

Supplementary Materials

Table 1. Reviews of article.

No	Title (Year)	Method	Result
1.	<p>Increasing Pregnancy Education on the Self Efficacy of Pregnant Women in Groups Accompanied by Their Husbands and Groups Unaccompanied</p> <p>International Journal of Sciences: Increasing Pregnancy Education on the Self Efficacy of Pregnant Women in Group</p> <p>(Nur Jaqina, Muh. Syafarb, Suryani Ac, Arsunan A. Ad, Nasruddin AMe, Buduf, Mohammad Hattag, Maisuri T.Ch, Werna Nontjii, Amrianij, Jumrahk, Sundaril, 2019)</p>	<p>Design: Quasi-experimental</p> <p>Sample: 17 pregnant women</p> <p>Variable: Self-efficacy</p> <p>Instrument: Self-Efficacy Questionnaire</p> <p>Analysis: Wilcoxon.</p>	<p>The results were significant in the Wilcoxon test with a value of 0.002 ($p < 0.05$), which indicates that there was a significant increase in self-efficacy in pregnant women who were accompanied by their husbands before and after pregnancy counseling (EMH).</p>
2.	<p>Maternity connect: Evaluation of an education program for rural midwives and nurses.</p> <p>(Kylie Martin and others, 2020)</p>	<p>Design: Mix Method</p> <p>Sample: 97 nurses; 23 basic health services; 4 health service placements</p> <p>Variables: antenatal, postnatal, neonatal care. health services, confidence.</p> <p>Instrument: questionnaire</p> <p>Analysis: Descriptive</p>	<p>The Maternity Connect program is an educational model that can increase the confidence of doctors and health workers.</p>
3.	<p>Parents' Experiences With a Model of Integrated Maternity and Neonatal Care Designed to Empower</p>	<p>Design: Qualitative analysis with a contextual</p>	<p>The results show that there are five themes of empowerment: Appreciation, Self-management, Increased knowledge</p>

	<p>Parents.</p> <p>(Mireille Stelwagen and others , 2021)</p>	<p>constructivist approach.</p> <p>Sample: 27 mothers and 9 fathers</p> <p>Variables: Feeling Respected, Gaining Self-Management, Newborn Insights, Perceived Control, and Self-Efficacy.</p> <p>Instruments: Interview Guide, Questionnaire</p> <p>Analysis: Thematic Analysis</p>	<p>Attachment to the baby in 24 is an intensive learning experience for parents through active participation in care.</p>
4.	<p>Prenatal fear of childbirth among pregnant women and their spouses in Kenya.</p> <p>(Onchonga, David, 2021)</p>	<p>Design: Quantitative</p> <p>Sample: 27 pregnant women and 9 fathers</p> <p>Variables: education level, parity, previous delivery method, routine pregnancy check-up, and positive feelings</p> <p>Instrument: Gaining Self Management Tools, Self Efficacy Tools</p> <p>Analysis: Spearman correlation test</p>	<p>A significant relationship is seen in the fear of giving birth in pregnant women with their partners.</p> <p>Husband has an important role in supporting the partner and becoming an agent of change in the family.</p>
5.	<p>Smartphone-based lifestyle coaching modifies behaviors in women with subfertility or recurrent miscarriage: a randomized controlled trial.</p>	<p>Design: Women with subfertility or recurrent miscarriage</p> <p>Sample: 262</p>	<p>There is a significant reduction in lifestyle risk scores in women who have a body mass index (BMI) of 25 kg/m² or more than women who have a BMI below</p>

	(Ka Ying Bonnie Ng and others, 2021)	women Variable: Lifestyle Instrument: Lifestyle questionnaire Analysis: Analytical descriptive	25kg/m2.
6.	The use of the mHealth program Smarter Pregnancy in preconception care: rationale, study design and data collection of a randomized controlled trial. (Matthijs R Van Dijk, Elsje C Oostingh, and others ,2017)	Design: Random Control Trial Subject: Women between 18 and 45 years old Variables: Nutrition, Lifestyle, BMI Instrument: Questionnaire Analysis: Chi-square analysis and ANCOVA	mHealth Program 'Smarter Pregnancy' and effective for improving nutritional status and lifestyle in pre-conceptual management
7.	Opportunities of mHealth in Preconception Care: Preferences and Experiences of Patients and Health Care Providers and Other Involved Professionals. (Matthijs R Van Dijk, Maria P H Koster, and others,2019)	Design: Random Control Trial Subjects: 27 patients (23 women and 4 men) Variables: Belief and Perception, Awareness Instrument: Questionnaire Analysis: Descriptive, Qualitative analysis	67% (18/27) of the respondents are conversant with Pre Conception Period and Preconception Care (PCC), but only 15% (4/27) receive PCC. Approximately 56% believe in the benefits of PCC, and support partner involvement in this program.
8.	Core strategies, social processes, and contextual influences of early phases of implementation and	Design: Mixed Method Subject: 25 People	The findings of the study theme: Stakeholder support, Support for the implementation of a new nursing model, Dissemination of

