Papers supporting the multi-level themes at different stages of the care pathway

Factors affecting women's decision to consult

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the care pathway	Studies
1 Women			
1.1 Beliefs about health services			
1.1.1 Services only offer medication	14	5	Bina, 2020; Button et al., 2017; Jones, 2019; Megnin-Viggars et al., 2015; Nilaweera et al., 2014
1.1.2 Services are stretched	2	1	Hadfield & Wittkowski, 2017
1.1.3 Services are too complicated	2	1	Ganann et al., 2019
1.2 Beliefs about healthcare professionals			
1.2.1 Not understanding healthcare professionals' role	12	6	Button et al., 2017; Megnin-Viggars et al., 2015; Mollard et al., 2016; Morrell et al., 2016; Nilaweera et al., 2014; Schmied et al., 2017
1.2.2 Believing healthcare professionals won't be interested	2	1	Bina, 2020
1.3 Beliefs about perinatal mental illness			
1.3.1 What is it?			
1.3.1.1 What is perinatal mental illness?	18	14	Bina, 2020; Button et al., 2017; Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Hansotte et al., 2017; Jones, 2019; Lucas et al., 2019; Morrell et al., 2016; Newman et al., 2019; Sambrook Smith et al., 2019; Schmied et al., 2017; Scope et al., 2017; Tobin et al., 2018; Watson et al., 2019
1.3.1.2 No language to describe perinatal mental illness	5	4	Brealey et al., 2010; Staneva et al., 2015; Tobin et al., 2018; Watson et al., 2019
1.3.2 Causes of perinatal mental illness			
1.3.2.1 Spiritual/cultural causes	6	6	Atif et al., 2016; McCauley et al., 2019; Nakku et al., 2016, Button et al., 2017; Schmied et al., 2017; Wittkowski et al., 2014
1.3.2.2 External causes	8	8	Bina, 2020; Button et al., 2017; Dennis & Chung-Lee, 2006; Lucas et al., 2019; Schmied et al., 2017; Staneva et al., 2015; Tobin et al., 2018; Watson et al., 2019
1.3.2.3 Physical causes	13	9	Bina, 2020; Button et al., 2017; Forde et al., 2020; Jones et al., 2014; Newman et al., 2019; Sambrook Smith et al., 2019; Schmied et al., 2017; Staneva et al., 2015; Watson et al., 2019
1.3.2.4 A normal response to motherhood?	9	8	Dennis & Chung-Lee, 2006; Giscombe et al., 2020; Jones et al., 2014; Sambrook Smith et al., 2019; Schmied et al., 2017; Slade et al., 2020; Sorsa et al., 2021; Viveiros & Darling, 2019
1.3.3 How to cope with symptoms			
1.3.3.1 Ignore them	6	6	Bina, 2020; Hadfield & Wittkowski, 2017; Jones, 2019; Newman et al., 2019; Schmied et al., 2017; Slade et al., 2020
1.3.3.2 Seek spiritual guidance	4	4	Hansotte et al., 2017; Kassam, 2019; Schmied et al., 2017; Watson et al., 2019
1.3.3.3 Minimise them	14	2	Staneva et al., 2015; Watson et al., 2019
1.4 Deciding to seek help			
1.4.1 Recognising something is wrong	8	8	Bina, 2020; Button et al., 2017; Forde et al., 2020; Hadfield & Wittkowski, 2017; Slade et al., 2020; Sorsa et al., 2021; Staneva et al., 2015; Viveiros & Darling, 2019
1.4.2 Where do I go to seek help?	9	8	Ganann et al., 2019; Bina, 2020; Dennis & Chung-Lee, 2006; Hansotte et al., 2017; Megnin-Viggars et al., 2015; Schmied et al., 2017; Sorsa et al., 2021; Tobin et al., 2018
1.5 Fear of judgement			
1.5.1 Fear of being seen as a bad mum	9	2	Bina, 2020; Forde et al., 2020
1.5.2 Social services/ removal of child	17	5	Young et al., 2019, Dennis & Chung-Lee, 2006; Forde et al., 2020; Jones, 2019; Watson et al., 2019
1.7 Social and family life			
1.7.1 Social isolation or support	9	2	Jones et al., 2014; Viveiros & Darling, 2019
1.7.2 Family and friends' beliefs	30	11	Bina, 2020; Button et al., 2017; Dennis & Chung-Lee, 2006; Forde et al., 2020; Holopainen & Hakulinen, 2019; Jones, 2019; Lucas et al., 2019; Nilaweera et al., 2014; Sambrook Smith et al., 2019; Schmied

