

Supplementary Table 1. Patient Health Questionnaire (PHQ-9) severity levels by sociodemographic factors.

| Variable | PHQ-9 severity of depression categories | | | | | Fisher's exact test p-value |
|--------------------------------|---|-----------|-----------|-------------------|----------|-----------------------------|
| | None | Mild | Moderate | Moderately severe | Severe | |
| | 0–4 | 5–9 | 10–14 | 15–19 | ≥ 20 | |
| | n=23 | n=24 | n=27 | n=18 | n=8 | |
| | n (%) | n (%) | n (%) | n (%) | n (%) | |
| Age | | | | | | 0.3 |
| 18–24 years | 1 (4.3) | 2 (8.3) | 1 (3.7) | 1 (5.6) | 0 (0) | |
| 25–34 years | 8 (34.8) | 11 (45.8) | 18 (66.7) | 12 (66.7) | 4 (50.0) | |
| >35 years | 14 (60.9) | 11 (45.8) | 8 (29.6) | 5 (27.8) | 4 (50.0) | |
| Duration of infertility | | | | | | 0.6 |
| 1–5 years | 16 (69.6) | 12 (50.0) | 18 (66.7) | 11 (61.1) | 4 (50.0) | |
| 6–10 years | 2 (8.7) | 7 (29.2) | 6 (22.2) | 5 (27.8) | 3 (37.5) | |
| >10 years | 5 (21.7) | 5 (20.8) | 3 (11.1) | 2 (11.1) | 1 (12.5) | |
| Marital status | | | | | | > 0.9 |
| Single | 4 (17.4) | 4 (16.7) | 6 (22.2) | 3 (16.7) | 2 (25.0) | |
| Married | 15 (65.2) | 15 (62.5) | 13 (48.1) | 10 (55.6) | 5 (62.5) | |
| Widowed | 1 (4.3) | 0 (0) | 1 (3.7) | 0 (0) | 0 (0) | |
| Divorced | 1 (4.3) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | |
| Engaged | 2 (8.7) | 5 (20.8) | 7 (25.9) | 5 (27.8) | 1 (12.5) | |
| Type of marriage (n=58) | | | | | | 0.9 |
| Monogamous | 14 (93.3) | 14 (93.3) | 12 (92.3) | 9 (90.0) | 4 (80.0) | |
| Polygamous | 1 (6.7) | 1 (6.7) | 1 (7.7) | 1 (10.0) | 1 (20.0) | |
| Level of education | | | | | | 0.474 |
| None | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 2 (25.0) | |
| Grades 1–7 | 0 (0) | 0 (0) | 4 (14.8) | 2 (11.1) | 0 (0) | |
| Grades 8–12 | 15 (65.2) | 15 (62.5) | 15 (55.6) | 13 (72.2) | 5 (62.5) | |
| Tertiary level | 8 (34.8) | 9 (37.5) | 8 (29.6) | 3 (16.7) | 1 (12.5) | |
| Employment | | | | | | > 0.9 |
| Unemployed | 9 (39.1) | 13 (54.2) | 14 (51.9) | 11 (61.1) | 4 (50.0) | |
| Self-employed | 2 (8.7) | 2 (8.3) | 3 (11.1) | 1 (5.6) | 0 (0) | |
| Employed | 12 (52.2) | 9 (37.5) | 10 (37.0) | 6 (33.3) | 4 (50.0) | |
| Type of infertility* | | | | | | 0.5 |
| Primary | 14 (60.9) | 15 (62.5) | 13 (48.1) | 7 (38.9) | 4 (50.0) | |
| Secondary | 9 (39.1) | 9 (37.5) | 14 (51.9) | 11 (61.1) | 4 (50.0) | |

*Primary – had never been pregnant; secondary – had been pregnant before.

Supplementary Table 2. Generalized Anxiety Disorder (GAD-7) scores by sociodemographic characteristics.

| Variable | GAD-7 score | | Fisher's exact test p-value |
|--------------------------------|-----------------|----------------|--------------------------------|
| | YES ≥ 10 (n=50) | NO < 10 (n=50) | |
| | n (%) | n (%) | |
| Age | | | 0.3 |
| 18–24 years | 1 (2.0) | 4 (8.0) | |
| 25–34 years | 29 (58.0) | 24 (48.0) | |
| >35 years | 20 (40.0) | 22 (44.0) | |
| Duration of infertility | | | 0.3 |
| 1–5 years | 30 (60.0) | 31 (62.0) | |
| 6–10 years | 14 (28.0) | 9 (18.0) | |
| >10 years | 6 (12.0) | 10 (20.0) | |
| Marital status | | | 0.4 |
| Single | 12 (24.0) | 7 (14.0) | |
| Married | 28 (56.0) | 30 (60.0) | |
| Widowed | 0 (0) | 2 (4.0) | |
| Divorced | 0 (0) | 1 (2.0) | |
| Engaged | 10 (20.0) | 10 (20.0) | |
| Type of marriage (n=58) | | | 0.7 |
| Monogamous | 25 (89.3) | 28 (93.3) | |
| Polygamous | 3 (10.7) | 2 (6.7) | |
| Level of education | | | 0.3 |
| None | 2 (4.0) | 0 (0) | |
| Grades 1–7 | 3 (6.0) | 3 (6.0) | |
| Grades 8–12 | 34 (68.0) | 29 (58.0) | |
| Tertiary level | 11 (22.0) | 18 (36.0) | |
| Employment | | | 0.6 |
| Unemployed | 23 (46.0) | 28 (56.0) | |
| Self-employed | 4 (8.0) | 4 (8.0) | |
| Employed | 23 (46.0) | 18 (36.0) | |
| Type of infertility* | | | 0.5 |
| Primary | 25 (50.0) | 28 (56.0) | |
| Secondary | 25 (50.0) | 22 (44.0) | |

*Primary – had never been pregnant; secondary – had been pregnant before.

