

Online appendix

e-Appendix 1: Sociodemographic and outcome measures used to evaluate the effectiveness of a community-based program of group sessions offering social support and education to single mothers of young children

Measure	Definition
Sociodemographic	
Maternal age	Years
Treatment of “nerves”	Whether mother had been treated for “nerves” or a nervous condition in last 6 mo
Education	Highest grade or level of education completed by mother (elementary school; some secondary school; secondary school; some postsecondary education; postsecondary education)
Employment	Worked at a job or business any time in the past year
Income	Approximate income in the past year (< \$10 000; \$10 000–\$14 999; \$15 000–19 999; \$20 000–\$24 999; ≥ \$25 000)
Financial pressure	Feels “money is a struggle”
Sources of financial support in past year	How mother supported herself and family during past year (wages or salaries; government social assistance [family]; other [e.g., child support payments])
Outcome*	
Mood	Center for Epidemiologic Studies Depression (CES-D) Scale: ⁴³ a 20-item self-report measure of psychological distress, including cognitive, affective and behavioural “state” of depression and respective frequencies. Score range 0–60 (change of 6 = medium effect; a score > 16 is recommended for classifying depression in the general population ⁴⁴); internal consistency = 0.84–0.90; test–retest reliability = 0.48–0.67
Self-esteem	Rosenberg Self-esteem Scale: ⁴⁵ a 10-item self-report measure of self-esteem or psychological coping. Score range 10–40 (change of 2.6 = medium effect); internal consistency = 0.86; test–retest reliability = 0.65
Social support	Social Provisions Scale: ⁴⁶ a 24-item self-report measure of perceived support for guidance, reliable alliance (assurance that others can be counted on in times of stress), reassurance of worth, attachment (emotional closeness), social integration and opportunity for nurturance (providing assistance to others). Score range 24–96 (change of 5.5 = medium effect); internal consistency = 0.65–0.76
Parenting	Parenting Scale: ⁴⁷ a self-report measure of dysfunctional discipline practices in parents with young children. Score range 30–210; internal consistency = 0.63–0.84; test–retest reliability 0.79–0.84

*All outcomes were scored to reflect poor functioning (higher score is worse).