			et al., 2017; Sorsa et al., 2021
1.8 Sociodemographic factors			
1.8.1 Ethnicity	2	2	Bina, 2020; Dennis & Chung-Lee, 2006
1.8.2 Age	2	2	Bina, 2020; Hansotte et al., 2017
1.9 Mental health factors			
1.9.1 Previous experiences of mental health care	6	4	Button et al., 2017; Hadfield & Wittkowski, 2017; Hansotte et al., 2017; Watson et al., 2019
1.9.2 Previous diagnoses or symptoms	2	2	Bina, 2020; Sorsa et al., 2021
1.9.3 Current diagnoses or symptoms	6	1	Sorsa et al., 2021
2.3 Healthcare professional's attributes			
2.3.1 Similar demographic characteristics	6	2	Dennis & Chung-Lee, 2006; Watson et al., 2019
2.3.3 Valued characteristics	25	1	Jones, 2019
3 Interpersonal			
3.1 Trusting relationship and rapport	23	1	Dennis & Chung-Lee, 2006
3.2 Language barriers	16	2	Dennis & Chung-Lee, 2006; Schmied et al., 2017
3.4 Open and honest communication	9	2	Schmied et al., 2017; Watson et al., 2019
4 Organisational			
4.1 Overall organisational aspects			
4.1.1 Co location and buildings	7	1	Bina, 2020
4.1.2 Service integration and collaborative working	17	1	Newman et al., 2019
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.1 Continuity of carer	17	1	Button et al., 2017
4.2.1.2 Culturally sensitive care	19	5	Bina, 2020; Dennis & Chung-Lee, 2006; Jones, 2019; Schmied et al., 2017; Watson et al., 2019
4.2.1.5 Logistical support	13	1	Jones, 2019
4.2.1.6 Home delivery	10	1	Jones 2019
4.2.1.8 Provision of information	7	1	Schmied et al., 2017
5 Commissioners			
5.2 Lack of appropriate or timely services	22	4	Jones, 2019; Megnin-Viggars et al., 2015; Newman et al., 2019; Viveiros & Darling, 2019
6 Political			
6.1 Immigration status	9	3	Bina, 2020; Hansotte et al., 2017; Schmied et al., 2017
6.2 Economic status & healthcare costs	16	5	Bina, 2020; Hansotte et al., 2017; Jones, 2019; Lucas et al., 2019; Tobin et al., 2018
7 Societal			
7.1 Stigma	43	14	<i>Nakku et al., 2016</i> , Bina, 2020; Button et al., 2017; Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Hansotte et al., 2017; Jones, 2019; Kassam, 2019; Mollard et al., 2016; Nilaweera et al., 2014; Sorsa et al., 2021; Tobin et al., 2018; Viveiros & Darling, 2019; Watson et al., 2019
7.2 Culture	30	15	<i>Atif et al., 2016; McCauley et al., 2019; Nakku et al., 2016</i> Button et al., 2017; Dennis & Chung-Lee, 2006; Giscombe et al., 2020; Jones, 2019; Kassam, 2019; Praetorius et al., 2020; Sambrook Smith et al., 2019; Schmied et al., 2017; Staneva et al., 2015; Tobin et al., 2018; Watson et al., 2019; Wittkowski et al., 2014
7.3 Maternal norms	27	13	Bina, 2020; Button et al., 2017; Hadfield & Wittkowski, 2017; Hansotte et al., 2017; Holopainen & Hakulinen, 2019; Johnson et al., 2020; Kassam, 2019; Lucas et al., 2019; Mollard et al., 2016; Nilaweera et al., 2014; Schmied et al., 2017; Sorsa et al., 2021; Staneva et al., 2015

Factors affecting contact with healthcare professionals

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the care pathway	Studies citing this theme
1 Women			
1.3.2 Causes of perinatal mental illness			
1.3.2.1 Spiritual/cultural causes	6	2	Dennis & Chung-Lee, 2006; Schmied et al., 2017
2 Healthcare professional			

2.1 Healthcare professionals knowledge about PMH			
2.1.1 Healthcare professionals knowledge about PMI	17	1	<i>McKenzie-McHarg et al., 2014</i>
2.2 Getting it right the first time			
2.2.1 Being dismissive or normalising symptoms	11	8	Button et al., 2017; Dennis & Chung-Lee, 2006; Forde et al., 2020; Hadfield & Wittkowski, 2017; Hansotte et al., 2017; Newman et al., 2019; Sorsa et al., 2021; Watson et al., 2019
2.2.2 Not recognising help seeking or PMI	5	4	Megnin-Viggars et al., 2015; Tobin et al., 2018; Viveiros & Darling, 2019; Watson et al., 2019
2.2.3 Focussing on infant	2	1	Megnin-Viggars et al., 2015
2.2.4 Making time	11	3	<i>Myors et al., 2015</i> , Hewitt et al., 2009; Watson et al., 2019
2.3 Healthcare professional's attributes			
2.3.3 Valued characteristics	25	2	<i>Myors et al., 2015</i> Newman et al., 2019
3 Interpersonal			
3.2 Language barriers	16	2	Button et al., 2017; Sambrook Smith et al., 2019
4 Organisational			
4.1 Overall organisational aspects			
4.1.7 Training	28	1	<i>Nakku et al., 2016</i>
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.2 Culturally sensitive care	19	2	Dennis & Chung-Lee, 2006; Sambrook Smith et al., 2019
7 Societal			
7.2 Culture	30	3	Dennis & Chung-Lee, 2006; Nilaweera et al., 2014; Sambrook Smith et al., 2019

Factors affecting assessment

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the care pathway	Studies citing this theme
1 Women			
1.1 Beliefs about health services			
1.1.1 Services only offer medication	14	2	<i>Doering et al., 2017; Williams et al., 2016</i>
1.3 Beliefs about perinatal mental illness			
1.3.1 What is it?			
1.3.1.1 What is perinatal mental illness?	18	1	<i>Kerker et al., 2018</i>
1.7 Social and family life			
1.7.2 Family and friends' beliefs	30	7	<i>Boyd et al., 2011; Doering et al., 2017; Higgins et al., 2018; Noonan et al., 2018; Pineros-Leano et al., 2015; Vik et al., 2009; Williams et al., 2016</i>
1.7.3 Additional personal difficulties	7	2	<i>Boyd et al., 2011; Williams et al., 2016</i>
2 Healthcare professional			
2.1 Healthcare professionals knowledge about PMH			
2.1.1 Healthcare professionals knowledge about PMI	17	7	<i>Higgins et al., 2018; McCauley; Rowan et al., 2010, Bina, 2020; Dennis & Chung-Lee, 2006; Megnin-Viggars et al., 2015; Slade et al., 2020; Viveiros & Darling, 2019</i>
2.1.2 Healthcare professional's knowledge about services/referral pathways	8	1	<i>Higgins et al., 2018</i>
2.1.3 Healthcare professionals confidence	9	3	<i>Cox et al., 2017; Fernandez y Garcia et al., 2011; Higgins et al., 2018</i>
2.2 Getting it right the first time			
2.2.2 Not recognising help seeking or PMI	5	2	Bina, 2020; Watson et al., 2019
2.2.4 Making time	11	1	Bina, 2020
2.2.5 Assessment specific behaviours	12	12	<i>Doering et al., 2017; Fernandez y Garcia et al., 2011; Nithianandan et al., 2016; Segre et al.,</i>

