

Online data supplement

Interventions to improve the experience of caring for people with severe mental illness: systematic review and meta-analysis

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Appendix DS1 Electronic searches

Embase, Medline, Medline In-Process, PsycINFO - OVID SP

1	((car\$ adj for\$1) or caregiv\$ or care giv\$ or carer\$).ti,ab,hw.
2	exp child parent relation/ or family assessment/ or exp family attitude/ or family coping/ or family functioning/ or family health/ or family interaction/ or exp family life/ or family nursing/ or exp family relation/ or family therapy/ or family/ or friend/ or *home care/ or exp nuclear family/ or stepfamily/
3	2 use emez
4	community networks/ or family characteristics/ or family conflict/ or family health/ or family nursing/ or family relations/ or family therapy/ or family/ or home nursing/ or intergenerational relations/ or marriage/ or exp nuclear family/ or exp parents/ or exp *parent-child relations/ or sibling relations/ or siblings/ or spouses/ or visitors to patients/
5	4 use mesz, prem
6	family/ or exp family conflict/ or exp family members/ or exp family relations/ or exp family therapy/ or friendship/ or exp marital relations/ or home care/ or intergenerational relations/ or marriage attitudes/ or nuclear family/ or exp parent child relations/ or exp parental attitudes/ or parental role/ or sibling relations/ or significant others/ or spouses/ or stepfamily/
7	6 use psych
8	((home adj2 (care or caring)) or ((informal or non professional) adj5 (care or nursing)) or care giv\$ or caregiv\$ or carer\$ or community based or couples or home nursing or daughter\$ or famil\$ or father\$ or friend\$ or home based or husband\$ or marital\$ or mother\$ or multifam\$ or neighbo?r\$ or next of kin or niece or nephew\$ or parent\$1 or partner\$1 or relative or relatives or sibling\$ or significant other\$ or spous\$ or step relationship\$ or wife\$1 or wives).ti,ab.
9	or/3,5,7-8
10	*education/ or education program/ or educational model/ or educational technology/ or health education/ or health literacy/ or health promotion/ or learning environment/ or patient education/ or problem based learning/ or psychoeducation/ or teaching/ or training support/
11	10 use emez
12	exp consumer health information/ or health education/ or health knowledge, attitudes, practice/ or health promotion/ or models, educational/ or "patient education as topic"/ or problem based learning/ or exp "programmed instruction as topic"/ or teaching/ or exp teaching materials/ or training/
13	12 use mesz, prem
14	adult learning/ or client education/ or collaborative learning/ or consumer

	education/ or cooperative learning/ or educational programs/ or health education/ or health knowledge/ or health literacy/ or health promotion/ or learning/ or learning strategies/ or literacy programs/ or problem based learning/ or psychoeducation/ or self instructional training/ or exp skill learning/ or exp teaching/ or training/
15	14 use psych
16	(booklet\$ or brochure\$ or educat\$ or empower\$ or leaflet\$ or multimedia or multi media or pamphlet\$ or poster\$ or psychoeducat\$ or psycho educat\$ or ((oral or printed or written) adj3 (inform\$ or material\$)) or workbook\$ or work book\$).ti,ab.
17	((didactic or systemic) adj3 (coach\$ or communicat\$ or educat\$ or instruct\$ or interven\$ or knowledge\$ or learn\$ or program\$ or taught\$ or teach\$ or therap\$ or train\$ or treat\$)).ti,ab.
18	or/11,13,15-17
19	problem solving/ use emez,mesz,psych
20	(problem\$ adj3 (skill\$ or solv\$)).ti,ab.
21	or/19-20
22	exp coping behavior/ use emez
23	*adaptation, psychological/ use mesz, prem
24	coping behavior/ or stress management/
25	24 use psych
26	((cope or copes or coping or stress\$) adj3 (assertive\$ or awareness\$ or coach\$ or communicat\$ or didactic\$ or educat\$ or empower\$ or engag\$ or focus\$ or goal set\$ or information\$ or instruct\$ or interven\$ or knowledge or learn\$ or liaison\$ or literac\$ or manag\$ or program\$ or promot\$ or services\$ or session\$ or skill\$ or strateg\$ or support\$ or taught or teach\$ or technique\$ or therap\$ or train\$ or treat\$)) or psychoed\$ or psycho ed\$ or strateg\$ or stress\$).ti,ab.
27	or/22,23,25-26
28	family therapy/ use emez,mesz
29	family intervention/ or exp family therapy/
30	29 use psych
31	(famil\$ adj2 consultation\$).ti,ab.
32	or/28,30-31
33	exp self care/ or self evaluation/
34	33 use emez
35	self administration/ or self care/ or self-help groups/ or self medication/
36	35 use mesz, prem
37	self care skills/ or self evaluation/ or exp self help techniques/ or self monitoring/ or self regulation/ or self reinforcement/

38	37 use psych
39	(expert patient\$ or (hearing voices adj2 (group\$ or network\$ or support\$)) or (minimal adj (contact or guidance)) or helpseek\$ or (help\$ adj2 seek\$) or (mutual adj (aid\$ or help or support\$)) or recovery model\$ or smart recovery or (self adj (administer\$ or assess\$ or attribut\$ or care or change or directed or efficacy or help\$ or guide\$ or instruct\$ or manag\$ or medicat\$ or monitor\$ or regulat\$ or reinforc\$ or re inforc\$ or support\$ or technique\$ or therap\$ or train\$ or treat\$)) or selfadminister\$ or selfassess\$ or selfattribut\$ or selfcare or selfchange or selfdirected or selfefficacy or selfhelp\$ or selfguide\$ or selfinstruct\$ or selfmanag\$ or selfmedicat\$ or selfmonitor\$ or selfregulat\$ or selfreinforc\$ or self re inforc\$ or selfsupport\$ or selftechnique\$ or selftherap\$ or selftrain\$ or selftreat\$).ti,ab.
40	bibliotherapy/
41	40 use mesz, prem
42	bibliotherapy/
43	42 use psych
44	(bibliotherap\$ or biblio therap\$ or manual\$1).ti,ab.
45	(booklet\$ or brochure\$ or leaflet\$ or pamphlet\$ or poster\$ or psychoeducat\$ or psycho educat\$ or workbook\$ or work book\$ or ((adult\$ or client\$ or consumer\$ or health or inpatient\$ or outpatient\$ or participant\$ or patient\$ or service user\$) adj2 (educat\$ or focus\$ or information\$ or knowledge or learn\$ or literac\$ or promot\$ or taught or teach\$)) or empower\$ or ((oral or printed or written) adj3 (material\$ or inform\$))).ti,ab.
46	adaptive behavior/
47	46 use emez
48	exp adaptation, psychological/
49	48 use mesz, prem
50	adaptive behavior/
51	50 use psych
52	((behav\$ or psychologic\$) adj3 (adapt\$ or adjust\$)) or cope or copes or coping).ti,ab.
53	patient participation/
54	53 use emez
55	exp consumer participation/
56	55 use mesz, prem
57	client participation/
58	57 use psych
59	((adult\$ or client\$ or consumer\$ or inpatient\$ or outpatient\$ or participant\$ or patient\$ or service user\$) adj2 (involv\$ or participat\$)).ti,ab.
60	or/34,36,38-39,41,43-45,47,49,51-52,54,56,58-59

