

Supplementary Material

1 Supplementary Figures and Tables

Table S1 Frequency of intake of selected food groups in 61 women from a conflict zone.

A. Weekly intake, n	Everyday	>3 d/week	1-3 d/week	1 time/week	Occasionally	Never
Eggs	41	14	2	2	1	1
Dairy products	28	8	7	4	11	35
Legumes	20	17	11	5	4	4
Nuts/Avocados	8	2	9	7	16	19
Viscera	2	2	8	8	16	25
Processed/can meats	0	3	3	6	12	37
Junk food	4	2	5	4	18	28
B. Daily intake, n	3 times/d	2 times/d		1 time/d		No intake
Fruits and vegetables	22.9	27.9		34.4		14.7

Table S2 Correlations between the degree of food insecurity and elements of the adapted stress questionnaire, the Colombian biopsychosocial risk score and of the diet with stress variables

Food insecurity scale and adapted stress questionnaire		Food insecurity scale and biopsychosocial risk score		Food insecurity scale and weekly intake of foods	
Recalling stressful events	0.31*	Emotional tension	0.40**	Dairy products	-0.29*
Anxiety-like symptoms	0.29*	Depressive mood	0.44***	Nuts, avocados	-0.26*
No interest in daily activities	0.58****	Neurovegetative symptoms	0.30*	Legumes	-0.29*
Not feeling love towards relatives and friends	0.38**	Family support	-0.27*	Fruits and vegetables	-0.31*
Easily startled	0.30*				
Difficulty in sleeping	0.36**				
Stress score	0.47***	Biopsychosocial risk	0.39**	Food groups score	-0.29*

* P <0.05, ** P <0.01, *** P <0.001, **** P <0.0001

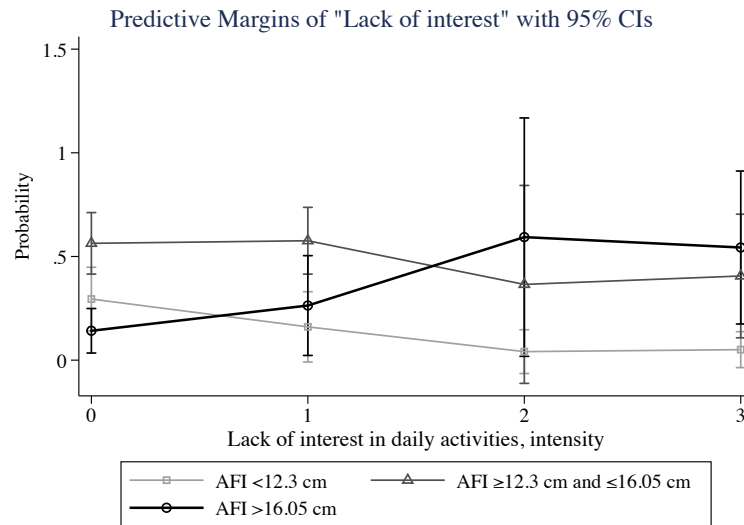
Table S3 Bootstrap standard error and normal, percentile and bias-estimated confidence intervals using 50 bootstrap replications for models of symphysis-fundal height (SFH) Z-scores, and sonography-estimated fetal weight with an estimate of their bias.

A. SFH Z-score	Observed coefficient	Bias	Bootstrap SE	Bootstrap normal-based CI	Bootstrap percentile CI	Bootstrap bias-corrected CI
History of displacement	-0.99	-0.03	0.31	-1.60, -0.38	-1.61, -0.45	-1.53, -0.30
MAP, centile	0.57	-0.02	0.22	0.13, 1.01	0.13, 0.91	0.18, 1.13
Hemoglobin, grams/dL	0.30	0.02	0.11	0.09, 0.52	0.15, 0.54	0.15, 0.54
B. SFH Z-score						
History of displacement	-1.15	-0.001	0.32	-1.77, -0.53	-1.73, -0.48	-1.73, -0.48
Diastolic blood pressure, centile	0.91	0.003	0.20	0.52, 1.30	0.52, 1.22	0.52, 1.22
Taking iron supplements	0.61	0.004	0.26	0.09, 1.13	0.19, 1.19	0.20, 1.29
Hematocrit, %	0.09	0.001	0.03	0.03, 0.16	0.03, 0.15	0.04, 0.18
C. Sonography-estimated fetal weight Z-score						
Stress score (0-3)	-0.16	0.01	0.19	-0.53, 0.21	-0.52, 0.15	-0.58, 0.15
SFH Z-scores	0.26	0.006	0.07	0.12, 0.40	0.13, 0.39	0.07, 0.39
Hours of sleep ⁵	-0.36	0.007	0.11	-0.59, -0.14	-0.57, -0.13	-0.57, -0.13
Aspirin intake	-0.48	0.010	0.23	-0.93, -0.02	-0.79, 0.007	-0.79, 0.15

2 Supplementary Figures

Supplementary Figure 1. Predicted probability of amniotic fluid index (AFI) (low-medium-high) by (A) severity of lack of interest in daily activities controlling for gestational age and maternal age and (B) low family support, controlling for gestational age and intake of folic acid supplements.

A



B

