

**Table 1** Demographic and psychological characteristics of participants

	EPDS ≥ 10 (n = 134)						EPDS ≥ 13 (n = 75)					
	Group			Test statistic			Group			Test statistic		
	Singing (n = 48)	Play (n = 42)	Control (n = 44)	χ <sup>2</sup> (2)	F <sub>2,131</sub>	P	Singing (n = 30)	Play (n = 23)	Control (n = 22)	χ <sup>2</sup> (2)	F <sub>2,72</sub>	P
Age of mother, years: mean (s.d.)	35.3 (4.0)	35.9 (4.2)	34.6 (3.4)		1.23	0.30	35.6 (4.4)	36.3 (4.6)	34.1 (4.1)		1.46	0.24
Age of baby, weeks: mean (s.d.)	20.0 (8.9)	20.4 (9.3)	18.4 (9.1)		0.56	0.57	22.0 (9.0)	20.4 (8.6)	21.0 (10.2)		0.22	0.81
Marital status, % married (n)	68.8 (33)	69.0 (29)	77.3 (34)	1.02		0.60 <sup>b</sup>	56.7 (17)	56.5 (13)	68.2 (15)	0.87		0.65 <sup>b</sup>
Previous children, % (n)	10.4 (5)	7.1 (3)	11.4 (5)	0.48		0.79 <sup>b</sup>	10.0 (3)	4.3 (1)	4.5 (1)	0.89		0.73 <sup>c</sup>
Educational attainment, % (n)				0.39		0.82 <sup>a</sup>				0.38		0.84 <sup>c</sup>
Up to NVQ3/GCE A Level	10.4 (5)	9.5 (4)	4.5 (2)				10.0 (3)	13.0 (3)	4.5 (1)			
NVQ4/NVQ5/Undergraduate degree	35.4 (17)	31.0 (13)	45.5 (20)				36.7 (11)	39.1 (9)	54.5 (12)			
Postgraduate degree	54.2 (26)	59.5 (25)	50 (22)	0.39		0.82 <sup>a</sup>	53.3 (16)	47.8 (11)	40.9 (9)	0.02		0.99 <sup>c</sup>
Household income, % (n)												
<£30 000	8.3 (4)	14.3 (6)	11.4 (5)				14.3 (4)	8.7 (2)	13.6 (3)			
£30 000–£60 000	22.9 (11)	21.4 (9)	15.9 (7)				19.0 (5)	26.1 (6)	18.2 (4)			
£60 000–£90 000	33.3 (16)	23.8 (10)	31.8 (14)				33.3 (11)	30.4 (7)	36.3 (8)			
£90 000–£120 000	20.8 (10)	23.8 (10)	20.5 (9)				19.0 (6)	26.1 (6)	18.2 (4)			
>£120 000	14.6 (7)	16.7 (7)	20.5 (9)				14.3 (4)	8.7 (2)	13.6 (3)			
Frequency of singing to baby, % (n)				0.87		0.65 <sup>a</sup>				1.33		0.52 <sup>c</sup>
Occasionally	22.9 (11)	16.7 (7)	13.6 (6)				13.3 (4)	21.7 (5)	18.2 (4)			
Often	22.9 (11)	28.6 (12)	25.0 (11)				23.3 (7)	30.4 (7)	22.7 (5)			
Daily	54.2 (26)	54.8 (23)	61.4 (27)				63.3 (19)	47.8 (11)	59.1 (13)			
Receiving psychotherapy/counselling, % (n)	18.8 (9)	16.7 (7)	13.6 (6)	0.44		0.80 <sup>b</sup>	23.3 (7)	30.4 (7)	27.3 (6)	0.34		0.84 <sup>b</sup>
Taking antidepressant medication, % (n)	10.4 (5)	2.4 (1)	9.1 (4)	2.35		0.35 <sup>c</sup>	10.0 (3)	4.3 (1)	13.6 (3)	1.17		0.63 <sup>c</sup>
Postnatal depression at baseline, mean (s.d.)	13.9 (3.4)	13.8 (2.9)	13.1 (2.9)		1.01	0.37	15.7 (2.8)	16.0 (2.1)	15.5 (2.0)		0.29	0.75

<sup>a</sup> Kruskal–Wallis; <sup>b</sup> Chi-squared; <sup>c</sup> Exact.