			2014; Vik et al., 2009; Williams et al., 2016 Brealey et al., 2010; Sambrook Smith et al., 2019; Schmied et al., 2017; Slade et al., 2020; Viveiros & Darling, 2019; Watson et al., 2019
2.3 Healthcare professional's attributes			
2.3.1 Similar demographic characteristics	6	1	Nithianandan et al., 2016
2.3.2 Culturally sensitive	4	2	Kassam, 2019; Nilaweera et al., 2014
2.3.3 Valued characteristics	25	4	Boyd et al., 2011; Doering et al., 2017; Kim et al., 2009 Hewitt et al., 2009
3 Interpersonal			
3.1 Trusting relationship and rapport	23	3	Doering et al., 2017; Higgins et al., 2018, Bina, 2020
3.2 Language barriers	16	3	Doering et al., 2017; Ganann et al., 2019; Nithianandan et al., 2016; Pineros-Leano et al., 2015; Segre et al., 2014; Willey et al., 2018; Williams et al., 2016
3.4 Open and honest communication	9	5	Doering et al., 2017; Shakespeare et al., 2003, Brealey et al., 2010; Hewitt et al., 2009; Willey et al., 2018
4 Organisational			
4.1 Overall organisational aspects			
4.1.2 Service integration and collaborative working	17	1	Lomonaco-Haycraft et al., 2018
4.1.3 Collaboration within services	14	3	Higgins et al., 2018; Nithianandan et al., 2016; Segre et al., 2014
4.1.4 Adequate workforce provision/ healthcare professionals workload	17	11	Ammerman et al., 2014; Feinberg et al., 2006; Ganann et al., 2019; Higgins et al., 2018; Kim et al., 2009; McCauley, et al., 2019; Nakku et al., 2016; Nithianandan et al., 2016; Noonan et al., 2018; Vik et al., 2009; Willey et al., 2018, Viveiros & Darling, 2018
4.1.5 Clear assessment and referral process	11	6	Ganann et al., 2019; Kim et al., 2009; Nithianandan et al., 2016; Segre et al., 2014; Williams et al., 2016, Bina, 2020
4.1.6 Provision of supervision	3	1	Vik et al., 2009
4.1.7 Training	28	14	Boyd et al., 2011; Feinberg et al., 2006; Ganann et al., 2019; Judd et al., 2011; Kerker et al., 2018; Kim et al., 2009; Lind et al., 2017; McCauley, Abigail, et al., 2019; Nithianandan et al., 2016; Noonan et al., 2018; Willey et al., 2018; Williams et al., 2016, Bina, 2020; Brealey et al., 2010
4.1.9 Organisational goals/guidelines	2	1	Ammerman et al., 2014,
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.1 Continuity of carer	17	1	Higgins et al., 2018,
4.2.1.2 Culturally sensitive care	19	3	Brealey et al., 2010; Hewitt et al., 2009; Watson et al., 2019
4.2.1.3 Privacy & confidentiality	7	3	Higgins et al., 2018; Nithianandan et al., 2016, Giscombe et al., 2020
4.2.1.4 Dedicated person/ PMH Champion	9	2	Kim et al., 2009; Lomonaco-Haycraft et al., 2018
4.2.1.6 Home delivery	10	2	Myors et al., 2015, Brealey et al., 2010
4.2.1.7 Hospital delivery	5	1	Shakespeare et al., 2003
4.2.1.9 Technology	11	7	Fernandez y Garcia et al., 2011; Kim et al., 2009; Lind et al., 2017; Noonan et al., 2018; Pineros- Leano et al., 2015; Willey et al., 2018; Williams et al., 2016
4.2.2 Assessment specific characteristics			
4.2.2.1 Wording of assessment tools	6	6	Doering et al., 2017; Segre et al., 2014; Williams et al., 2016, Brealey et al., 2010; Button et al., 2017; Hewitt et al., 2009
4.2.2.2 Acceptability of assessment/ screening	17	17	Boyd et al., 2011; Doering et al., 2017; Feinberg et al., 2006; Ganann et al., 2019; Kim et al., 2009; Nithianandan et al., 2016; Segre et al., 2014;

			<i>Shakespeare et al., 2003; Vik et al., 2009; Willey et al., 2018, Brealey et al., 2010; Evans et al., 2020; Hewitt et al., 2009; Megnin-Viggars et al., 2015; Mollard et al., 2016; Sambrook Smith et al., 2019; Viveiros & Darling, 2019</i>
5 Commissioners			
5.1 Referral pathways	6	1	<i>Higgins et al., 2018,</i>
5.2 Lack of appropriate or timely services	22	5	<i>Doering et al., 2017; Higgins et al., 2018; Kerker et al., 2018; Noonan et al., 2018; Williams et al., 2016</i>
5.3 Financial complexities	8	2	<i>Feinberg et al., 2006; Ganann et al., 2019</i>
7 Societal			
7.1 Stigma	43	6	<i>Atif et al., 2016; Chartier et al., 2015; Higgins et al., 2018; McCauley, Abigail, et al., 2019; Shakespeare et al., 2003; Vik et al., 2009</i>
7.2 Culture	30	7	<i>Boyd et al., 2011; Ganann et al., 2019; Higgins et al., 2018; Segre et al., 2014 Brealey et al., 2010; Hewitt et al., 2009; Tobin et al., 2018</i>
7.3 Maternal norms	27	1	<i>Sorsa et al., 2021</i>

