**Supplementary Materials**

**Supplementary table 1. Association between MDQS and RGWG with each period of pregnancy after adjustment by different confounders in the sample of the study (n=660 women).**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Model a | Model 2  b | Model 3  c | Model 4 d | Model 5  e | Model 6  f |
| **RGWG at each period**  | MDQS adherence | β (95% CI) | p | β (95% CI) | p | β (95% CI) | p | β (95% CI) | p | β (95% CI) | p | β (95% CI) | p |
| **RGWG** **0-20 weeks** | Low  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  |
|  | Medium  | 0.011 (0.0021, 0.0209) | 0.017 | 0.0181 (0.001, 0.0352) | 0.037 | 0.0179(-0.0010, 0.0348) | 0.038 | 0.0178(0.0008, 0.0347) | 0.039 | 0.0178(0.0009, 0.0347) | 0.039 | 0.0162 (-0.0007, 0.0333) | 0.061 |
|  | High  | 0.01281(-0.0048, 0.0305) | 0.156 | 0.0174(-0.0139, 0.0488) | 0.276 | 0.0183 (-0.0127, -0.0494) | 0.248 | 0.0173 (-0.0137, -0.0484) | 0.273 | 0.01695 (-0.0141, -0.0480) | 0.285 | 0.0153 (-0.016, 0.0466) | 0.337 |
| **RGWG 20-30 weeks** | Low  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  |
|  | Medium  | -0.0206 (-0.0359, -0.0053) | 0.008 | -0.0290 (-0.0519, -0.0060) | 0.013 | -0.0292 (-0.0519, -0.0064) | 0.012 | -0.0290 (-0.0518, -0.0063) | 0.012 | -0.0289 (-0.0517, -0.0062) | 0.012 | -0.0264 (-0.0493, -0.0034) | 0.024 |
|  | High  | -0.0316(-0.0576, -0.0056) | 0.017 | -0.0364(-0.0766, 0.0037) | 0.075 | -0.0385 (-0.0783, 0.0012) | 0.058 | -0.0372 (-0.077, 0.0025) | 0.067 | -0.0369 (-0.0767, 0.0027) | 0.067 | -0.0348 (-0.075, 0.005) | 0.089 |
| **RGWG 30-40 weeks**  | Low  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  |
|  | Medium  | 0.0229 (0.0054, 0.0404) | 0.010 | 0.0263(0.0083, 0.0442) | 0.004 | 0.0274 (0.009, 0.0452) | 0.002 | 0.0274 (0.0097, 0.0452) | 0.002 | 0.0270 (0.0093, 0.0448) | 0.003 | 0.0255 (0.0077, 0.0434) | 0.005 |
|  | High  | 0.0462 (0.02193, 0.0704) | <0.001 | 0.0460(0.02108, 0.07106) | <0.001 | 0.04749(0.0227, 0.0722) | <0.001 | 0.04705(0.0223, 0.0717) | <0.001 | 0.0478 (0.0231, 0.0724) | <0.001 | 0.0466 (0.0216, 0.0717) | <0.001 |
| **RGWG >40 weeks**  | Low  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  | Ref |  |
|  | Medium  | -0.0740 (-0.2513, 0.1033) | 0.413 | -0.0759 (-0.259, 0.107) | 0.417 | -0.0767 (-0.258, 0.105) | 0.408 | -0.0780 (-0.260, 0.103) | 0.400 | -0.0781 (-0.260, 0.103) | 0.400 | -0.0739 (-0.256, 0.108) | 0.427 |
|  | High  | -0.1587(-0.341, 0.2406) | 0.089 | -0.1645(-0.341, 0.1287) | 0.069 | -0.1708(-0.3459, -0.00423) | 0.056 | -0.1801 (-0.3554, -0.0048) | 0.044 | -0.1856 (-0.3608, -0.0104) | 0.038 | -0.177 (-0.3559, 0.0002) | 0.05 |
| **Intercept (cons)**  | Medium Adherence | -0.210 (-0.336, -0.0849) | 0.001 | -0.519 (-0.760, -0.277) | <0.001 | -0.443 (-0.689, -0.196) | <0.001 | -0.442 (-0.688, -0.196) | <0.001 | -0.444 (-0.689, -0.198) | <0.001 | -0.454 (-0.7007, -0.207) | <0.001 |
|  | High Adherence | -0.174 (-0.304, -0.0434) | 0.009 | -0.466 (-0.715, -0.218) | <0.001 | -0.430 (-0.686, -0.174) | 0.001 | -0.428 (-0.684, -0.173) | 0.001 | -0.424 (-0.679, -0.169) | 0.001 | -0.426 (-0.683, -0.170) | 0.001 |

Low adherence to MDQS is the reference category for diet and adequate RGWG is the reference category for adequacy of GWG in the logistic multilevel model. a Model 1: adjusted for gestational age .bModel 2: Model 2 + adjusted for maternal educational level, parity, fetal sex + energy intake. c Model 3: Model 2 + pre-pregnancy BMI. dModel 4: Model 3 + marital status. e Model 5: Model 4 + maternal age . f Model 6: Model 5 + physical activity. Abbreviations: RGWG: rate gestational weight gain ; OR: odds ratio.

