

Table 1: Participant Characteristics

Pseudonym	Parity	Ethnic Group	BMI (kg/m ²)
Amy	0	White	34
Debbie	0	White	32
Janice	2	White	38
Jenny	1	White	48
Julie	1	White	30
Karen	1	White	49
Laura	0	White	34
Lisa	1	White	47
Lucy	0	White	30
Maggie	2	White	34
Melanie	1	White	51
Philippa	1	White	32
Tina	0	White	32
Valerie	0	White	46
Vicky	0	White	32