	<p>statewide scale-up of group prenatal care in South Carolina</p> <p>(Kristin M Van De Griend,2019)</p>	<p>Variables: Practices and workflows, Services for pregnant women, policies and procedures Instruments: interview guides Analysis: Qualitative analysis</p>	<p>the results and discussions about the need to reduce spending on treatment.</p>
9.	<p>Developing population health scientists: Findings from an evaluation of the Robert Wood Johnson Foundation Health & Society Scholars Program (Lindsey Realmuto, 2019)</p>	<p>Design: cohort Subject: 253 participants Variables: professional outcomes, including professional positions, leadership, policy involvement, and professional output. Instrument: questionnaire Analysis: logistic regression</p>	<p>The Health Society Scholar program can address the gap in health problems</p>
10.	<p>Enhancing adolescent SBIRT with a peer-delivered intervention: An implementation study (Laura A Pannella Winn and others,2019)</p>	<p>Design: Mixed Method Subjects: 71 practitioners, 31 mentors and 1,192 participants Variables: readiness, sustainability, challenges Instrument: questionnaire Analysis: Descriptive analytic,</p>	<p>The integration of SBIRT-based Project Amp model was successfully integrated into workflows across five locations. Implementation barriers are affected by recruitment, readiness, and sustainability</p>

		qualitative analytic	
11	<p>Acceptability of couple antenatal education: A qualitative study of expectant couples attending antenatal clinics in Blantyre, Malawi</p> <p>(Maria Chifuniro Chikalipo, Ellen Mbweza Chirwa, Adamson Sinjani Muula, 2018)</p>	<p>Desain: Cross-sectional qualitative study Sample: 18 People; Consisting of 10 couples, 5 women and 3 nurses Variable: Couples' antenatal education acceptance Instrument: semi-structured interview guides containing open-ended questions Analysis: coded in Nvivo 10.0 and analyzed thematically</p>	<p>There are three themes: the benefits of content received; organization of appropriate couple antenatal education for male couples, engagement, incentivizing couples' antenatal education for male involvement and learning</p>
12	<p>Intervention intended to improve public health professionals' self-efficacy in their efforts to detect and manage perinatal depressive symptoms among Thai women: A mixed-methods study</p> <p>Phoosuwan, N., Lundberg, P. C., Phuthomdee, S., & Eriksson, L. (2020).</p>	<p>Design: Mixed Method Subject: 30 Pregnant women Variables: confidence, knowledge and attitudes, perception and awareness. Instrument: Questionnaire and Guideline Analysis: Linear regression and qualitative analysis</p>	<p>Higher self-efficacy was found in the intervention group than in the control ($p = 0.004$). The results of the FGD contained four themes: self-confidence, knowledge and attitudes, t-perception, and awareness of the functions performed.</p>
13	<p>Evaluation of a Technology-Based Peer-Support</p>	<p>Design: Qualitative</p>	<p>Mothers in the control and intervention groups felt</p>

	<p>Intervention Program for Preventing Postnatal Depression</p> <p>(Shefaly Shorey, PhD; Esperanza Debby Ng, BA, 2019)</p>	<p>Subject: 20 mothers</p> <p>Variables: postnatal experiences, perceptions of peer volunteers</p> <p>Instrument: interview guide</p> <p>Analysis: thematic analysis</p>	<p>satisfaction with hospital care and the support from their families. Mothers given PIP intervention have a positive perspective on the delivery experience.</p>
14	<p>Effectiveness of a mobile health intervention on uptake of recommended postnatal care services in Nigeria</p> <p>(Aanuoluwapo Omobolanle OlajubuID, Boluwaji Reuben Fajemilehin, Temitope Oluwafemi OlajubuID, Babajide Samuel Afolabi, 2020)</p>	<p>Design: quasi-experimental research</p> <p>Subject: 190 pregnant women</p> <p>Variables: PNC, Healthy self-care, Danger signs, Breastfeeding, Cord-care</p> <p>Instrument: checklist</p> <p>Analysis: descriptive statistics, chi-square and logistic regression</p>	<p>Mobile health intervention significantly increased adherence to the recommended four postnatal care visits</p>
15	<p>Self-Management Mobile Virtual Reality Program for Women with Gestational Diabetes</p> <p>(Sung-Hoon Kim, Hye Jin Kim and Gisoo Shin, 2021)</p>	<p>Design: quasi-experimental</p> <p>Subject: 64 participants</p> <p>Variables: Physiological, Diabetes knowledge, Dietary habits, Health-promoting lifestyle profile</p> <p>Instrument: Questionnaire, mobile VR program</p>	<p>A total of 57 respondents in the intervention group and 62 in the control were analyzed after 12 weeks. The results showed that there was a decrease in fasting blood sugar, body weight, body fat, and hemoglobin A1c in the intervention group.</p>

