

Supplementary Table 2. Changes in IBD-related Pregnancy Anxiety after the PCCP-IBD in the Intervention Group

| Items | T0 (n = 17) | T1 (n = 16) | T2 (n = 15) |
|---|-------------|-------------|-------------|
| | n (%) | n (%) | n (%) |
| I am worried that I will not be able to get pregnant because my IBD has reduced my fertility. | 5 (29.4) | 2 (12.5) | 1 (6.7) |
| I am worried that my IBD will be passed on to my children. | 13 (76.5) | 5 (31.3) | 2 (13.3) |
| I am worried that my IBD symptoms will get worse if I get pregnant. | 11 (64.7) | 8 (50.0) | 3 (20.0) |
| I am worried that my baby will be stillborn or miscarried during pregnancy. | 9 (52.9) | 5 (31.3) | 3 (20.0) |
| I am worried that I might have a baby with birth defects because of my IBD. | 11 (64.7) | 4 (25.0) | 0 (0.0) |
| I am worried that taking IBD medication will cause my baby to be born with birth defects. | 13 (76.5) | 1 (6.3) | 1 (6.7) |
| I am worried that I will not be able to properly care for my child because of my IBD. | 10 (58.8) | 9 (56.3) | 6 (40.0) |
| I'm worried that parenting a child will make me more stressed. | 11 (64.7) | 12 (75.0) | 9 (60.0) |

IBD = Inflammatory bowel disease; PCCP-IBD = Pre-conception care program for women with IBD; T0 = Baseline; T1 = 1 week after the program; T2 = 4 weeks after the program.