Factors women's decision to disclose

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the care pathway	Studies citing this theme
1 Women			
1.1 Beliefs about health services			
1.1.1 Services only offer medication	14	2	<i>Sorsa et al., 2021; Tobin et al., 2018</i>
1.1.2 Services are stretched	2	1	<i>Dennis & Chung-Lee, 2006</i>
1.2 Beliefs about healthcare professionals			
1.2.1 Not understanding healthcare professionals' role	12	5	<i>Brealey et al., 2010; Hadfield & Wittkowski, 2017; Hewitt et al., 2009; Sambrook Smith et al., 2019; Scope et al., 2017</i>
1.2.2 Believing healthcare professionals won't be interested	2	1	<i>Hadfield & Wittkowski, 2017</i>
1.3 Beliefs about perinatal mental illness			
1.3.1 What is it?			
1.3.1.1 What is perinatal mental illness?	18	3	<i>Atif et al., 2019, Megnin-Viggars et al., 2015; Staneva et al., 2015</i>
1.3.2 Causes of perinatal mental illness			
1.3.2.4 A normal response to motherhood?	9	1	<i>Williams et al., 2016</i>
1.3.3 How to cope with symptoms			
1.3.3.3 Minimise them	14	2	<i>Shakespeare et al., 2003, Slade et al., 2020</i>
1.5 Fear of judgement			
1.5.1 Fear of being seen as a bad mum	9	7	<i>Brealey et al., 2010; Button et al., 2017; Jones et al., 2014; Lucas et al., 2019; Slade et al., 2020; Sorsa et al., 2021; Viveiros & Darling, 2019</i>
1.5.2 Social services/ removal of child	17	6	<i>Feinberg et al., 2006; Shakespeare et al., 2003 Bina, 2020; Brealey et al., 2010; Evans et al., 2020; Newman et al., 2019</i>
1.7 Social and family life			
1.7.2 Family and friends' beliefs	30	2	<i>Nilaweera et al., 2014; Viveiros & Darling, 2019</i>
2 Healthcare professional			
2.2 Getting it right the first time			
2.2.1 Being dismissive or	11	4	<i>Ganann et al., 2019, Dennis & Chung-Lee, 2006; Hadfield & Wittkowski,</i>

normalising symptoms			2017; Megnin-Viggars et al., 2015
2.2.3 Focussing on infant	2	1	Megnin-Viggars et al., 2015
2.2.4 Making time	11	5	<i>Feinberg et al., 2006</i> , Button et al., 2017; Dennis & Chung-Lee, 2006; Megnin-Viggars et al., 2015; Slade et al., 2020
2.2.5 Assessment specific behaviours	12	1	Slade et al., 2020
2.3 Healthcare professional's attributes			
2.3.3 Valued characteristics	25	6	<i>Feinberg et al., 2006; Williams et al., 2016</i> , Button et al., 2017; Newman et al., 2019; Slade et al., 2020; Watson et al., 2019
3 Interpersonal			
3.1 Trusting relationship and rapport	23	10	<i>Feinberg et al., 2006; Ganann et al., 2019; Kerker et al., 2018; Noonan et al., 2018; Shakespeare et al., 2003; Willey et al., 2018; Williams et al., 2016</i> , Brealey et al., 2010; Hewitt et al., 2009; Tobin et al., 2018
3.2 Language barriers	16	1	<i>Ganann et al., 2019</i>
3.4 Open and honest communication	9	1	<i>Vik et al., 2009</i>
4 Organisational			
4.1 Overall organisational aspects			
4.1.2 Service integration and collaborative working	17	1	<i>Hadfield et al., 2019</i>
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.1 Continuity of carer	17	8	<i>Chartier et al., 2015; Nithianandan et al., 2016; Willey et al., 2018</i> , Brealey et al., 2010; Hadfield & Wittkowski, 2017; Megnin-Viggars et al., 2015; Sambrook Smith et al., 2019; Watson et al., 2019
5 Commissioners			
5.2 Lack of appropriate or timely services	22	1	<i>Williams et al., 2016</i>
7 Societal			
7.1 Stigma	43	18	<i>Atif et al., 2019; Feinberg et al., 2006; Kerker et al., 2018; Nithianandan et al., 2016; Noonan et al., 2018; Shakespeare et al., 2003; Williams et al., 2016</i> , Button et al., 2017; Giscombe et al., 2020; Hewitt et al., 2009; Holopainen & Hakulinen, 2019; Megnin-Viggars et al., 2015; Morrell et al., 2016; Sambrook Smith et al., 2019; Schmied et al., 2017; Scope et al., 2017; Sorsa et al., 2021; Watson et al., 2019
7.2 Culture	30	13	<i>Feinberg et al., 2006; Noonan et al., 2018</i> , Brealey et al., 2010; Dennis & Chung-Lee, 2006; Giscombe et al., 2020; Hewitt et al., 2009; Holopainen & Hakulinen, 2019; Megnin-Viggars et al., 2015; Praetorius et al., 2020; Sambrook Smith et al., 2019; Schmied et al., 2017; Tobin et al., 2018; Watson et al., 2019
7.3 Maternal norms	27	14	<i>Shakespeare et al., 2003; Williams et al., 2016</i> Brealey et al., 2010; Button et al., 2017; Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Hewitt et al., 2009; Jones et al., 2014; Megnin-Viggars et al., 2015; Newman et al., 2019; Nilaweera et al., 2014; Praetorius et al., 2020; Sambrook Smith et al., 2019; Scope et al., 2017; Slade et al., 2020

