

Table S1. Baseline characteristics of participants according to total gestational weight gain in pregnant women with gestational diabetes mellitus

Variable	Total (n = 235)	Insufficient GWG (n = 113)	Appropriate GWG (n = 68)	Excessive GWG (n = 54)	p-value
Age (y)	34.54 ± 3.68	35.12 ± 3.65	33.91 ± 3.45	34.13 ± 3.90	0.066
BMI before pregnancy (kg/m ²)					
Mean ± SD	23.41 ± 3.88	22.99 ± 3.71	23.46 ± 3.73	24.25 ± 4.33	0.145
Nonobese (< 25.0)	166 (70.6)	91 (80.5)	43 (63.2)	32 (59.3)	0.005
Obese (≥ 25.0)	69 (29.4)	22 (19.5)	25 (36.8)	22 (40.7)	
Educational status					
≤ High school	27 (11.5)	13 (11.5)	3 (4.4)	11 (20.4)	0.054
College or university	178 (75.7)	87 (77.0)	57 (83.8)	34 (63.0)	
≥ Graduate school	30 (12.8)	13 (11.5)	8 (11.8)	9 (16.7)	
Household income (million KRW/mo)					
< 3	39 (16.6)	16 (14.2)	8 (11.8)	15 (27.8)	0.110
3–5	91 (38.7)	44 (38.9)	26 (38.2)	21 (38.9)	
≥ 5	105 (44.7)	53 (46.9)	34 (50.0)	18 (33.3)	
Former or current smoker	35 (14.9)	11 (9.7)	10 (14.7)	14 (25.9)	0.023
Physical activity					
Low	182 (77.4)	90 (79.6)	52 (76.5)	40 (74.1)	0.883
Moderate	47 (20.0)	20 (17.7)	14 (20.6)	13 (24.1)	
High	6 (2.6)	3 (2.7)	2 (2.9)	1 (1.9)	
Stress (VAS score)	4.44 ± 2.21	4.65 ± 2.25	4.15 ± 2.19	4.37 ± 2.13	0.328
Depressive symptom (EPDS ≥ 10)	41 (17.4)	26 (23.0)	5 (7.4)	10 (18.5)	0.026
Parity (≥ 1)	120 (51.1)	56 (49.6)	39 (57.4)	25 (46.3)	0.434
Total GWG (kg)	10.58 ± 5.30	7.06 ± 3.42 ^{a)}	11.46 ± 2.84 ^{b)}	16.83 ± 4.67 ^{c)}	< 0.001

Data are presented as mean ± SD for continuous variables and frequency (%) for categorical variables.

GWG, gestational weight gain; BMI, body mass index; SD, standard deviation; KRW, Korean won; VAS, visual analog scale; EPDS, Edinburgh postnatal depression scale.

^{a-c)}Values in the same categories were not significantly different from each other according to Scheffé test for multiple comparisons.