61	consumer advocacy/ or friend/ or friendship/ or group therapy/ or group process/ or home care/ or home rehabilitation/ or peer counseling/ or peer group/ or psychosocial care/ or social care/ or social network/ or social support/ or social work/ or social worker/ or support group/ or vocational rehabilitation/ or voluntary worker/ or volunteer/
62	61 use emez
63	community networks/ or consumer advocacy/ or education, nonprofessional/ or friends/ or group processes/ or home care services/ or hotlines/ or peer group/ or psychotherapy, group/ or rehabilitation, vocational/ or self-help groups/ or social support/ or social work/ or social work, psychiatric/ or voluntary workers/
64	63 use mesz, prem
65	advocacy/ or friendship/ or group counseling/ or group discussion/ or group instruction/ or exp group psychotherapy/ or home care/ or home visiting programs/ or hot line services/ or network therapy/ or outreach programs/ or peer counseling/ or peer relations/ or peer tutoring/ or peers/ or exp psychosocial rehabilitation/ or social casework/ or social group work/ or exp social networks/ or social programs/ or social services/ or social support/ or social workers/ or exp support groups/ or vocational counselors/ or volunteers/
66	65 use psyh
67	(advocac\$ or advocate\$ or befriend\$ or be\$1 friend\$ or buddy or buddies or ((community or lay or paid or support) adj (person or worker\$)) or ((community\$ or home) adj (based or visit\$)) or ((consumer\$ or friend\$ or lay or mutual\$ or peer\$ or social\$ or volunteer\$) adj3 (help\$ or network\$ or support\$ or visit\$)) or ((consumer\$ or peer\$ or social\$ or support\$ or volunteer\$) adj2 (group\$ or network\$)) or ((consumer\$ or friend\$ or lay\$ or peer\$ or user\$ or volunteer\$) adj (based or counsel\$ or deliver\$ or interact\$ or led or mediat\$ or operated or provides or provider\$ or run\$)) or ((consumer\$ or friend\$ or lay\$ or peer\$ or relation\$ or support\$) adj3 trust\$) or (coping adj3 (behavio?r\$ or skills\$)) or (emotion\$ adj (focus\$ or friend\$ or relation\$)) or ((dyadic or loneliness) adj2 (intervention\$ or program\$ or therap\$ or treat\$)) or ((emotion\$ or one to\$1 one or transition\$) adj support\$) or (lay adj (led or run)) or ((lay or peer) adj5 (advisor\$ or consultant or educator\$ or expert\$ or facilitator\$ or instructor\$ or leader\$ or person\$ or tutor\$ or worker\$)) or expert patient\$ or mutual aid or (peer\$ adj3 (advic\$ or advis\$ or counsel\$ or educat\$ or mentor\$)) or (social adj (adapt\$ or support\$)) or supportive relationship\$ or social interaction program\$ or support\$ listening or recover inc or schizophrenics anonymous or visit\$ service\$ or (voluntary adj3 worker\$) or (volunteer\$ adj5 (trained or aide))).ti,ab.
68	(helpline or help line or ((phone\$ or telephone\$) adj3 (help\$ or instruct\$ or interact\$ or interven\$ or mediat\$ or program\$ or rehab\$ or strateg\$ or support\$ or teach\$ or therap\$ or train\$ or treat\$ or workshop\$ or work

	shop\$) or ((phone or telephone\$) adj2 (assist\$ or based or driven or led or mediat\$)).ti,ab.
69	((emotional\$ or practical\$ or group\$) adj2 support) or (support\$ adj5 (interven\$ or program\$ or therap\$ or treat\$)).ti,ab.
70	(psychosocial\$ or psycho social\$).ti,ab,hw.
71	or/62,64,66-70
72	case management/ use emez
73	exp continuity of patient care/ or exp managed care programs/ or patient-centered care/
74	73 use mesz, prem
75	case management/ use psych
76	((assertive adj1 community adj1 treatment) or ((care or case) and management) or (care adj1 programme adj1 approach) or (madison adj4 model\$) or (training adj2 (community adj1 living)) or cpa or pact or tcl).ti,ab.
77	or/72,74,75-76
78	(((((home or communit\$) adj5 care) or ((informal or non professional) adj5 (care or nursing)) or community based or couples or home nursing or daughter\$ or famil\$ or father\$ or friend\$ or home-based or husband\$ or marital\$ or mother\$ or multifam\$ or neighbo?r\$ or next of kin or niece or nephew\$ or parent\$1 or partner\$1 or relative\$1 or sibling\$ or significant other\$ or spous\$ or step relationship\$ or wife\$1 or wives) adj (based or counsel\$ or deliver\$ or interact\$ or led or mediat\$ or operated or provides or provider\$ or run\$)).ti,ab.
79	(((((home or communit\$) adj5 care) or ((informal or non professional) adj5 (care or nursing)) or community based or couples or home nursing or daughter\$ or famil\$ or father\$ or friend\$ or home-based or husband\$ or marital\$ or mother\$ or multifam\$ or neighbo?r\$ or next of kin or niece or nephew\$ or parent\$1 or partner\$1 or relative\$1 or sibling\$ or significant other\$ or spous\$ or step relationship\$ or wife\$1 or wives) adj4 (assertive\$ or awareness\$ or coach\$ or communicat\$ or didactic\$ or educat\$ or empower\$ or engag\$ or focus\$ or goal set\$ or information\$ or instruct\$ or interven\$ or knowledge or learn\$ or liaison\$ or literac\$ or manag\$ or program\$ or promot\$ or service\$ or session\$ or skill\$ or strateg\$ or support\$ or taught or teach\$ or technique\$ or therap\$ or train\$ or treat\$ or workshop\$)) or psychoed\$ or psycho ed\$ or strateg\$).ti,ab.
80	((((rebuilding or re building) adj2 life adj2 (families or friends)) or (journey adj2 hope) or (strategy adj2 enhance working partnerships adj2 (carers or families)) or (therap\$ adj2 (wellbeing or recover\$)) or (triangle adj2 care) or wellness recovery action planning or carers trustfamily liaison service\$ or family sensitive practice or meriden project\$ or recovery college\$ or sympra or ward champion\$ or young diverse minds).ti,ab.
81	or/78-80

82	attitude to computers/ or audiovisual aid/ or audiovisual equipment/ or communication software/ or computer assisted therapy/ or computer program/ or computer system/ or computer/ or decision support system/ or e-mail/ or human computer interaction/ or information technology/ or internet/ or mobile phone/ or multimedia/ or exp optical disk/ or personal digital assistant/ or social media/ or telecommunication/ or teleconsultation/ or telehealth/ or telemonitoring/ or telephone/ or telepsychiatry/ or teletherapy/ or text messaging/ or video disk/ or videorecording/ or videotape/
83	82 use emez
84	attitude to computers/ or audiovisual aids/ or exp cellular phone/ or communications media/ or computer literacy/ or computer user training/ or computing methodologies/ or exp computer systems/ or decision making, computer assisted/ or decision support systems, clinical/ or electronic mail/ or hotlines/ or multimedia/ or exp optical storage devices/ or exp programmed instruction as topic/ or social networking/ or exp software/ or telecommunications/ or telemedicine/ or exp telemetry/ or telephone/ or text messaging/ or therapy, computer assisted/
85	84 use mesz, prem
86	audiotapes/ or audiovisual communications media/ or communications media/ or computer applications/ or exp computer assisted instruction/ or computer assisted therapy/ or computer attitudes/ or computer literacy/ or computer mediated communication/ or computer software/ or computer training/ or computers/ or decision support systems/ or digital video/ or educational audiovisual aids/ or electronic communication/ or exp human computer interaction/ or hot line services/ or human computer interaction/ or hypermedia/ or information technology/ or instructional media/ or internet/ or exp mobile devices/ or exp multimedia/ or online therapy/ or programmed instruction/ or exp social media/ or exp social networks/ or telecommunications media/ or telemedicine/ or telemetry/ or exp telephone systems/ or videotapes/
87	86 use psych
88	((((audio\$ or cd or cd rom or cdrom or communication or computer\$ or cyber\$ or (digital adj (assistant\$ or divide)) or dvd or (e\$1 adj (communicat\$ or consult\$ or mail\$ or portal\$ or tablet\$ or visit\$)) or electronic\$ or email\$ or ecommunicat\$ or econsult\$ or eportal\$ or etablet\$ or evisit\$ or facebook\$ or floppy or handheld or hand held or information technolog\$ or instant messag\$ or interactiv\$ or internet or iphone\$ or laptop\$ or multimedia or multi media or myspace\$ or my space\$ or online or palmtop or palm top or pc\$1 or pda or personal digital or phone\$ or portal\$1 or reminder system\$ or remote consultation\$ or short messag\$ or skype or sms or (social adj (media or network\$)) or tablet\$1 or technolog\$ or telephone\$ or texts or texting or video\$ or virtual or web or website or wireless communication or www) adj3 (aid\$ or assist\$ or based or deliver\$ or diary or diaries)) or (video\$ adj3