		Analysis: chi-square and independent t-test	
16	<p>Early Maternal-Efficacy and Competence in First-Time, Low-Income Mothers</p> <p>(Debra Beach Copeland, DNS, RNa and Bonnie Lee Harbaugh, PhD, RNb, 2017)</p>	<p>Design: Mixed methods</p> <p>Subject: Mothers who have children aged 0 months to 5 years</p> <p>Variables: Self-esteem, Maternal competence, Early mothering experience</p> <p>Instruments: The Parenting Sense of Competence (PSOC); The Valuing/Comfort subscale; semi-structure interview guidance</p> <p>Analysis: Quantitative using percentiles; Qualitative using Qualitative analysis</p>	<p>Maternal adaptation to Mothers with the highest PSOC score (n=5) were the same as mothers with the lowest scores (n=3), but mothers with lower PSOC scores had many problems in role adaptation.</p>
17	<p>Piloting a Telephone Based Health Coaching Program for Pregnant Women: A Mixed Methods Study</p> <p>(Chris Rissel, Santosh Khanal, Jane Raymond, Vanessa Clements, Kit Leung, Michael Nicholl, 2019)</p>	<p>Design: Mixed Methods</p> <p>Sample: 923 pregnant women</p> <p>Variables: Weight, Height, healthy behavior</p> <p>Instruments: Dietary questionnaire, Physical activity questionnaire</p>	<p>Most pregnant women gain weight according to the target BMI at 36 weeks of gestation (42.9%) compared to those who only received information (31.9%).</p> <p>Pregnant women find GHiP useful in consulting about their health.</p>

		Analysis: Logistics Regression	
18	<p>Supporting healthful lifestyles during pregnancy: a health coach intervention pilot study</p> <p>(Michael W. Seward, Denise Simon, Martha Richardson, Emily Oken, Matthew W. Gillman and Marie-France Hivert, 2018)</p>	<p>Design: Mixed Method</p> <p>Sample: 30 pregnant women</p> <p>Variable: Age, BMI, lifestyle</p> <p>Instruments: Interview guidelines,</p> <p>Analysis: SAS software version 9.4 (SAS Institute Inc., Cary, NC)</p>	<p>The average respondent was 32 years old (IQR: 28-33), with a median pre-pregnancy BMI of 27.3 kg/m² (IQR: 25.7–31.1), and 17/30 white, 9/30 African-American, and 3/30 Asian.</p> <p>Respondents said that pregnancy coaches play an important role in increasing motivation, and 22/26 said that discussions with coaches over the phone provided a good solution.</p>
19	<p>The effect of pregnancy training classes based on bandura self-efficacy theory on postpartum depression and anxiety and type of delivery</p> <p>(Fatemeh Mohammadi, Shahnaz Kohan, Sedigheh Farzi, Mojgan Khosravi1, Zeinab Heidari, 2021)</p>	<p>Design: Pre-experimental</p> <p>Sample: 64 pregnant women</p> <p>Variable: Depression and Anxiety Levels</p> <p>Instruments: Beck Depression and Spielberger Anxiety Questionnaire, Spielberg apparent and hidden anxiety questionnaire</p> <p>Analysis: paired t-test</p>	<p>1 week and 1-month postpartum depression scores decreased after training.</p> <p>Furthermore, training reduced anxiety levels.</p>
20	<p>The Effect of Peer Coaching As Health Coaching Support on Parenting Self Efficacy to Infant Care Early Marriage Mother in The Waipare Public Health Working Area</p> <p>(Yosefina Nelista,</p>	<p>Design: quantitative research using a quasi-experimental design</p> <p>Sample: 15 pregnant women</p>	<p>There was a significant effect between peer support and the ability to care for babies in mothers who marry at an early age.</p>

	Pembronja Nona Fembi, 2018)	Variable: Parenting Self Efficacy Instrument: Maternal Self- Efficacy Scale Analysis: Wilcoxon test.	
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