Factors affecting referral

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the	Studies citing this theme
-------	--	---	---------------------------

		care pathway	
1.5 Fear of judgement			
1.5.2 Social services/ removal of child	17		Boyd et al., 2011
2 Healthcare professional			
2.1 Healthcare professionals knowledge about PMH			
2.1.2 Healthcare professional's knowledge about services/referral pathways	8	4	Ganann et al., 2019; Rowan et al., 2010, Hansotte et al., 2017; Viveiros & Darling, 2019
2.1.3 Healthcare professionals confidence	9	2	Cox et al., 2017; Nithianandan et al., 2016
2.2 Getting it right the first time			
2.2.1 Being dismissive or normalising symptoms	11	1	Dennis & Chung-Lee, 2006
2.2.2 Not recognising help seeking or PMI	5	1	Button et al., 2017
2.2.4 Making time	11	1	Ganann et al., 2019
3 Interpersonal			
3.3 Shared decision making	4	1	Hadfield & Wittkowski, 2017
4 Organisational			
4.1 Overall organisational aspects			
4.1.2 Service integration and collaborative working	17	7	Bina et al., 2018; Boyd et al., 2011; Feinberg et al., 2006; Judd et al., 2011; Myers et al., 2015; Noonan et al., 2018; Rowan et al., 2010
4.1.3 Collaboration within services	14	2	Lind et al., 2017; Willey et al., 2018
4.1.4 Adequate workforce provision	17	1	Ammerman et al., 2014
4.1.5 Clear assessment and referral process	11	7	Cox et al., 2017; Feinberg et al., 2006; Judd et al., 2011; Kerker et al., 2018; Nithianandan et al., 2016; Noonan et al., 2018; Rowan et al., 2010
4.1.7 Training	28	2	Bina et al., 2018; Judd et al., 2011
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.2 Culturally sensitive care	19	1	Nithianandan et al., 2016
4.2.1.3 Privacy & confidentiality	7	1	Feinberg et al., 2006
4.2.1.4 Dedicated person/ PMH Champion	9	1	Nithianandan et al., 2016
4.2.1.8 Provision of information	7	2	Jones, 2019; Megnin-Viggars et al., 2015
4.2.1.9 Technology	11	1	Feinberg et al., 2006
4.2.3 Intervention characteristics			
4.2.3.2 Individualised and person centred	19	1	Doering et al., 2017
5 Commissioners			
5.1 Referral pathways	6	5	Ammerman et al., 2014; Boyd et al., 2011; Nithianandan et al., 2016; Rowan et al., 2010; Willey et al., 2018
5.2 Lack of appropriate or timely services	22	1	Lomonaco-Haycraft et al., 2018
7 Societal			
7.1 Stigma	43	3	Boyd et al., 2011; Myers et al., 2015, Morrell et al., 2016

Factors affecting women's access to care and treatment

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the care pathway	Studies citing this theme
1 Women			
1.1 Beliefs about health services			
1.1.1 Services only offer medication	14	2	Ganann et al., 2019; Young et al., 2019
1.1.3 Services are too complicated	2	1	Tobin et al., 2018
1.1.4 Women's mistrust and fear of services	2	2	Boyd et al., 2011, Jones, 2019
1.2 Beliefs about healthcare professionals			
1.2.1 Not understanding healthcare professionals' role	12	3	Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Sambrook Smith et al., 2019
1.4 Deciding to seek help			
1.4.2 Where do I go to seek help?	9	1	Hansotte et al., 2017
1.6 Logistics of accessing perinatal mental healthcare			
1.6.1 Childcare	14	14	Boyd et al., 2011; Cox et al., 2017; Doering et al., 2017; Friedman et al., 2010 Bina, 2020; Button et al., 2017; Dennis & Chung-Lee, 2006; Hansotte et al., 2017; Morrell

			et al., 2016; Newman et al., 2019; Sambrook Smith et al., 2019; Scope et al., 2017; Tobin et al., 2018; Watson et al., 2019
1.6.2 Timing of care	7	7	Atif et al., 2019; Friedman et al., 2010 Bina, 2020; Dennis & Chung-Lee, 2006; Newman et al., 2019; Scope et al., 2017; Watson et al., 2019
1.6.3 Location/ travel	13	13	Cox et al., 2017; Doering et al., 2017; Eappen et al., 2018; Friedman et al., 2010; Masood et al., 2015; Nakku et al., 2016 Bina, 2020; Hansotte et al., 2017; Mollard et al., 2016; Morrell et al., 2016; Newman et al., 2019; Tobin et al., 2018; Watson et al., 2019
1.7 Social and family life			
1.7.2 Family and friends' beliefs	30	8	Atif et al., 2019; Ganann et al., 2019; Masood et al., 2015; Nakku et al., 2016; Nithianandan et al., 2016; Young et al., 2019, Nilaweera et al., 2014; Watson et al., 2019
1.7.3 Additional personal difficulties	7	5	Atif et al., 2016; Kerker et al., 2018; Munodawafa et al., 2017; Rowan et al., 2010, Hansotte et al., 2017
1.8 Sociodemographic factors			
1.8.1 Ethnicity	4	2	Hansotte et al., 2017; Watson et al., 2019
1.9 Mental health factors			
1.9.3 Current diagnoses or symptoms	6	4	Friedman et al., 2010; Young et al., 2019, Sorsa et al., 2021; Viveiros & Darling, 2019
2 Healthcare professional			
2.1 Healthcare professionals knowledge about PMH			
2.1.1 Healthcare professionals knowledge about PMI	17	1	Megnin-Viggars et al., 2015
2.1.2 Healthcare professional's knowledge about services/referral pathways	8	2	Sambrook Smith et al., 2019; Slade et al., 2020
2.2 Getting it right the first time			
2.2.1 Being dismissive or normalising symptoms	11	1	Watson et al., 2019
2.2.4 Making time	11	1	Watson et al., 2019
2.3 Healthcare professional's attributes			
2.3.2 Culturally sensitive	4	1	Watson et al., 2019
2.3.3 Valued characteristics	25	3	Morrell et al., 2016; Newman et al., 2019; Schmied et al., 2017
3 Interpersonal			
3.1 Trusting relationship and rapport	23	1	Dennis & Chung-Lee, 2006,
3.2 Language barriers	16	4	Hansotte et al., 2017; Megnin-Viggars et al., 2015; Sambrook Smith et al., 2019; Watson et al., 2019
3.3 Shared decision making	4	1	Bina, 2020
4 Organisational			
4.1 Overall organisational aspects			
4.1.1 Co location and buildings	7	2	Boyd et al., 2011; Judd et al., 2011
4.1.2 Service integration and collaborative working	17	3	Rowan et al., 2010, Sambrook Smith et al., 2019; Watson et al., 2019
4.1.3 Collaboration within services	14	1	Sambrook Smith et al., 2019
4.1.4 Adequate workforce provision/ healthcare professionals workload	17	2	Rowan et al., 2010, Bina, 2020
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.1 Continuity of carer	17	1	Tobin et al., 2018
4.2.1.2 Culturally sensitive care	19	7	Button et al., 2017; Giscombe et al., 2020; Hansotte et al., 2017; Sambrook Smith et al., 2019; Schmied et al., 2017; Viveiros & Darling, 2019; Watson et al., 2019
4.2.1.4 Dedicated person/ PMH Champion	9	3	Ganann et al., 2019, Bina, 2020; Megnin-Viggars et al., 2015
4.2.1.5 Logistical support	13	11	Ganann et al., 2019; Hadfield et al., 2019;