	(feedback or information\$ or model\$)) or (virtual adj2 (environment\$ or reality))).ti,ab.
89	((audio\$ or cd rom or cdrom or communication aid\$ or computer\$ or cyber\$ or (discussion adj (board\$ or group\$)) or (digital adj (assistant\$ or divide)) or dvd or email\$ or ecommunicat\$ or econsult\$ or etablet\$ or evisit\$ or (e\$1 adj (communicat\$ or consult\$ or mail\$ or tablet\$ or visit\$)) or facebook\$ or floppy or handheld or hand held or information technolog\$ or instant messag\$ or interactiv\$ or internet or iphone\$ or laptop\$ or mobile or multimedia or multi media or myspace\$ or my space\$ or online or palmtop or palm top or pc\$1 or pda or personal digital or phone\$ or portal\$1 or reminder system\$ or remote consultation\$ or short messag\$ or skype or sms or (social adj (media or network\$)) or tablet\$1 or telephone\$ or texts or texting or video\$ or virtual or web or website or wireless communication) adj7 (advocacy or application\$ or approach\$ or coach\$ or educat\$ or exchang\$ or guide\$1 or help\$ or instruct\$ or interact\$ or interven\$ or learn\$ or manag\$ or meeting\$ or module\$ or network\$ or package\$ or participat\$ or prevent\$ or program\$ or psychoanaly\$ or psychotherap\$ or rehab\$ or retrain\$ or re train\$ or self guide\$ or self help or selfguide\$ or selfhelp or session\$ or skill\$ or strateg\$ or support\$ or teach\$ or technique\$ or therap\$ or train\$ or treat\$ or work shop\$ or workshop\$)).ti,ab.
90	(call in or (caller\$1 adj3 (interven\$ or program\$ or therap\$ or treat\$)) or callline\$ or call line\$ or ediar\$ or ehealth or elearn\$ or etherap\$ or (e adj (diar\$ or learn or health or therap\$)) or telecare or telecommunication or teleconsult\$ or telehealth or telemedicine or telepsychology or telepsychiatry of teletherap\$ or (tele adj (care or communication or consult\$ or health or medicine or psychology or psychiatry or therap\$))).ti,ab.
91	or/83,85,87-90
92	counselling.hw. or religion/ or spiritual care/ or spiritual healing/
93	92 use emez
94	exp religion/ or exp spiritual therapies/
95	94 use mesz, prem
96	pastoral counseling/ or religion/ or exp religious beliefs/ or religious education/ or exp religious literature/ or exp religious personnel/ or exp religious practices/ or spirituality/
97	96 use psych
98	(church or cleric or clergyman or deity or divinity or divine or faith\$ or god or ((higher or supreme) adj being) or inner peace or meditat\$ or (pastoral adj3 (care or caring)) or priest or preacher or pray or prayer\$ or praying or religious or religiosity or religion\$ or spiritual\$).ti,ab.
99	(buddhism or buddist\$ or christian\$ or catholic\$ or eastern orthodoxy or jehovah\$ witness or protestant\$ or hindu* or islam\$ or judaism or taoism or sikk or rastafari).ti,ab.
100	or/93,95,97-99

101	counsel?ing.ti,ab,hw.
101	1 or (9 and 18,21,27,32,60,71,77,81,91,100,101)

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s87	s1 or (s22 and (s23 or s24 or s25 or s26 or s27 or s28 or s29 or s30 or s31 or s32 or s33 or s34 or s35 or s36 or s37 or s38 or s39 or s40 or s41 or s42 or s43 or s44 or s45 or s46 or s47 or s48 or s49 or s50 or s51 or s52 or s53 or s54 or s55 or s56 or s57 or s58 or s59 or s60 or s61 or s62 or s63 or s64 or s65 or s66 or s67 or s68 or s69 or s70 or s71 or s72 or s73 or s74 or s75 or s76 or s77 or s78 or s79 or s80 or s81 or s82 or s83 or s84 or s85 or s86))
s86	ti ((counsel?ing) or ab (counsel?ing) or mw (counsel?ing))
s85	ti ((buddhism or buddist* or christian* or catholic* or "eastern orthodoxy" or "jehovah* witness" or protestant* or hindu* or islam* or judaism or taoism or sikk or rastafari) or ab ((buddhism or buddist* or christian* or catholic* or "eastern orthodoxy" or "jehovah* witness" or protestant* or hindu* or islam* or judaism or taoism or sikk or rastafari))
s84	ti ((church or cleric or clergyman or deity or divinity or divine or faith* or god or ((higher or supreme) n1 being) or "inner peace" or meditat* or (pastoral n3 (care or caring)) or priest or preacher or pray or prayer* or praying or religious or religiousity or religion* or spiritual*)) or ab ((church or cleric or clergyman or deity or divinity or divine or faith* or god or ((higher or supreme) n1 being) or "inner peace" or meditat* or (pastoral n3 (care or caring)) or priest or preacher or pray or prayer* or praying or religious or religiousity or religion* or spiritual*))
s83	(mh "religion and religions+")
s82	ti (("call in" or (caller * n3 (interven* or program* or therap* or treat*)) or callline* or "call line*" or ediar* or ehealth or elearn* or etherap* or (e n1 (diar* or learn or health or therap*)) or telecare or telecommunication or teleconsult* or telehealth or telemedicine or telepsychology or telepsychiatry of teletherap* or (tele n1 (care or communication or consult* or health or medicine or psychology or psychiatry or therap*)))) or ab (("call in" or (caller * n3 (interven* or program* or therap* or treat*)) or callline* or "call line*" or ediar* or ehealth or elearn* or etherap* or (e n1 (diar* or learn or health or therap*)) or telecare or telecommunication or teleconsult* or telehealth or telemedicine or telepsychology or telepsychiatry of teletherap* or (tele n1 (care or communication or consult* or health or medicine or psychology or psychiatry or therap*))))
s81	ti (((audio* or "cd rom" or cdrom or "communication aid*" or computer* or cyber* or (discussion n1 (board* or group*)) or (digital n1 (assistant* or divide)) or dvd or email* or ecommunicat* or econsult* or etablet* or evisit* or (e * n1 (communicat* or consult* or mail* or tablet* or visit*)) or facebook* or floppy or

	<p>handheld or "hand held" or "information technolog*" or "instant messag*" or interactiv* or internet or iphone* or laptop* or mobile or multimedia or "multi media" or myspace* or "my space*" or online or palmtop or "palm top" or pc or pda or "personal digital" or phone* or portal * or "reminder system*" or "remote consultation*" or "short messag*" or skype or sms or (social n1 (media or network*)) or tablet or telephone* or texts or texting or video* or virtual or web or website or "wireless communication") n7 (advocacy or application* or approach* or coach* or educat* or exchang* or guide * or help* or instruct* or interact* or interven* or learn* or manag* or meeting* or module* or network* or package* or participat* or prevent* or program* or psychoanaly* or psychotherap* or rehab* or retrain* or "re train*" or "self guide*" or "self help" or selfguide* or selfhelp or session* or skill* or strateg* or support* or teach* or technique* or therap* or train* or treat* or "work shop*" or workshop*))) or ab (((audio* or "cd rom" or cdrom or "communication aid*" or computer* or cyber* or (discussion n1 (board* or group*)) or (digital n1 (assistant* or divide)) or dvd or email* or ecommunicat* or econsult* or etablet* or evisit* or (e * n1 (communicat* or consult* or mail* or tablet* or visit*)) or facebook* or floppy or handheld or "hand held" or "information technolog*" or "instant messag*" or interactiv* or internet or iphone* or laptop* or mobile or multimedia or "multi media" or myspace* or "my space*" or online or palmtop or "palm top" or pc or pda or "personal digital" or phone* or portal * or "reminder system*" or "remote consultation*" or "short messag*" or skype or sms or (social n1 (media or network*)) or tablet or telephone* or texts or texting or video* or virtual or web or website or "wireless communication") n7 (advocacy or application* or approach* or coach* or educat* or exchang* or guide * or help* or instruct* or interact* or interven* or learn* or manag* or meeting* or module* or network* or package* or participat* or prevent* or program* or psychoanaly* or psychotherap* or rehab* or retrain* or "re train*" or "self guide*" or "self help" or selfguide* or selfhelp or session* or skill* or strateg* or support* or teach* or technique* or therap* or train* or treat* or "work shop*" or workshop*)))</p>
s80	<p>ti ((((audio* or cd or "cd rom" or cdrom or communication or computer* or cyber* or (digital n1 (assistant* or divide)) or dvd or (e n1 (communicat* or consult* or mail* or portal* or tablet* or visit*)) or electronic* or email* or ecommunicat* or econsult* or eportal* or etablet* or evisit* or facebook* or floppy or handheld or "hand held" or "information technolog*" or "instant messag*" or interactiv* or internet or iphone* or laptop* or multimedia or "multi media" or myspace* or "my space*" or online or palmtop or "palm top" or pc or pda or "personal digital" or phone* or portal * or "reminder system*" or "remote consultation*" or "short messag*" or skype or sms or (social n1 (media or network*)) or tablet or technolog* or telephone* or texts or texting or video* or virtual or web or website or "wireless communication "or www) n3 (aid* or assist* or based or deliver* or diary or diaries)) or (video* n3 (feedback or information* or model*)) or (virtual n2 (environment* or reality)))) or ab ((((audio* or cd or "cd rom" or cdrom or communication or computer* or cyber* or (digital n1 (assistant* or divide)) or dvd or (e n1 (communicat* or consult* or</p>

