

Supplementary information

Transcript p19: The [2023 update of Australia's Clinical Practice Guideline for Perinatal Mental Health \(COPE 2023\)](#) includes consensus-based recommendations for the prevention and management of psychological birth trauma among women.

- These include using tools like the **Postnatal Risk Questionnaire (PNRQ)** to gain knowledge about a woman's risk of experiencing birth as traumatic.
- **Research using the PNRQ** has shown that around 15% of women attending an [early parenting service](#) (Christl et al. 2013) said that their experience of giving birth was disappointing or frightening, increasing to 30% of women receiving care in a [specialist mother-baby unit](#) (Christl et al. 2015)

Transcript p20: Evidence relating to **honesty in disclosing psychosocial concerns**, with the proportion of women reporting they were 'not always honest' ranging from 11% (Austin et al 2022) to 21% in Forder et al 2020)

- Austin 2022 (sample of women attending the Royal Hospital for Women, NSW): [Disclosure of sensitive material at routine antenatal psychosocial assessment: The role of psychosocial risk and mode of assessment - ScienceDirect](#)
- Mule 2022 (sample of women attending the Royal Hospital for Women, NSW): [Why do some pregnant women not fully disclose at comprehensive psychosocial assessment with their midwife? \(womenandbirth.org\)](#)
- Forder et al 2020 (ALSWH national sample): [Honesty and comfort levels in mothers when screened for perinatal depression and anxiety - PubMed \(nih.gov\)](#)