

Supplementary Table 1. Five Steps of Questions during the Individual Tele-Coaching

Steps	Questions
Relation: relationship formation	'How are you feeling today?' 'Have there been any changes in your actions or thoughts after the last session?'
Refocus: finding goals	'What are some of the plans you made after the last session that have not been put into practice?' 'What topic do you want to talk about concerning your pregnancy preparations?'
Reality: recognizing reality	'What was the cause of the failure to implement the plan?' 'What resources do you need the most to make your plan a reality?'
Resources: using resources	'What do you think you can try again in a week?'
Responsibility: mutual responsibility	'How can we be sure that this plan has been put into practice?'