	mail* or portal* or tablet* or visit*)) or electronic* or email* or ecommunicat* or econsult* or eportal* or etablet* or evisit* or facebook* or floppy or handheld or "hand held" or "information technolog*" or "instant messag*" or interactiv* or internet or iphone* or laptop* or multimedia or "multi media" or myspace* or "my space*" or online or palmtop or "palm top" or pc or pda or "personal digital" or phone* or portal * or "reminder system*" or "remote consultation*" or "short messag*" or skype or sms or (social n1 (media or network*)) or tablet or technolog* or telephone* or texts or texting or video* or virtual or web or website or "wireless communication" or www) n3 (aid* or assist* or based or deliver* or diary or diaries)) or (video* n3 (feedback or information* or model*)) or (virtual n2 (environment* or reality))))
s79	(mh "therapy, computer assisted")
s78	(mh "text messaging")
s77	(mh "telemetry")
s76	(mh "telemedicine+")
s75	(mh "telecommunications")
s74	(mh "software+")
s73	(mh "social networking")
s72	(mh "programmed instruction")
s71	(mh "optical disks+")
s70	(mh "multimedia")
s69	(mh "telephone information services")
s68	(mh "electronic mail")
s67	(mh "decision support systems, clinical")
s66	(mh "decision making, computer assisted")
s65	(mh "computer systems+")
s64	(mh "computing methodologies")
s63	(mh "computer user training")
s62	(mh "computer literacy") or (mh "computers, portable") or (mh "computers and computerization")
s61	(mh "communications media")
s60	(mh "computer assisted instruction") or (mh "computers, hand-held") or (mh "therapy, computer assisted")
s59	(mh "wireless communications") or (mh "telephone")
s58	(mh "audiovisuals")
s57	(mh "attitude to computers")
s56	ti ((((rebuilding or "re building") n2 life n2 (families or friends)) or (journey n2

	<p>hope) or (strategy n2 “enhance working partnerships” n2 (carers or families)) or (therap* n2 (wellbeing or recover*)) or (triangle n2 care) or “wellness recovery action planning” or “carers trust family liaison service*” or “family sensitive practice” or “meriden project*” or “recovery college*” or sympra or “ward champion*” or “young diverse minds”)) or ab ((((rebuilding or “re building”) n2 life n2 (families or friends)) or (journey n2 hope) or (strategy n2 “enhance working partnerships” n2 (carers or families)) or (therap* n2 (wellbeing or recover*)) or (triangle n2 care) or “wellness recovery action planning” or “carers trust family liaison service*” or “family sensitive practice” or “meriden project*” or “recovery college*” or sympra or “ward champion*” or “young diverse minds”))</p>
s55	<p>ti ((((((home or communit*) n5 care) or ((informal or “non professional”) n5 (care or nursing)) or “community based” or couples or “home nursing” or daughter* or famil* or father* or friend* or “home-based” or husband* or marital* or mother* or multifam* or neighbo?r* or “next of kin” or niece or nephew* or parent * or partner * or relative * or sibling* or “significant other*” or spous* or “step relationship*” or wife * or wives) n4 (assertive* or awareness* or coach* or communicat* or didactic* or educat* or empower* or engag* or focus* or “goal set*” or information* or instruct* or interven* or knowledge or learn* or liaison* or literac* or manag* or program* or promot* or service* or session* or skill* or strateg* or support* or taught or teach* or technique* or therap* or train* or treat* or workshop* or “work shop*”)) or psychoed* or “psycho ed*” or strateg*)) or ab ((((((home or communit*) n5 care) or ((informal or “non professional”) n5 (care or nursing)) or “community based” or couples or “home nursing” or daughter* or famil* or father* or friend* or “home-based” or husband* or marital* or mother* or multifam* or neighbo?r* or “next of kin” or niece or nephew* or parent * or partner * or relative * or sibling* or “significant other*” or spous* or “step relationship*” or wife * or wives) n4 (assertive* or awareness* or coach* or communicat* or didactic* or educat* or empower* or engag* or focus* or “goal set*” or information* or instruct* or interven* or knowledge or learn* or liaison* or literac* or manag* or program* or promot* or service* or session* or skill* or strateg* or support* or taught or teach* or technique* or therap* or train* or treat* or workshop* or “work shop*”)) or psychoed* or “psycho ed*” or strateg*))</p>
s54	<p>ti ((((((home or communit*) n5 care) or ((informal or “non professional”) n5 (care or nursing)) or “community based” or couples or “home nursing” or daughter* or famil* or father* or friend* or “home-based” or husband* or marital* or mother* or multifam* or neighbo?r* or “next of kin” or niece or nephew* or parent * or partner * or relative * or sibling* or “significant other*” or spous* or “step relationship*” or wife * or wives) n1 (based or counsel* or deliver* or interact* or led or mediat* or operated or provides or provider* or run*))) or ab ((((((home or communit*) n5 care) or ((informal or “non professional”) n5 (care or nursing)) or “community based” or couples or “home nursing” or daughter* or famil* or father* or friend* or “home-based” or husband* or marital* or mother* or multifam* or neighbo?r* or “next of kin” or niece or nephew* or parent * or</p>

	partner * or relative * or sibling* or “significant other*” or spous* or “step relationship*” or wife * or wives) n1 (based or counsel* or deliver* or interact* or led or mediat* or operated or provides or provider* or run*)))
s53	ti ((assertive n1 community n1 treatment) or ((care or case) and management) or (care n1 programme n1 approach) or (madison n4 model\$) or (training n2 (community n1 living)) or cpa or pact or tcl) or ab ((assertive n1 community n1 treatment) or ((care or case) and management) or (care n1 programme n1 approach) or (madison n4 model\$) or (training n2 (community n1 living)) or cpa or pact or tcl)
s52	(mh "patient centered care") or (mh "case management (omaha)") or (mh "case management")
s51	(mh "managed care programs+")
s50	(mh "continuity of patient care+")
s49	ti ((psychosocial* or “psycho social*”)) or ab ((psychosocial* or “psycho social*”)) or mw ((psychosocial* or “psycho social*”))
s48	ti (((emotional* or practical* or group*) n2 support) or (support* n5 (interven* or program* or therap* or treat*))) or ab (((emotional* or practical* or group*) n2 support) or (support* n5 (interven* or program* or therap* or treat*)))
s47	ti ((helpline or “help line” or ((phone* or telephone*) n3 (help* or instruct* or interact* or interven* or mediat* or program* or rehab* or strateg* or support* or teach* or therap* or train* or treat* or workshop* or “work shop*”)) or ((phone or telephone*) n2 (assist* or based or driven or led or mediat*)))) or ab ((helpline or “help line” or ((phone* or telephone*) n3 (help* or instruct* or interact* or interven* or mediat* or program* or rehab* or strateg* or support* or teach* or therap* or train* or treat* or workshop* or “work shop*”)) or ((phone or telephone*) n2 (assist* or based or driven or led or mediat*))))
s46	ti ((advocac* or advocate* or befriend* or “be * friend*” or buddy or buddies or ((community or lay or paid or support) n1 (person or worker*)) or ((community* or home) n1 (based or visit*)) or ((consumer* or friend* or lay or mutual* or peer* or social* or volunteer*) n3 (help* or network* or support* or visit*)) or ((consumer* or peer* or social* or support* or volunteer*) n2 (group* or network*)) or ((consumer* or friend* or lay* or peer* or user* or volunteer*) n1 (based or counsel* or deliver* or interact* or led or mediat* or operated or provides or provider* or run*)) or ((consumer* or friend* or lay* or peer* or relation* or support*) n3 trust*) or (coping n3 (behavio?r* or skill*)) or (emotion* n1 (focus* or friend* or relation*)) or ((dyadic or loneliness) n2 (intervention* or program* or therap* or treat*)) or ((emotion* or “one to one” or transition*) n1 support*) or (lay n1 (led or run)) or ((lay or peer) n5 (advisor* or consultant or educator* or expert* or facilitator* or instructor* or leader* or person* or tutor* or worker*)) or “expert patient*” or “mutual aid” or (peer* n3 (advic* or advis* or counsel* or educat* or mentor*)) or (social n1 (adapt* or support*)) or “supportive relationship*” or “social interaction program*” or “support listening” or “recover inc” or “schizophrenics anonymous” or “visit* service*”

