

Class Period	Theme	Specific Content
First Class Period	Pre - pregnancy and Pregnancy - based Management	Scientific Pre - pregnancy Preparation: Explain pre - pregnancy examination items, nutritional supplements, lifestyle adjustments, etc.
		Pregnancy Weight Management: Analyze the reasonable weight gain range, introduce dietary principles and exercise methods
		Pregnancy Complicated with Diabetes and Thyroid Dysfunction: Popularize the causes, symptoms, impacts, and control methods, and emphasize the importance of prenatal check - ups and monitoring
Second Class Period	Discomforts during Pregnancy and Signs of Parturition	Common Discomforts during Pregnancy and Signs of Parturition: List common discomforts during pregnancy and their relief methods, and focus on explaining the characteristics and coping measures of signs of parturition
Third Class Period	Knowledge Related to Childbirth	Benefits of Natural Childbirth: Elaborate on the advantages for both the parturient and the newborn, and introduce the childbirth process
		Painless Childbirth: Explain the principle, suitable candidates, contraindications, and precautions
		Pre - delivery Preparations and Post - operative Care: Include material and psychological preparations, as well as post - operative care for natural childbirth and cesarean section
Fourth Class Period	Newborn Care and Breastfeeding	Breastfeeding: Explain the advantages, correct breastfeeding postures and latching methods, and answer common questions
		Newborn Care: Cover daily care, observation and handling of common physiological phenomena, and guide parents on how to hold and soothe the newborn correctly
Fifth Class Period	Postpartum Recovery and Convalescence	Scientific Confinement: Explain the scientific and unscientific aspects of traditional confinement customs, and introduce dietary principles, rest, and activity essentials
		Postpartum Rehabilitation: Introduce the recovery process of body organs, rehabilitation methods and means, and remind of postpartum re - examination

Supplementary Figure 1 Usual prenatal and postnatal care

Treatment Satisfaction Questionnaire

1. How do you evaluate the practicality of the content about interpersonal relationship adjustment (such as communication skills with spouses and family members) in the IPT intervention course?
 - A. Very practical and has greatly helped my life.
 - B. Relatively practical and has provided some help.
 - C. Average, with not very obvious effects.
 - D. Not very practical and has little help.
 - E. Completely impractical.

2. How well does the content of the IPT intervention match your actual needs and life experiences?
 - A. Highly consistent, fully meeting my needs and experiences.
 - B. Relatively consistent, with most of the content corresponding.
 - C. Average, with some content matching.
 - D. Not very consistent, rarely related to reality.
 - E. Completely inconsistent.

3. What is your satisfaction level with the forms of face - to - face counseling, role - playing, and online follow - up in the IPT intervention?
 - A. Very satisfied. These forms are very effective.
 - B. Relatively satisfied. I can basically accept them.
 - C. Average. I don't have any special feelings.
 - D. Not very satisfied. There are some problems with the forms.
 - E. Very dissatisfied. I don't like these forms.

4. Do you think the duration and frequency of the IPT intervention are appropriate?
 - A. Very appropriate. The time and frequency are perfectly arranged.
 - B. Relatively appropriate. A slight adjustment would be better.
 - C. Average. The time or frequency is a bit unreasonable.
 - D. Not very appropriate. The time and frequency need to be adjusted significantly.
 - E. Very inappropriate. It seriously affects the intervention effect.

5. Overall, what is your level of satisfaction with this IPT intervention?
 - A. Very satisfied.
 - B. Relatively satisfied.
 - C. Average.
 - D. Not very satisfied.
 - E. Very dissatisfied.

6. Regarding this IPT intervention, what other aspects do you think need improvement or do you have any other suggestions?