

Healthy Life Trajectories Initiative South Africa: HeLTI SA



Manuscript title: *Preconception mental health (Healthy Life Trajectories Initiative): Identifying factors associated with probable anxiety and depression among young women living in urban-poor South Africa*

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Data request: The CSV file containing the data is password protected. Access to the analytic dataset used in this study can be requested by contacting the corresponding author. To request data, please provide your personal particulars, institutional affiliation, research question(s), and a list of the specific HeLTI variables of interest. All requests will be reviewed in accordance with the HeLTI data access and governance policies.

HeLTI Bukhali Preconception Data Codebook

Measure	Categorical / Continuous	Tool Used	Levels / Coding
Household socioeconomic status (sum of 13 assets) hh_asset_score	Continuous	Household asset tally	–
Household socioeconomic status (sum of 13 assets) ses_cat_bin	Categorical	Household asset tally	1=Lower SES; 2=Higher SES
Number of people living in household hlt_enu_hh_live	Continuous	Household roster	–
Number of people per sleeping room hh_density	Continuous	Derived (household data)	–
Household food insecurity food_insecurity_cat	Categorical	Household Food Insecurity Access Scale (HFIAS)	1=Food secure, 2=At risk, 3=Food insecure, 4=Severely food insecure
Age (years) ht_bs_computed_age_dec	Continuous	Self-report	–
Parity ht_bs_num_lv_brths	Continuous	Self-report	–
Parity category parity_cat	Categorical	Self-report	1=None; 2=One; 3=Two or more
Marital status Marital_st_cat	Categorical	Self-report	1=Single; 2=In a committed relationship but not married; 3=Married
Highest level of education education_cat	Categorical	Self-report	1=Some schooling but did not complete secondary education; 2=Completed secondary schooling; 3=Completed tertiary schooling

Measure	Categorical / Continuous	Tool Used	Levels / Coding
Employment status employment_cat	Categorical	Self-report	1=Never employed; 2=Not currently employed; 3=Currently employed
Receipt of government grant grant_cat	Categorical	Self-report	0=No; 1=Yes
Alcohol consumption haz_alc_cat_bin	Categorical	Alcohol Use Disorders Identification Test - Consumption (AUDIT-C)	Hazardous/harmful consumption 0=No; 1=Yes
Physical activity mod_vig_pa	Continuous	Global Physical Activity Questionnaire (GPAQ, adapted)	Moderate or vigorous physical activity (hours/week)
Sleep quality poor_slp_qual_cat_bin	Categorical	Pittsburgh Sleep Quality Index (PSQI)	0=Good (≤ 5); 1=Poor (> 5)
Adverse Childhood Experiences (ACE) total count aces_score	Continuous	12-item ACE questionnaire	Range 0–12
Anxiety anxiety_cat_bin	Categorical	Generalized Anxiety Disorder-7 (GAD-7)	0=No (GAD7<10); 1=Yes (GAD7 $\geq$ 10)
Depression dep_cat_bin	Categorical	Patient Health Questionnaire-9 (PHQ-9)	0=No (PHQ9<10); 1=Yes (PHQ9 $\geq$ 10 or medication use)