	<p>or (voluntary n3 worker*) or (volunteer* n5 (trained or aide)))) or ab ((advocac* or advocate* or befriend* or be * friend* or buddy or buddies or ((community or lay or paid or support) n1 (person or worker*)) or ((community* or home) n1 (based or visit*)) or ((consumer* or friend* or lay or mutual* or peer* or social* or volunteer*) n3 (help* or network* or support* or visit*)) or ((consumer* or peer* or social* or support* or volunteer*) n2 (group* or network*)) or ((consumer* or friend* or lay* or peer* or user* or volunteer*) n1 (based or counsel* or deliver* or interact* or led or mediat* or operated or provides or provider* or run*)) or ((consumer* or friend* or lay* or peer* or relation* or support*) n3 trust*) or (coping n3 (behavio?r* or skill*)) or (emotion* n1 (focus* or friend* or relation*)) or ((dyadic or loneliness) n2 (intervention* or program* or therap* or treat*)) or ((emotion* or "one to one" or transition*) n1 support*) or (lay n1 (led or run)) or ((lay or peer) n5 (advisor* or consultant or educator* or expert* or facilitator* or instructor* or leader* or person* or tutor* or worker*)) or "expert patient*" or "mutual aid" or (peer* n3 (advic* or advis* or counsel* or educat* or mentor*)) or (social n1 (adapt* or support*)) or "supportive relationship*" or "social interaction program*" or "support* listening" or "recover inc" or "schizophrenics anonymous" or "visit* service*" or (voluntary n3 worker*) or (volunteer* n5 (trained or aide))))</p>
s45	<p>(mh "community networks") or (mh "consumer advocacy") or (mh "education, nonprofessional") or (mh "group processes") or (mh "health information networks") or (mh "home health aide service (saba ccc)") or (mh "home health aides") or (mh "home health care") or (mh "home rehabilitation") or (mh "home visits") or (mh "ineffective family coping, compromised (nanda)") or (mh "peer counseling") or (mh "peer group") or (mh "psychotherapy, group") or (mh "rehabilitation, vocational") or (mh "social network analysis (saba ccc)") or (mh "social networks") or (mh "social support (iowa noc)") or (mh "social work") or (mh "social work practice") or (mh "social work, psychiatric") or (mh "social work service") or (mh "social workers") or (mh "support group (iowa nic)") or (mh "support groups") or (mh "support, psychosocial+") or (mh "support system enhancement (iowa nic)") or (mh "telephone information services") or (mh "trust") or (mh "volunteer workers") or (mh "voluntary health agencies")</p>
s44	<p>ti (((adult* or client* or consumer* or inpatient* or outpatient* or participant* or patient* or "service user*") n2 (involv* or participat*)) or ((behav* or psychologic*) n3 (adapt* or adjust*)) or cope or copes or coping) or ab (((adult* or client* or consumer* or inpatient* or outpatient* or participant* or patient* or "service user*") n2 (involv* or participat*)) or ((behav* or psychologic*) n3 (adapt* or adjust*)) or cope or copes or coping)</p>
s43	<p>ti ((booklet* or brochure* or leaflet* or pamphlet* or poster* or psychoeducat* or "psycho educat*" or workbook* or "work book*" or ((adult* or client* or consumer* or health or inpatient* or outpatient* or participant* or patient* or "service user*") n2 (educat* or focus* or information* or knowledge or learn* or literac* or promot* or taught or teach*)) or empower* or ((oral or printed or written) n3 (material* or inform*))) or ab ((booklet* or brochure* or leaflet* or pamphlet* or poster* or psychoeducat* or "psycho educat*" or workbook* or</p>

	“work book*” or ((adult* or client* or consumer* or health or inpatient* or outpatient* or participant* or patient* or “service user*”) n2 (educat* or focus* or information* or knowledge or learn* or literac* or promot* or taught or teach*)) or empower* or ((oral or printed or written) n3 (material* or inform*)))
s42	(mh "adaptation, psychological") or (mh "consumer participation")
s41	ti ((“expert patient*” or (“hearing voices” n2 (group* or network* or support*)) or (minimal n1 (contact or guidance)) or helpseek* or (help* n2 seek*) or (mutual n1 (aid* or help or support*)) or “recovery model*” or “smart recovery”)) or ab ((“expert patient*” or (“hearing voices” n2 (group* or network* or support*)) or (minimal n1 (contact or guidance)) or helpseek* or (help* n2 seek*) or (mutual n1 (aid* or help or support*)) or “recovery model*” or “smart recovery”))
s40	ti (((self n1 (administer* or assess* or attribut* or care or change or directed or efficacy or help* or guide* or instruct* or manag* or medicat* or monitor* or regulat* or reinforc* or “re inforc*” or support* or technique* or therap* or train* or treat*)) or selfadminister* or selfassess* or selfattribut* or selfcare or selfchange or selfdirected or selfefficacy or selfhelp* or selfguide* or selfinstruct* or selfmanag* or selfmedicat* or selfmonitor* or selfregulat* or selfreinforc* or “self re inforc*” or selfsupport* or selftechnique* or selftherap* or selftrain* or selftreat*)) or ab (((self n1 (administer* or assess* or attribut* or care or change or directed or efficacy or help* or guide* or instruct* or manag* or medicat* or monitor* or regulat* or reinforc* or “re inforc*” or support* or technique* or therap* or train* or treat*)) or selfadminister* or selfassess* or selfattribut* or selfcare or selfchange or selfdirected or selfefficacy or selfhelp* or selfguide* or selfinstruct* or selfmanag* or selfmedicat* or selfmonitor* or selfregulat* or selfreinforc* or “self re inforc*” or selfsupport* or selftechnique* or selftherap* or selftrain* or selftreat*))
s39	(mh "self administration") or (mh "self care") or (mh "self care agency") or (mh "self medication")
s38	ti (famil* n2 consultation*) or ab (famil* n2 consultation*)
s37	(mh "family therapy (iowa nic)")
s36	ti ((problem* n3 (skill* or solv*))) or ab ((problem* n3 (skill* or solv*)))
s35	(mh "problem solving") or (mh "family problem solving communication")
s34	ti (((didactic or systemic) n3 (coach* or communicat* or educat* or instruct* or interven* or knowledge* or learn* or program* or taught* or teach* or therap* or train* or treat*))) or ab (((didactic or systemic) n3 (coach* or communicat* or educat* or instruct* or interven* or knowledge* or learn* or program* or taught* or teach* or therap* or train* or treat*)))
s33	ti ((booklet* or brochure* or educat* or empower* or leaflet* or multimedia or “multi media” or pamphlet* or poster* or psychoeducat* or “psycho educat*” or ((oral or printed or written) n3 (inform* or material*)) or workbook* or “work book*”)) or ab ((booklet* or brochure* or educat* or empower* or leaflet* or multimedia or “multi media” or pamphlet* or poster* or psychoeducat* or

	"psycho educat*" or ((oral or printed or written) n3 (inform* or material*)) or workbook* or "work book*"))
s32	(mh "teaching") or (mh "teaching materials+") or (mh "communication skills training")
s31	(mh "programmed instruction")
s30	(mh "problem-based learning")
s29	(mh "patient education") or (mh "patient education (iowa nic) (non-cinahl)")
s28	(mh "models, educational")
s27	(mh "health promotion") or (mh "health promotion (saba ccc)") or (mh "mental health promotion (saba ccc)") or (mh "health promoting behavior (iowa noc)")
s26	(mh "knowledge: health behaviors (iowa noc)") or (mh "knowledge: health resources (iowa noc)")
s25	(mh "health information management") or (mh "health knowledge (iowa noc) (non-cinahl)") or (mh "health knowledge and behavior (iowa noc) (non-cinahl)") or (mh "health knowledge")
s24	(mh "health education")
s23	(mh "consumer health information")
s22	s2 or s3 or s4 or s5 or s6 or s7 or s8 or s9 or s10 or s11 or s12 or s13 or s14 or s15 or s16 or s17 or s18 or s19 or s20 or s21
s21	ti (((home n2 (care or caring)) or ((informal or "non professional") n5 (care or nursing)) or "care giv*" or caregiv* or carer* or "community based" or couples or "home nursing" or daughter* or famil* or father* or friend* or "home based" or husband* or marital* or mother* or multifam* or neighbo?r* or "next of kin" or niece or nephew* or parent * or partner * or relative or relatives or sibling* or "significant other*" or spous* or "step relationship*" or wife * or wives)) or ab (((home n2 (care or caring)) or ((informal or "non professional") n5 (care or nursing)) or "care giv*" or caregiv* or carer* or "community based" or couples or "home nursing" or daughter* or famil* or father* or friend* or "home based" or husband* or marital* or mother* or multifam* or neighbo?r* or "next of kin" or niece or nephew* or parent * or partner * or relative or relatives or sibling* or "significant other*" or spous* or "step relationship*" or wife * or wives))
s20	(mh "family services")
s19	(mh "visitors to patients")
s18	(mh "spouses")
s17	(mh "siblings") or (mh "sibling support (iowa nic)") or (mh "sibling relations")
s16	(mh "sibling relations")
s15	(mh "parent-child relations+")
s14	(mh "parents+")

