

Supplementary Table 1. Sensitivity analysis of odds ratio and 95% confidence interval for postpartum depression according to frequency of using ready-made meals or eating out during pregnancy

Variables	Frequency of using ready-made meals			<i>p</i> for trend
	<1 time/week n = 400	1–2 times/week n = 168	≥3 times/week n = 41	
Number of cases (%) [*]	19 (4.8)	9 (5.4)	6 (14.6)	
Crude	1.00 (reference)	1.14 (0.50 – 2.56)	3.44 (1.29 – 9.17)	0.079
Multi-variable adjusted model ^{**}	1.00 (reference)	1.19 (0.52 – 2.73)	3.55 (1.29 – 9.77)	0.079
Variables	Frequency of using eating out			<i>p</i> for trend
	<1 time/week n = 374	1–2 times/week n = 204	≥3 times/week n = 14	
Number of cases (%) [*]	16 (4.3)	17 (7.7)	1 (7.1)	
Crude	1.00 (reference)	1.86 (0.92 – 3.77)	1.72 (0.21 – 13.98)	0.218
Multi-variable adjusted model ^{**}	1.00 (reference)	1.91 (0.93 – 3.93)	1.38 (0.16 – 11.89)	0.217

Excluded participants with Kessler 6 score of 10 point or more during pregnancy.

^{*} Participants with Edinburgh Postnatal Depression Scale score of ≥9.

^{**} Adjusted for gestation period, marital status, household income, and support from partners during pregnancy.

Supplementary Table 2. Distribution of number of the participants and incidence of postpartum depression grouped according to frequency of using ready-made meals or eating out for each baseline survey years in 2019–2022

Variables	Frequency of using ready-made meals			<i>P</i> *	Frequency of using eating out			<i>P</i> *
	<1 time/week	1–2 times/week	≥3 times/week		<1 time/week	1–2 times/week	≥3 times/week	
Number of participants								
2019 (n = 79)	56 (70.9)	20 (25.3)	3 (3.8)	0.855	46 (58.2)	33 (41.8)	0 (0.0)	0.652
2020 (n = 221)	140 (63.4)	63 (28.5)	18 (8.1)		137 (62.0)	76 (34.4)	8 (3.6)	
2021 (n = 204)	135 (66.2)	57 (27.9)	12 (5.9)		128 (62.8)	72 (35.3)	4 (2.0)	
2022 (n = 135)	86 (63.7)	39 (28.9)	10 (7.4)		83 (61.5)	49 (36.3)	3 (2.2)	
Incidence of postpartum depression**								
2019 (n = 79)	5 (8.9)	1 (5.0)	0 (0.0)	0.546	4 (8.7)	2 (6.1)	0 (0.0)	0.113
2020 (n = 221)	9 (6.4)	4 (6.4)	3 (16.7)		10 (7.3)	5 (6.6)	1 (12.5)	
2021 (n = 204)	3 (2.2)	4 (7.0)	3 (25.0)		5 (3.9)	5 (6.9)	0 (0.0)	
2022 (n = 135)	5 (5.8)	1 (2.6)	2 (20.0)		1 (1.2)	7 (14.3)	0 (0)	

Data are n (%).

*Fisher's exact test was used to compare differences among categorical variables.

**Participants with Edinburgh Postnatal Depression Scale score of ≥9.