Supplementary Table 3. Generalized Anxiety Disorder (GAD-7) severity levels by sociodemographic factors.

| Variable | GAD severity of anxiety categories | | | | Fisher's exact test p-value |
|--------------------------------|------------------------------------|-----------|-----------|-----------|-----------------------------|
| | Minimal | Mild | Moderate | Severe | |
| | 0–4 | 5–9 | 10–14 | 15–19 | |
| | n=22 | n=28 | n=26 | n=24 | |
| | n (%) | n (%) | n (%) | n (%) | |
| Age | | | | | 0.3 |
| 18–24 years | 1 (4.5) | 3 (10.7) | 0 (0) | 1 (4.2) | |
| 25–34 years | 8 (36.4) | 16 (57.1) | 16 (61.5) | 13 (54.2) | |
| >35 years | 13 (59.1) | 9 (32.1) | 10 (38.5) | 10 (41.7) | |
| Duration of infertility | | | | | 0.5 |
| 1–5 years | 15 (68.2) | 16 (57.1) | 15 (57.7) | 15 (62.5) | |
| 6–10 years | 2 (9.1) | 7 (25.0) | 9 (34.6) | 5 (20.8) | |
| >10 years | 15 (68.2) | 16 (57.1) | 15 (57.7) | 15 (62.5) | |
| Marital status | | | | | 0.2 |
| Single | 4 (18.2) | 3 (10.7) | 7 (26.9) | 5 (20.8) | |
| Married | 11 (50.0) | 19 (67.9) | 17 (65.4) | 11 (45.8) | |
| Widowed | 2 (9.1) | 0 (0) | 0 (0) | 0 (0) | |
| Divorced | 0 (0) | 1 (3.6) | 0 (0) | 0 (0) | |
| Engaged | 5 (22.7) | 5 (17.9) | 2 (7.7) | 8 (33.3) | |
| Type of marriage (n=58) | | | | | 0.9 |
| Monogamous | 11 (100) | 17 (89.5) | 15 (88.2) | 10 (90.9) | |
| Polygamous | 0 (0) | 2 (10.5) | 2 (11.8) | 1 (9.1) | |
| Level of education | | | | | 0.089 |
| None | 0 (0) | 0 (0) | 0 (0) | 2 (8.3) | |
| Grades 1–7 | 2 (9.1) | 1 (3.6) | 3 (11.5) | 0 (0) | |
| Grades 8–12 | 14 (63.6) | 15 (53.6) | 15 (57.7) | 19 (79.2) | |
| Tertiary level | 6 (27.3) | 12 (42.9) | 8 (30.8) | 3 (12.5) | |
| Employment | | | | | 0.12 |
| Unemployed | 11 (50.0) | 17 (60.7) | 9 (34.6) | 14 (58.3) | |
| Self-employed | 4 (18.2) | 0 (0) | 2 (7.7) | 2 (8.3) | |
| Employed | 7 (31.8) | 11 (39.3) | 15 (57.7) | 8 (33.3) | |
| Type of infertility* | | | | | 0.6 |
| Primary | 13 (59.1) | 15 (53.6) | 15 (57.7) | 10 (41.7) | |
| Secondary | 9 (40.9) | 13 (46.4) | 11 (42.3) | 14 (58.3) | |

*Primary – had never been pregnant; secondary – had been pregnant before.

Supplementary Table 4. Association between Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder (GAD-7) scores by social demographic factors.

| Variable | Association between PHQ-9 and GAD-7 | | Fisher's exact test p-value |
|--------------------------------|-------------------------------------|---------------------|--------------------------------|
| | No (n=60) n (%) | Yes (n=40) n (%) | |
| Age | | | 0.4 |
| 18–24 years | 4 (6.7) | 1 (2.5) | |
| 25–34 years | 29 (48.3) | 24 (60.0) | |
| > 35 years | 27 (45.0) | 15 (37.5) | |
| Duration of infertility | | | 0.7 |
| 1–5 years | 35 (58.3) | 26 (65.0) | |
| 6–10 years | 14 (23.3) | 9 (22.5) | |
| > 10 years | 11 (18.3) | 5 (12.5) | |
| Marital status | | | 0.2 |
| Single | 8 (13.3) | 11 (27.5) | |
| Married | 38 (63.3) | 20 (50.0) | |
| Widowed | 2 (3.3) | 0 (0) | |
| Divorced | 1 (1.7) | 0 (0) | |
| Engaged | 13 (18.3) | 9 (22.5) | |
| Type of marriage (n=58) | | | > 0.9 |
| Monogamous | 35 (92.1) | 18 (90.0) | |
| Polygamous | 3 (7.7) | 2 (10.0) | |
| Level of education | | | 0.064 |
| None | 0 (0) | 2 (5.0) | |
| Grades 1–7 | 3 (5.0) | 3 (7.5) | |
| Gr 8-12 | 35 (58.3) | 28 (70.0) | |
| Tertiary level | 22 (36.7) | 7 (17.5) | |
| Employment | | | 0.8 |
| Unemployed | 32 (53.3) | 19 (47.5) | |
| Self-employed | 5 (8.3) | 3 (7.5) | |
| Employed | 23 (38.3) | 18 (45.0) | |
| Type of infertility | | | 0.086 |
| Never been pregnant | 36 (60.0) | 17 (42.5) | |
| Had been pregnant before | 24 (40.0) | 23 (57.5) | |

*Primary – had never been pregnant; secondary – had been pregnant before.