

**Table 3 Characteristics of studies included in the systematic review (n = 31)**

Study	Study type	Setting	Sample size	Mean maternal age (years)	Gestational age at screening	Assessment instrument
Asltoghiri et al. 2011	Prospective descriptive-analytical	Hamedan	161	26.4	28–30w 38–40w	BDI
Abdollahzade Rafi et al. 2008	Correlational	Shiraz	95	26.2	Third trimester	EPDS, SSQ, PSA
Shahmiri et al. 2006	Descriptive–analytical	Zanjan	300	26.2	3 trimesters	SDS
Pazandeh et al. 2002	Cross-sectional	Tehran	580	25.5	3 trimesters	BDI
Omidvar et al. 2007	Descriptive–analytical	Babol	191	25.4	3 trimesters	BDI
Mossalanejad et al. 2007	Cross-sectional	Jahrom	214	–	3 trimesters	SCL-90-R
Ghasemi et al. 2003	Cross-sectional	Tehran	1452	25.3	3 trimesters	SCL-90-R
Salmalian et al. 2007	Cross-sectional	Babol	263	25.6	Third trimester	BDI
Sadeghi et al. 2014	Longitudinal	Bandar Abbas	71	28.2	29–32w 33–36w 37–42w	STAI
Nazari et al. 2014	Descriptive–analytical	Khorramabad	280	26.7	3 trimesters	GHQ
Babanazari et al. 2008	Descriptive cross-sectional	Rasht	286	25.7	3 trimesters	PRAQ, GRIMS
Garrusi et al. 2014	Cross-sectional		255	29.1	3 trimesters	BDI
Parsaie Rad et al. 2010	Cross-sectional, analytical	Ahvaz	70	24.8	36–40w	PSQI, BDI
Forouzandeh et al. 2002	Descriptive–analytical	Shahrekord	267	24.9	3–4m 6–7m & 9	GHQ-28
Mortazavi et al. 2013	Longitudinal	Shahroud	358	24.32	Third trimesters	GHQ-28
Moshki et al. 2015	Cross-sectional	Gonabad	208	25.32	3 trimesters	EPDS
Kheirabadi et al. 2010	Prospective cohort	Isfahan	1291	–	3 trimesters	EPDS
Shishehgar et al. 2014	Cross-sectional	Shahriar	210	27	3 trimesters	PSQ
Abbaszadeh et al. 2013	Case–control	Kashan	465	25.32	3 trimesters	BDI
Baghi et al. 2013	Cross-sectional	Saqquez	140	27.40	Second and third trimester	EPDS
Rabeipour et al. 2015	Descriptive–correlational	Urmia	275	27.25	3 trimesters	GHQ-28
Rezaee et al. 2014	Cross-sectional	Babol	142	24.38	3 trimesters	DASS-21
Hosaynisazi et al. 2005	Cross-sectional	Tehran	180	26.40	3 trimesters	BDI
Zareipour et al. 2012	Cross-sectional	Kuhdasht	250	25.5	3 trimesters	GHQ-28
Enayati et al. 2008	Cross-sectional	Ahvaz	150	–	3 trimesters	SCL-90-R
Zarei et al. 2012	Cross-sectional	Tehran	267	29.5	3 trimesters	DASS-42
Ahmadzadeh et al. 2007	Descriptive–analytical	Isfahan	600	26.0	3 trimesters	BDI
Bondad et al. 2002	Descriptive–analytical	Mashad	320	24.5	3 trimesters	BDI
Lalooei et al. 2007	Cross-sectional	Tehran	400	26.4	3 trimesters	BDI
Modabernia et al. 2009	Cross-sectional	Rasht	415	–	3 trimesters	BDI

– = not known. SCL-90-R = Symptom Checklist-90-Revised. PTSD = Post-Traumatic Stress Disorder Diagnostic Scale. HSCL-25 = Hopkins Symptoms Checklist. BDI = Beck Depression Inventory-II. EDS = Edinburgh Postnatal Depression Scale. SSQ = Social Support Questionnaire. PSA = Pregnancy-Specific Anxiety. SDS = Zung Self-Rating Depression Scale. SCL-90-R = Symptom Checklist-90-Revised. STAI State-Trait Anxiety Inventory. PRAQ = Pregnancy Related Anxiety Questionnaire. GRIMS Golombok-Rust Inventory of Marital Status. PSQI = Pittsburgh Sleep Quality Index. PSQ = Pregnancy Stress Questionnaire. GHQ = General Health Questionnaire DASS21 = Depression Anxiety Stress Scale.