s13	(mh "nuclear family+")
s12	(mh "marriage")
s11	(mh "intergenerational relations")
s10	(mh "home nursing")
s9	(mh "family")
s8	(mh "family therapy") or (mh "family therapy (iowa nic)")
s7	(mh "family relations")
s6	(mh "family nursing")
s5	(mh "family health") or (mh "family health (iowa noc) (non-cinahl)") or (mh "family member health status (iowa noc) (non-cinahl)")
s4	(mh "family conflict")
s3	(mh "family characteristics")
s2	(mh "community networks")
s1	ti (caregiv* or carer or "care giv*") or ab (caregiv* or carer or "care giv*") or mw (caregiv* or carer or "care giv*")

Table DS1 Studies not included in the review

Study	Reason for exclusion
<i>Excluded studies</i>	
Anderson 1986 ⁵⁷	Sample not relevant
Barrowclough 1999 ⁵⁸	Intervention not aimed at improving carer experience or reducing carer burden
Barton 2008 ⁵⁹	Intervention not aimed at improving carer experience or reducing carer burden
Bazzoni 2003 ⁶⁰	Non-English
Berkowitz 1984 ⁶¹	Non-RCT
Birchwood 1992 ⁶²	Non-RCT
Brooker 1992 ⁶³	Non-RCT
Carra 2007 ⁶⁴	No relevant outcome
Chien 2010 ⁶⁵	Intervention not carer-focused (no carer-only sessions)
Cozolino 1988 ⁶⁶	No relevant outcome
Das 2006 ⁶⁷	Intervention not carer-focused (no carer-only sessions)
Fiorillo2011 ⁶⁸	Intervention not carer-focused (no carer-only sessions)
Fraser 2008 ⁶⁹	Non-RCT
Kageyama 2007 ⁷⁰	Intervention not carer-focused (no carer-only sessions)
Kane 1990 ⁷¹	Non-RCT
Kulhara 2008 ⁷²	Intervention not carer-focused (no carer-only sessions)
Lacruz 1999 ⁷³	Intervention not carer-focused (no carer-only sessions)
Leff 2001 ⁷⁴	Intervention not carer-focused (no carer-only sessions)
Levy- Frank 2011 ⁷⁵	Intervention not carer-focused (no carer-only sessions)
MacCarthy 1989 ⁷⁶	Non-RCT
Merinder 1999 ⁷⁷	Intervention not carer-focused (no carer-only sessions)
Michielin 2007 ⁷⁸	Outside the scope
Moxon 2008 ⁷⁹	Intervention not carer-focused (no carer-only sessions)
Murray 1997 ⁸⁰	Sample not relevant (included families and not just carers)
Nasr 2009 ⁸¹	Intervention not carer-focused (no carer-only sessions)
Pitschel-Walz 2006 ⁸²	Intervention not carer-focused (no carer-only sessions)
Schulze-Monking 1994 ⁸³	Non-RCT
Sellwood 2001 ⁸⁴	Intervention not carer-focused (no carer-only sessions)
Shimazu 2011 ⁸⁵	Intervention not carer-focused (no carer-only sessions)
Stengard 2003 ⁸⁶	Non-RCT
Van Gent 1991 ⁸⁷	No relevant outcomes
Xiong 1994 ⁸⁸	Intervention not carer-focused (no carer-only sessions)
<i>Current studies</i>	

Sensky 2000 ⁸⁹	Ongoing
Sin 2013 ⁹⁰	Ongoing
RCT, randomised controlled trial.	

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NOTES TAU = Treatment as usual

Fig. DS1 Detailed risk of bias

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Cheng 2005	+	?	-	+	?	?	+
Chien 2004A	+	?	-	?	+	?	+
Chien 2004B	?	?	-	+	+	?	+
Chien 2007	?	?	-	+	+	?	+
Chien 2008	+	+	-	?	+	?	+
Chou 2002	+	?	-	?	-	?	+
Gutierrez-Maldonado 2007	+	?	-	+	-	?	+
Koolae 2009	?	?	-	?	-	?	+
Leavey 2004	+	+	-	+	+	-	+
Lobban 2013	+	+	-	+	+	+	+
Madigan 2012	+	+	-	+	+	?	+
McCann 2012	+	+	-	+	+	-	+
Perlick 2010	+	+	-	+	+	?	+
Posnor 1992	?	?	-	+	-	?	+
Reinares 2004	+	?	-	+	+	?	+
Sharif 2012	?	+	-	+	+	+	+
Smith 1987	?	?	-	+	?	?	+
So 2006	+	?	-	+	?	?	+
Solomon 1996	+	?	-	?	-	-	+
Szmukler 1996	?	?	-	?	-	?	+
Szmukler 2003	+	+	-	-	+	?	+

Table DS3 Summary of pooled effects					
	Studies	Participants (n)	Effect size SMD (95% CI)	Heterogeneity I^2 ; X^2 (P)	Quality (GRADE)
<i>Psychoeducation v. any control</i>					
Experience of caregiving					
End of intervention	8	428	-1.03 (-1.69, -0.36)	89%; 63.58 ($P < 0.00001$)	Very low ^{a,b}
Up to 6 month follow-up	4	215	-0.92 (-1.51 to -0.32)	79%; 14.42 ($P = 0.003$)	Very low ^{a,b}
>6 month follow-up	3	151	-1.29 (-2.4 to -0.18)	86%; 13.99 ($P = 0.0009$)	Very low ^{a,b}
Quality of life					
End of intervention	1	41	-0.31 (-0.93 to 0.31)	NA	Low ^{a,d}
Satisfaction with services					
End of intervention	1	39	-0.42 (-1.06 to 0.22)	NA	Low ^{a,d}
Up to 6 month follow-up	1	39	-0.41 (-1.04 to 0.23)	NA	Low ^{a,d}
Psychological distress					
End of intervention	2	86	-0.30 (-0.84 to 0.24)	38%; 1.62 ($P = 0.20$)	Very low ^{a,b,d}
Up to 6 month follow-up	2	86	-0.34 (-0.76 to 0.08)	0%; 0.95 ($P = 0.33$)	Low ^{a,d}
>6 month follow-up	1	18	-1.79 (-3.01 to -0.56)	NA	High
<i>Support group v. any control</i>					
Experience of caregiving					
End of intervention	3	194	-1.16 (-1.96 to -0.36)	85%; 13.07 ($P = 0.001$)	Very low ^{a,b,c}
Up to 6 month follow-up	3	166	-0.67 (-0.99 to -0.35)	0%; 2.01 ($P = 0.37$)	Low ^{a,c}
>6 month follow-up	2	123	-1.95 (-4.22 to 0.31)	96%; 23.77 ($P < 0.00001$)	Very low ^{a-d}
Psychological distress					
End of intervention	1	70	-0.99 (-1.48 to -0.49)	NA	Low ^{a,c}
Up to 6 month follow-up	1	70	-0.99 (-1.48 to -0.49)	NA	Low ^{a,c}
<i>Psychoeducation plus support group v. any control</i>					
Experience of caregiving					
>6 month follow-up	1	49	-0.05 (-0.61 to 0.51)	NA	Low ^{a,d}
Psychological distress					
>6 month follow-up	1	49	-0.28 (-0.84, 0.29)	NA	Low ^{a,d}
<i>Problem-solving bibliotherapy v.</i>					

