Appendix 1: Modified Pregnancy-Related Anxiety Scale (PRAS)(9) for assessment of anxiety before COVID-19 and during the pandemic

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| **Pre-COVID PRAS** | **Post-COVID PRAS** |
| 1. Before COVID-19, I was confident of having a normal childbirth
 | 1. I am confident of having a normal childbirth |
| 1. Before COVID-19, I had a lot of fear regarding the health of my baby
 | 2. I have a lot of fear regarding the health of my baby |
| 1. Before COVID-19, I was worried that the baby could be abnormal
 | 3. I am worried that my baby could be abnormal |
| 1. Before COVID-19, I was afraid that I might be harmed during delivery
 | 4. I am afraid that I might be harmed during delivery |
| 1. Before COVID-19, I was worried about how the baby was growing and developing inside me
 | 5. I am worried about how the baby is growing and developing inside me |
| 1. Before COVID-19, I was worried about losing the baby
 | 6. I am worried about losing the baby |
| 1. Before COVID-19, I was worried about having a hard or difficult labor and delivery
 | 7. I am worried about having a hard or difficult labor and delivery |
| 1. Before COVID-19, I was worried about taking care of a new baby
 | 8. I am worried about taking care of a new baby |

\*All scored 1-5, from Strongly Disagree to Strongly Agree