

Table 4 Factors associated with mental health in studies included in the systematic review (n = 31)			
Study	Dependent variable	Results	
		Observed association, positive or negative	No association
Asltoghtri et al. 2011	Depression	Sleep problems (positive)	
Abdollahzade Rafi et al. 2008	Depression	Social support level (negative)	
	Anxiety		Social support
Shahmiri et al. 2006	Depression	Quality of marital communication (negative)	Maternal age
		Being employed (negative)	Woman's education level
		Poor socioeconomic status (positive)	
		Parity (positive)	
Pazandeh et al. 2002	Depression	Social support level	Socioeconomic status
		Woman's educational level (negative)	Being employed
		A history of premenstrual syndrome (positive)	Maternal age
		Having medical disorders (positive)	
		Unwanted pregnancy (positive)	
		Separation from parents before age 15 years (positive)	
		Parity (positive)	
Omidvar et al. 2007	Depression	The age difference between couples (positive)	Parity
		Marital dissatisfaction (positive)	Unwanted pregnancy
		Quality of marital communication (negative)	
		Stressful events (positive)	
		Woman's education level (negative)	
		Being employed (negative)	
Mossalanejad et al. 2008	Mental health	Marital satisfaction (positive)	Unwanted pregnancy
		Parity (negative)	
Ghasemi et al. 2003	Mental health	History of infertility	Economic status
		History of abortion	
		Woman's educational level (positive)	
Salmatian et al. 2007	Depression	History of abortion (positive)	Employment of women
		Unwanted pregnancy (positive)	Living in extended family
		Pregnancy complications (positive)	History of depression
		Maternal age (positive)	
		Disturbing events (positive)	
		Socioeconomic level (negative)	
		Husband's education level (positive)	
		Parity (positive)	
History of poor pregnancy outcomes (positive)			
Sadeghi et al. 2014	Anxiety	Being employed (negative)	Maternal age,
			Woman's education level
			History of abortion
Nazari et al. 2014	Mental health	Unwanted pregnancy (negative)	Woman's education level
			Economic status
		Anxiety	
		Depression	Sex of fetus
Babanazari et al. 2008	Anxiety	Marital satisfaction level (negative)	Unwanted pregnancy
		Woman's education level (negative)	Socioeconomic status
Garrusi et al. 2014	Depression	Perceived poor body image (positive)	
Parsale Rad et al. 2010	Depression	Sleep problems (positive)	
Forouzandeh et al. 2002	Mental health	Marital satisfaction (positive)	Woman's education level
		Quality of marital communication (positive)	Parity
		Marital dissatisfaction (negative)	Unwanted pregnancy
		Unwanted pregnancy (negative)	History of infertility
		Having medical disorders (negative)	Economic status
		Stressful events (negative)	
		History of mental health problems (negative)	
		Being employed (positive)	
Mortazavi et al. 2013	Mental health	Poor economic status (negative)	
		Parity (negative)	
Moshki et al. 2015	Depression	Social support (negative)	
Khetrabadl et al. 2010	Depression	History of depression (positive)	
		Unplanned pregnancy (positive)	
		Being a housewife (positive)	
		Parity (positive)	
Shishegar et al. 2014	Stress	Job level of husband (positive)	Woman's education level
Abbaszadeh et al. 2013	Depression	Quality of life (negative)	Socioeconomic status
			Maternal age
			Parity
			Economic status
			Social support
Unwanted pregnancy			
Baghi et al. 2013	Depression	Sleep problems (positive)	
Rabetpour et al. 2015	Mental health	Parity (negative)	Unwanted pregnancy
		Husbands participation level (positive)	Sex of the fetus
		Maternal age (negative)	Socioeconomic status
			Woman's education level
Rezaee et al. 2013	Depression	Woman's education level (negative)	Woman's employment status
			Economic status
			Body mass index
			Parity
Anxiety	Depression	Pregnancy complications (positive)	Maternal age
			Woman's education level
			Economic status
Hosayntaszi et al. 2005	Depression	Employment of pregnant woman (negative)	Maternal age
		Quality of marital communication (negative)	History of infertility
		Living in expanded family (positive)	
		Husband's job level (negative)	
		Unplanned pregnancy (positive)	
		Woman's education level (negative)	
		Husband's education level (negative)	
		Husband's emotional support (negative)	
		Domestic violence (positive)	
Parity (positive)			
Zareipour et al. 2012	Mental health	Unwanted pregnancy (negative)	Husband's education level
		Maternal age (negative)	Employment status of woman
		Parity (negative)	Living in expanded family
		Poor socioeconomic status (negative)	Husband's job type
		Woman's education level (positive)	History of abortion
Enayati et al. 2008	Mental health	Unwanted pregnancy (negative)	
Zarei et al. 2012	Anxiety	History of infertility (positive)	
Ahmadzadeh et al. 2007	Depression	Unwanted pregnancy (positive)	History of abortion
			Woman's education level
			Being an employed
Bondad et al. 2002	Depression	Sleep problems (positive)	
Lalooei et al. 2007	Depression	History of abortion (positive)	
		Maternal age (positive)	
		History of depression (positive)	
Modabernta et al. 2009	Depression	Woman's education level (negative)	Maternal age
		Being employed (negative)	Socioeconomic status
		Parity (positive)	