			<i>Masood et al., 2015; Nakku et al., 2016; Nithianandan et al., 2016; Ormsby et al., 2018; Button et al., 2017; Mollard et al., 2016; Newman et al., 2019; Scope et al., 2017; Watson et al., 2019</i>
4.2.1.8 Provision of information	7	1	Randall & Briscoe, 2018
4.2.1.10 Service inclusion criteria	3	3	<i>Boyd et al., 2011; Ganann et al., 2019, Viveiros & Darling, 2019</i>
4.2.3 Intervention characteristics			
4.2.3.2 Individualised and person centred	19	2	<i>Ganann et al., 2019, Watson et al., 2019</i>
4.2.3.3 Appropriateness	15	1	<i>Pugh et al., 2015</i>
5 Commissioners			
5.2 Lack of appropriate or timely services	22	11	<i>Boyd et al., 2011; Ganann et al., 2019; Kerker et al., 2018; Myors et al., 2015, Bina, 2020; Button et al., 2017; Megnin-Viggars et al., 2015; Newman et al., 2019; Sambrook Smith et al., 2019; Tobin et al., 2018; Viveiros & Darling, 2019</i>
5.3 Financial complexities	8	1	<i>Rowan et al., 2010</i>
6 Political			
6.1 Immigration status	9	6	<i>Cox et al., 2017; Ganann et al., 2019, Hansotte et al., 2017; Kassam, 2019; Schmied et al., 2017; Tobin et al., 2018</i>
6.2 Economic status & healthcare costs	16	14	<i>Atif et al., 2016; Boyd et al., 2011; Cox et al., 2017; Doering et al., 2017; Ganann et al., 2019; Lomonaco-Haycraft et al., 2018; Nakku et al., 2016; Ormsby et al., 2018; Bina, 2020; Hansotte et al., 2017; Kassam, 2019; Lucas et al., 2019; Tobin et al., 2018; Viveiros & Darling, 2019</i>
7 Societal			
7.1 Stigma	43	8	<i>Cox et al., 2017; Young et al., 2019, Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Hansotte et al., 2017; Scope et al., 2017; Tobin et al., 2018; Watson et al., 2019</i>
7.2 Culture	30	5	<i>Atif et al., 2016, Giscombe et al., 2020; Hansotte et al., 2017; Sambrook Smith et al., 2019; Viveiros & Darling, 2019</i>
7.3 Maternal norms	27	2	<i>Viveiros & Darling, 2019; Watson et al., 2019</i>

Factors affecting provision of optimal care

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the care pathway	Studies citing this theme
1 Women			
1.1 Beliefs about health services			
1.1.1 Services only offer medication	14	4	<i>Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Megnin-Viggars et al., 2015; Tobin et al., 2018</i>
1.3 Beliefs about perinatal mental illness			
1.3.1 What is it?			
1.3.1.2 No language to describe perinatal mental illness	5	1	<i>Bina et al., 2018</i>
2 Healthcare professional			
2.1 Healthcare professionals knowledge about PMH			
2.1.1 Healthcare professionals knowledge about PMI	17	7	<i>Beeber et al., 2009; Byatt et al., 2013; Ganann et al., 2019; Judd et al., 2011; Noonan et al., 2018; Reed et al., 2014; Megnin-Viggars et al., 2015</i>
2.1.3 Healthcare professionals confidence	9	5	<i>Atif et al., 2019; Bina et al., 2018; Munodawafa et al., 2017; Ormsby et al., 2018; Reed et al., 2014</i>
2.2 Getting it right the first time			
2.2.3 Focussing on infant	2	1	<i>Button et al., 2017</i>