**Supplementary table 2. Association of MDQS with inadequate and excesive RWGW during pregnancy considering women with more than 5 and 6 prenatal visits.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Inadequate RGW** | **Adequate RGW** | **Excessive RGW** |
| **Number of prenatal visits** | **MDQS adherence** | **Crude model**a**OR (%95 CI)** | **p** | **Adjusted model** b**OR (%95 CI)** | **p** |  | **Crude model** a**OR (%95 CI)** | **p** | **Adjusted model** b**OR (%95 CI)**  | p |
| **>5 visits** | **Low adherence** | Ref. |   | Ref. |   | Ref. | Ref. |   | Ref. |  |
|  | **Medium adherence** | 0.653(0.462, 0.923) | 0.016 | 0.508 (0.332, 0.775) | 0.002 | Ref. | 0.763 (0.534, 1.012) | 0.140 | 0.640 (0.418, 0.980) | 0.040 |
|  | **High adherence** | 0.573 (0.347-0.946) | 0.030 | 0.512 (0.285-0.918) | 0.005 | Ref. | 0.613(0.371-1.012) | 0.056 | 0.503 (0.284, 0.893) | 0.019 |
| **>6 visits** | **Low adherence** | Ref. |  | Ref. |  | Ref. | Ref. |  | Ref. |  |
|  | **Medium adherence** | 0.473 (0.274, 0.817) | 0.007 | 0.311 (0.149, 0.649) | 0.002 | Ref. | 0.552 (0.295, 1.032) | 0.063 | 0.309 (0.129, 0.737) | 0.008 |
|  | **High adherence** | 0.246 (0.11-0.544) | 0.001 | 0.164 (0.061-0.438) | <0.001 | Ref. | 0.327 (0.137-0.779) | 0.012 | 0.243 (0.078-0.702) | 0.010 |

Low adherence to MDQS is the reference category for diet and adequate RGWG is the reference category for adequacy of GWG in the logistic multilevel model. a Adjusted for gestational age .bAdjusted for pre-pregnancy BMI, energy intake, maternal age, educational level, parity, fetal sex, marital status and physical activity . Abbreviations: RGWG: rate gestational weight gain ; OR: odds ratio.

**Supplementary table 3. Association between MDQS and RGWG during pregnancy including the adjustment by BMI calculated from the weight measurement at the first visit.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Inadequate** RGW | **Adequate** RGW | **Excessive** RGW |
| Prenatal visits | MDQS adherence | **Crude model**a**OR (%95 CI)** | **p** | **Adjusted model** b**OR (%95 CI)** | **p** |  | **Crude model** a**OR (%95 CI)** | **p** | **Adjusted model** b**OR (%95 CI)**  | p |
| >5 visits | Low adherence | Ref. |   | Ref. |   | Ref. | Ref. |   | Ref. |  |
|  | Medium adherence | 0.559 (0.354, 0.882) | 0.013 | 0.419 (0.234, 0.748) | 0.002 | Ref. | 0.714 (0.439, 1.159) | 0.173 | 0.414 (0.217, 0.790) | 0.007 |
|  | High adherence | 0.454 (0.230-0.895) | 0.023 | 0.392 (0.174-0.884) | 0.024 | Ref. | 0.578 (0.288-1.158) | 0.122 | 0.361 (0.150, 0.864) | 0.022 |
| >6 visits | Low adherence | Ref. |  | Ref. |  | Ref. | Ref. |  | Ref. |  |
|  | Medium adherence | 0.406 (0.227, 0.725) | 0.002 | 0.343 (0.163, 0.724) | 0.005 | Ref. | 0.539 (0.270, 1.07) | 0.081 | 0.297 (0.115, 0.767) | 0.012 |
|  | High adherence | 0.219 (0.092-0.520) | 0.001 | 0.170 (0.059-0.510) | 0.001 | Ref. | 0.370 (0.143-0.956) | 0.040 | 0.233 (0.072-0.755) | 0.015 |

Low adherence to MDQS is the reference category for diet and adequate RGWG is the reference category for adequacy of GWG in the logistic multilevel model. a Adjusted for gestational age .bAdjusted for pre-pregnancy BMI, energy intake, maternal age, educational level, parity, fetal sex, marital status and physical activity . Abbreviations: RGWG: rate gestational weight gain ; OR: odds ratio.