Table DS3 Summary of pooled effects					
	Studies	Participants (n)	Effect size SMD (95% CI)	Heterogeneity I^2 ; X^2 (P)	Quality (GRADE)
<i>any control</i>					
Experience of caregiving					
End of intervention	1	114	-0.17 (-2.45 to 2.11)	NA	Low ^{a,d}
Up to 6 month	1	114	-1.09 (-2.52 to 0.34)	NA	Low ^{a,d}
follow-up					
Quality of life					
End of intervention	1	114	-0.14 (-0.5 to 0.23)	NA	Low ^{a,d}
Up to 6 month	1	114	-0.5 (-0.87 to -0.12)	NA	Low ^{a,d}
follow-up					
Psychological distress					
End of intervention	1	114	-1.57 (-1.79 to -1.35)	NA	Moderate ^a
Up to 6 month	1	111	-1.54 (-1.95 to -1.13)	NA	Moderate ^a
follow-up					
<i>Self-management v. any control</i>					
Experience of caregiving					
End of intervention	1	86	-0.19 (-0.58 to 0.2)	NA	Moderate ^d
Psychological distress					
End of intervention	1	86	-0.32 (-0.73 to 0.09)	NA	Moderate ^d
<i>Enhanced psychoeducation v. standard psychoeducation</i>					
Experience of caregiving					
End of intervention	1	43	-0.64 (-1.25 to -0.03)	NA	Moderate ^d
<i>Practitioner-delivered v. postal psychoeducation</i>					
Family burden					
End of intervention	1	40	-0.41 (-1.04 to 0.21)	NA	Low ^{a,d}
Up to 6 month	1	40	-0.41 (-1.03 to 0.22)	NA	Low ^{a,d}
follow-up					
Psychological distress					
End of intervention	1	40	-0.38 (-1.0 to 0.25)	NA	Low ^{a,d}
Up to 6 month	1	40	0 (-0.62 to 0.61)	NA	Low ^{a,d}
follow-up					
GRADE, Grading of Recommendations Assessment, Development and Evaluation; NA, not applicable; SMD, standardised mean difference.					
a. Risk of bias.					
b. Inconsistency.					
c. Indirectness.					

Table DS3 Summary of pooled effects				
Studies	Participants (<i>n</i>)	Effect size SMD (95% CI)	Heterogeneity <i>I</i> ² ; <i>X</i> ² (<i>P</i>)	Quality (GRADE)
d. Imprecision.				
e. Publication or reporting bias.				

Fig. DS2 Psychoeducation v. any control, experience of caregiving, end of intervention

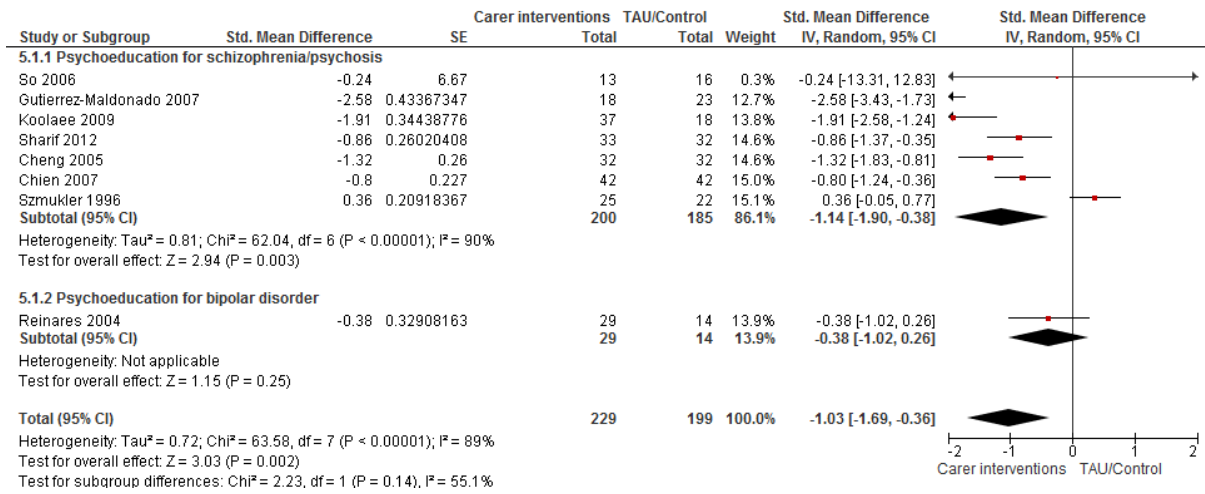


Fig. DS3 Psychoeducation v. any control, experience of caregiving, up to 6 month follow-up

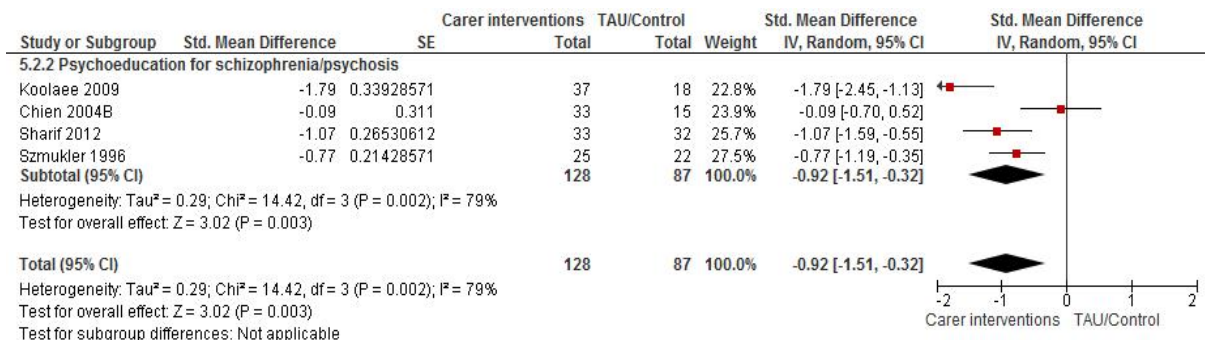


Fig. DS4 Psychoeducation v. any control, experience of caregiving, > 6 month follow-up

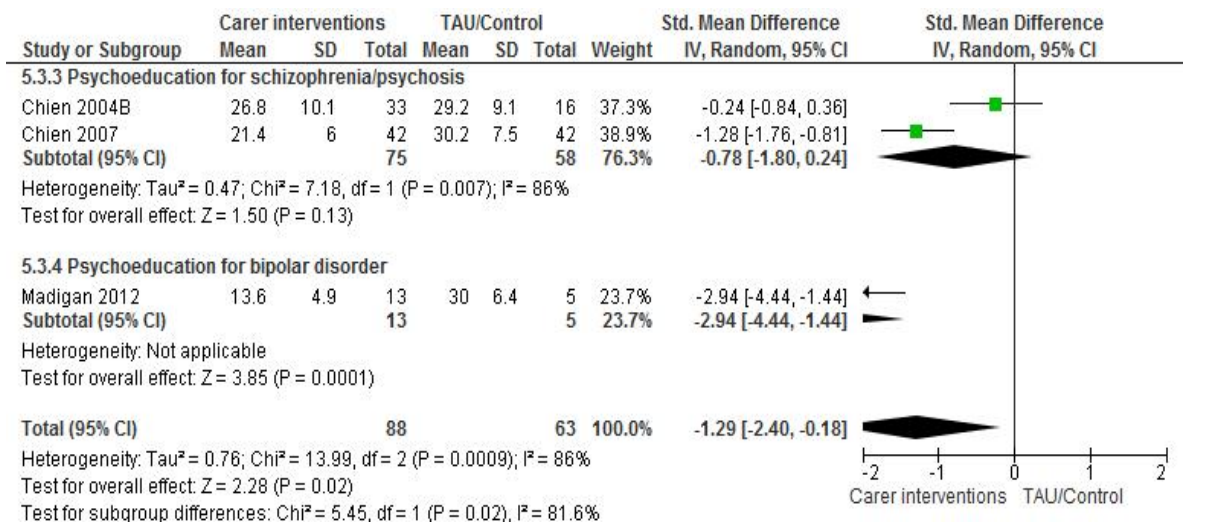


Fig. DS5 Support groups v. any control, experience of caregiving, end of intervention

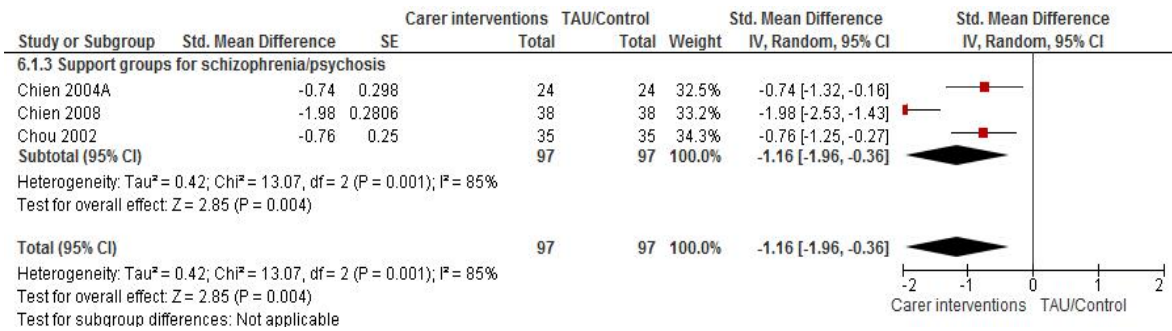


Fig. DS6 Support groups v. any control, experience of caregiving, up to 6 month follow-up