2.2.4 Making time	11	3	Noonan et al., 2018, Dennis & Chung-Lee, 2006; Viveiros & Darling, 2019
2.3 Healthcare professional's attributes			
2.3.1 Similar demographic characteristics	6	3	Leger et al., 2015; Masood et al., 2015; Shorey & Ng, 2019
2.3.2 Culturally sensitive	4	1	Viveiros & Darling, 2019
2.3.3 Valued characteristics	25	9	Atif et al., 2016, 2019; Doering et al., 2017; Kerker et al., 2018; Munodawafa et al., 2017; Pugh et al., 2015; Shorey & Ng, 2019, Forde et al., 2020; Staneva et al., 2015
3 Interpersonal			
3.1 Trusting relationship and rapport	23	5	Hadfield et al., 2019; Leger et al., 2015; Shorey & Ng, 2019, Bina, 2020; Scope et al., 2017
3.2 Language barriers	16	3	Beeber et al., 2009; Munodawafa et al., 2017; Pineros-Leano et al., 2015
3.3 Shared decision making	4	2	Megnin-Viggars et al., 2015; Randall & Briscoe, 2018
4 Organisational			
4.1 Overall organisational aspects			
4.1.1 Co location and buildings	7	5	Cox et al., 2017; Judd et al., 2011; Munodawafa et al., 2017; Ormsby et al., 2018; Young et al., 2019
4.1.2 Service integration and collaborative working	17	8	Atif et al., 2016; Byatt et al., 2013; Ganann et al., 2019; Judd et al., 2011; Lind et al., 2017; Nithianandan et al., 2016; Noonan et al., 2018; Rowan et al., 2010
4.1.3 Collaboration within services	14	9	Ammerman et al., 2014; Cox et al., 2017; Eappen et al., 2018; Judd et al., 2011; Kerker et al., 2018; McKenzie-McHarg et al., 2014; Munodawafa et al., 2017; Nithianandan et al., 2016; Ormsby et al., 2018
4.1.4 Adequate workforce provision/ healthcare professionals workload	17	4	Bina et al., 2018; Drozd et al., 2018; Kerker et al., 2018; Nakku et al., 2016
4.1.6 Provision of supervision	3	2	Atif et al., 2019; Munodawafa et al., 2017
4.1.7 Training	28	15	Ammerman et al., 2014; Atif et al., 2016, 2019; Beeber et al., 2009; Chartier et al., 2015; Doering et al., 2017; Drozd et al., 2018; Ganann et al., 2019; Leger et al., 2015; McKenzie-McHarg et al., 2014; Munodawafa et al., 2017; Reed et al., 2014; Rowan et al., 2010; Shorey & Ng, 2019 Brealey et al., 2010
4.1.9 Organisational goals/guidelines	2	1	Willey et al., 2018
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.1 Continuity of carer	17	4	O'Mahen & Flynn, 2008; Rowan et al., 2010 Megnin-Viggars et al., 2015; Viveiros & Darling, 2019
4.2.1.2 Culturally sensitive care	19	7	Ganann et al., 2019; Noonan et al., 2018; Shorey & Ng, 2019, Dennis & Chung-Lee, 2006; Kassam, 2019; Tobin et al., 2018; Watson et al., 2019
4.2.1.3 Privacy & confidentiality	7	3	Atif et al., 2019; Jallo et al., 2015; O'Mahen & Flynn, 2008
4.2.1.4 Dedicated person/ PMH Champion	9	3	Chartier et al., 2015; Rowan et al., 2010; Willey et al., 2018
4.2.1.5 Logistical support	13	1	Leger et al., 2015
4.2.1.6 Home delivery	10	5	Ammerman et al., 2014; Beeber et al., 2009; Leger et al., 2015; Munodawafa et al., 2017, Hadfield & Wittkowski, 2017
4.2.1.7 Hospital delivery	5	1	Dennis & Chung-Lee, 2006
4.2.1.8 Provision of information	7	5	Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; A. Jones, 2019; Megnin-Viggars et al., 2015; Morrell et al., 2016
4.2.3 Intervention characteristics			
4.2.3.1 Opportunity to talk	7	2	Hadfield & Wittkowski, 2017; Jones et al., 2014
4.2.3.2 Individualised and person centred	19	11	Chartier et al., 2015; Doering et al., 2017; Masood et al., 2015; McKenzie-McHarg et al., 2014; Noonan et al., 2018; O'Mahen & Flynn, 2008; Pugh et al., 2015; Segre et al., 2014; Shorey & Ng, 2019 Megnin-Viggars et al., 2015; Viveiros & Darling, 2018

4.2.3.3 Appropriateness	15	12	<i>Atif et al., 2019; Bina et al., 2018; Chartier et al., 2015; Drozd et al., 2018; Leger et al., 2015; McKenzie-McHarg et al., 2014; Munodawafa et al., 2017; Noonan et al., 2018; Ormsby et al., 2018; Pugh et al., 2015; Reed et al., 2014; Shorey & Ng, 2019</i>
4.2.3.4 Flexible	11	7	<i>Atif et al., 2019; Bina et al., 2018; Ganann et al., 2017; Judd et al., 2011; Munodawafa et al., 2017; Shorey & Ng, 2019, Sorsa et al., 2021</i>
4.2.3.5 Group support	14	3	<i>Masood et al., 2015, Dennis & Chung-Lee, 2006; Scope et al., 2017</i>
5 Commissioners			
5.2 Lack of appropriate or timely services	22	7	<i>Boyd et al., 2011; Leger et al., 2015; Munodawafa et al., 2017; Nakku et al., 2016; Noonan et al., 2018; Rowan et al., 2010, Jones et al., 2014</i>
5.3 Financial complexities	8	7	<i>Cox et al., 2017; Friedman et al., 2010; Ganann et al., 2019; Kim et al., 2009; Lomonaco-Haycraft et al., 2018; Ormsby et al., 2018; Rowan et al., 2010</i>
6 Political			
6.1 Immigration status	9	5	<i>Giscombe et al., 2020; Kassam, 2019; Schmied et al., 2017; Tobin et al., 2018; Watson et al., 2019</i>
6.2 Economic status & healthcare costs	16	3	<i>Hansotte et al., 2017; Kassam, 2019; Lucas et al., 2019</i>
7 Societal			
7.1 Stigma	43	8	<i>Atif et al., 2016; Chartier et al., 2015; Kerker et al., 2018; Munodawafa et al., 2017; O'Mahen & Flynn, 2008 Dennis & Chung-Lee, 2006; Lucas et al., 2019; Megnin-Viggars et al., 2015</i>
7.2 Culture	30	6	<i>Bina et al., 2018; Boyd et al., 2011; Friedman et al., 2010; Ganann et al., 2019 Kassam, 2019; Tobin et al., 2018</i>