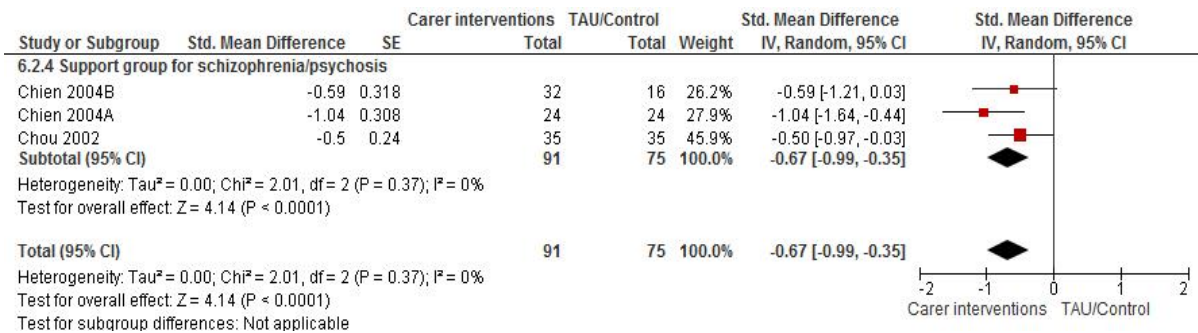


Fig. DS7 Support groups v. any control, experience of caregiving, > 6 month follow-up

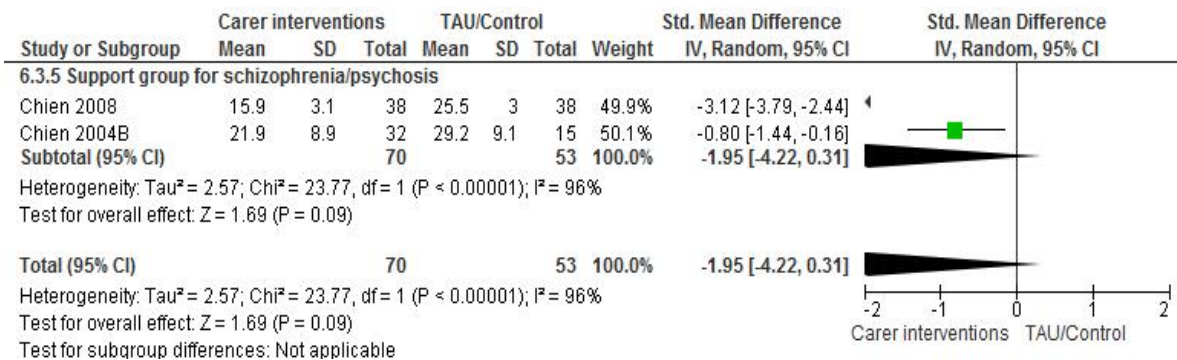


Fig. DS8 Psychoeducation + support group v. any control, experience of caregiving - >6 month follow-up

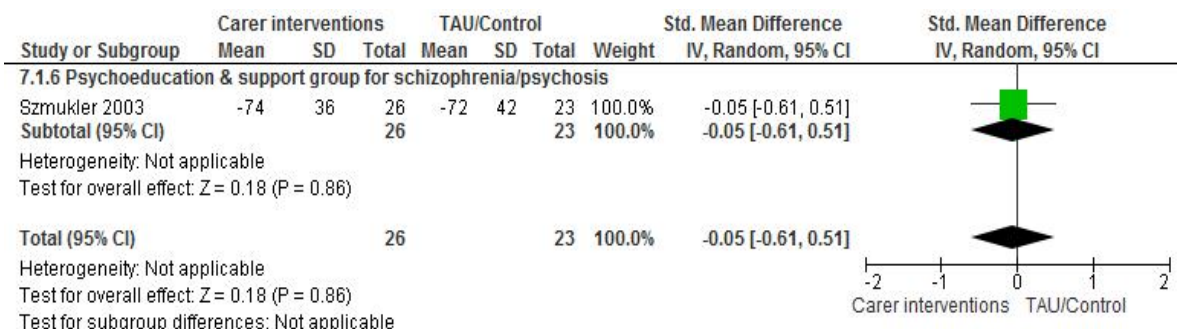


Fig. DS9 Problem-solving bibliotherapy *v.* any control, experience of caregiving, end of intervention

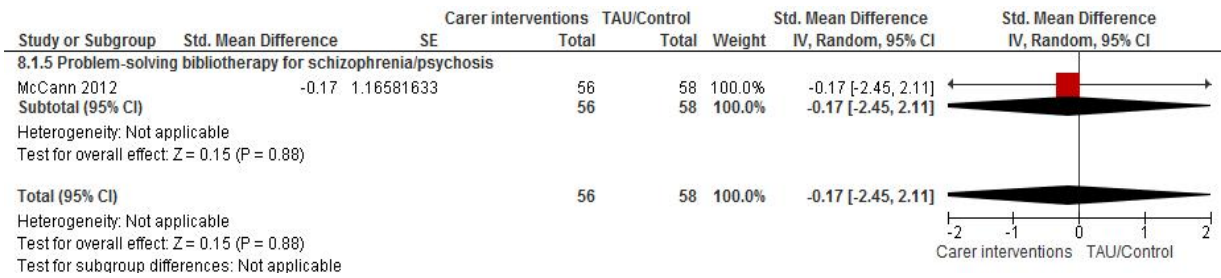


Fig. DS10 Problem-solving bibliotherapy *v.* any control, experience of caregiving - up to 6 month follow-up

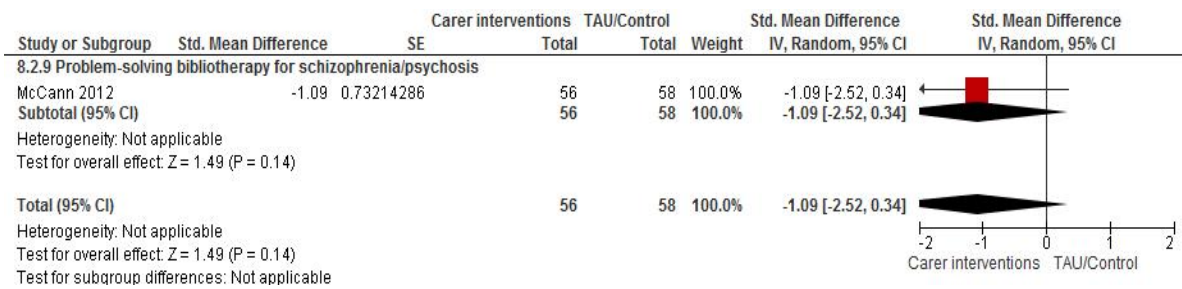


Fig. DS11 Self-management *v.* any control, experience of caregiving, end of intervention

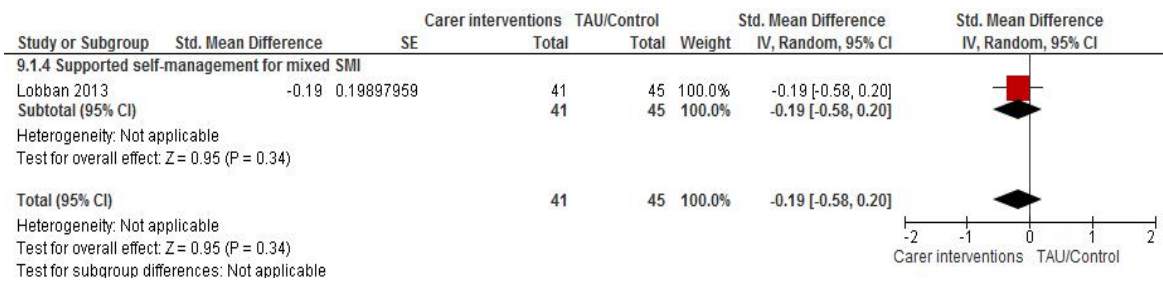


Fig. DS12 Enhanced psychoeducation *v.* standard psychoeducation, experience of caregiving, end of intervention