Factors affecting women's experience of care

Theme	Total number of papers that contribute to this theme	Number of papers that contribute to this theme within this stage of the care pathway	Studies citing this theme
1 Women			
1.3.2 Causes of perinatal mental illness			
1.3.2.3 Physical causes	13	1	<i>O'Mahen & Flynn, 2008</i>
1.7 Social and family life			
1.7.1 Social isolation or support	9	7	<i>Giscombe et al., 2020; Hansotte et al., 2017; Jones et al., 2014; Kassam, 2019; Lucas et al., 2019; Tobin et al., 2018; Watson et al., 2019</i>
1.7.2 Family and friends' beliefs	30	3	<i>Atif et al., 2016; O'Mahen & Flynn, 2008 Hadfield & Wittkowski, 2017</i>
1.9 Mental health factors			
1.9.1 Previous experiences of mental health care	6	2	<i>O'Mahen & Flynn, 2008, Evans et al., 2020</i>
1.9.3 Current diagnoses or symptoms	6	2	<i>Chartier et al., 2015; Hadfield et al., 2019</i>
2 Healthcare professional			
2.1 Healthcare professionals knowledge about PMH			
2.1.1 Healthcare professionals knowledge about PMI	17	2	<i>Dennis & Chung-Lee, 2006; Morrell et al., 2016</i>
2.1.2 Healthcare professional's knowledge about services/referral pathways	8	1	<i>Dennis & Chung-Lee, 2006</i>
2.2 Getting it right the first time			
2.2.1 Being dismissive or normalising symptoms	11	1	<i>Megnin-Viggars et al., 2015</i>
2.2.4 Making time	11	1	<i>Dennis & Chung-Lee, 2006</i>
2.3 Healthcare professional's attributes			
2.3.3 Valued characteristics	25	9	<i>Munodawafa et al., 2017, Brealey et al., 2010; Dennis & Chung-Lee, 2006;</i>

			Hadfield & Wittkowski, 2017; Hewitt et al., 2009; Megnin-Viggars et al., 2015; Morrell et al., 2016; Schmied et al., 2017; Staneva et al., 2015
3 Interpersonal			
3.1 Trusting relationship and rapport	23	6	Atif et al., 2016; Young et al., 2019 Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Megnin-Viggars et al., 2015; Morrell et al., 2016
3.2 Language barriers	16	1	Masood et al., 2015
3.3 Shared decision making	4	2	Hadfield & Wittkowski, 2017; Scope et al., 2017
3.4 Open and honest communication	9	1	Hadfield & Wittkowski, 2017
4 Organisational			
4.1 Overall organisational aspects			
4.1.2 Service integration and collaborative working	17	1	Noonan et al., 2018
4.2 Characteristics of PMH Care			
4.2.1 Across the care pathway			
4.2.1.1 Continuity of carer	17	5	Button et al., 2017; Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Megnin-Viggars et al., 2015; Slade et al., 2020
4.2.1.2 Culturally sensitive care	19	6	Dennis & Chung-Lee, 2006; Hadfield & Wittkowski, 2017; Kassam, 2019; Schmied et al., 2017; Tobin et al., 2018; Watson et al., 2019
4.2.1.6 Home delivery	10	3	Ammerman et al., 2014; Judd et al., 2011, Hansotte et al., 2017
4.2.1.7 Hospital delivery	5	3	Atif et al., 2019; Boyd et al., 2011; Kerker et al., 2018
4.2.1.8 Provision of information	7	1	Scope et al., 2017
4.2.1.9 Technology	11	3	Jallo et al., 2015; Shorey & Ng, 2019, Doering et al., 2017
4.2.3 Intervention characteristics			
4.2.3.1 Opportunity to talk	7	6	Dennis & Chung-Lee, 2006; Evans et al., 2020; Hadfield & Wittkowski, 2017; Kassam, 2019; Morrell et al., 2016; Praetorius et al., 2020
4.2.3.2 Individualised and person centred	19	11	Masood et al., 2015; McKenzie-McHarg et al., 2014 Evans et al., 2020; Hadfield & Wittkowski, 2017; Megnin-Viggars et al., 2015; Morrell et al., 2016; Schmied et al., 2017; Scope et al., 2017; Slade et al., 2020; Viveiros & Darling, 2019; Watson et al., 2019
4.2.3.3 Appropriateness	15	4	Pugh et al., 2015, Evans et al., 2020; Megnin-Viggars et al., 2015; Scope et al., 2017
4.2.3.4 Flexible	11	4	Hadfield et al., 2019; O'Mahen & Flynn, 2008; Pugh et al., 2015, Watson et al., 2019
4.2.3.5 Group support	14	13	Hadfield et al., 2019; Masood et al., 2015; Nakku et al., 2016 Evans et al., 2020; Hadfield & Wittkowski, 2017; Holopainen & Hakulinen, 2019; Jones et al., 2014; Megnin-Viggars et al., 2015; Morrell et al., 2016; Schmied et al., 2017; Slade et al., 2020; Tobin et al., 2018; Watson et al., 2019
4.2.3.7 Face to face delivery	4	4	O'Mahen & Flynn, 2008; Pugh et al., 2015; Shorey & Ng, 2019 Schmied et al., 2017
6 Political			
6.1 Immigration status	9	1	Ganann et al., 2019
6.2 Economic status & healthcare costs	16	2	Munodawafa et al., 2017; Nakku et al., 2016
7 Societal			
7.1 Stigma	43	2	McKenzie-McHarg et al., 2014 Hadfield & Wittkowski, 2017
7.2 Culture	30	4	Masood et al., 2015 Kassam, 2019; Schmied et al., 2017; Watson et al., 2019
7.3 Maternal norms	27	1	Jones et al., 2014