

Supplementary Table 2. Summary of evidence quality based on the GRADE approach

Certainty assessment							№ of patients		Effect		Certainty	Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Depressive symptoms	placebo	Relative (95% CI)	Absolute (95% CI)		
Severity of depressive symptoms of patients at 16 weeks												
5	randomised trials	serious	serious	not serious	serious	none	122	79	-	SMD 0.52 lower (1.03 lower to 0.01 lower)	⊕○○○ Very low	8
Severity of depressive symptoms of patients at last follow-up												
6	randomised trials	serious	serious	serious	serious	none	147	98	-	SMD 0.53 lower (0.98 lower to 0.08 lower)	⊕○○○ Very low	9
Depression above threshold at 16 weeks												
5	randomised trials	serious	serious	not serious	serious	none	82/122 (67.2%)	68/79 (86.1%)	RR 0.82 (0.64 to 1.05)	155 fewer per 1,000 (from 310 fewer to 43 more)	⊕○○○ Very low	8
Depression above threshold at last follow-up												
6	randomised trials	serious	not serious	serious	serious	none	87/147 (59.2%)	78/98 (79.6%)	RR 0.75 (0.64 to 0.89)	199 fewer per 1,000 (from 287 fewer to 88 fewer)	⊕○○○ Very low	9
Family functioning at 16 weeks												
1	randomised trials	serious	not serious	not serious	very serious	none	25	23	-	MD 4.15 higher (11.66 lower to 19.96 higher)	⊕○○○ Very low	6
Family functioning at last follow-up												
1	randomised trials	serious	not serious	not serious	very serious	none	25	23	-	MD 7.5 higher (7.62 lower to 22.62 higher)	⊕○○○ Very low	7

CI: confidence interval; MD: mean difference; RR: risk ratio; SMD: standardised mean difference

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№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Depressive symptoms	placebo	Relative (95% CI)	Absolute (95% CI)		
Patients' general functioning at 16 weeks												
2	randomised trials	serious	very serious	not serious	serious	none	63	58	-	SMD 0.64 higher (0.15 lower to 1.44 higher)	⊕○○○ Very low	3
Patients' general functioning at last follow-up												
3	randomised trials	serious	very serious	serious	serious	none	92	79	-	SMD 0.39 higher (0.28 lower to 1.06 higher)	⊕○○○ Very low	4
Family members' distress at 16 weeks												
1	randomised trials	serious	not serious	not serious	very serious	none	25	23	-	MD 1.85 lower (7.12 lower to 3.42 higher)	⊕○○○ Very low	2
Family members' distress at last follow up												
1	randomised trials	serious	not serious	not serious	very serious	none	25	23	-	MD 0.95 higher (4.6 lower to 6.5 higher)	⊕○○○ Very low	2
Drop-out rate from intervention												
1	randomised trials	serious	not serious	not serious	very serious	none	6/35 (17.1%)	9/31 (29.0%)	RR 0.59 (0.24 to 1.47)	119 fewer per 1,000 (from 221 fewer to 136 more)	⊕○○○ Very low	2
Drop-out rate from assessment												
5	randomised trials	serious	not serious	serious	serious	none	24/150 (16.0%)	28/103 (27.2%)	RR 0.50 (0.31 to 0.80)	136 fewer per 1,000 (from 188 fewer to 54 fewer)	⊕○○○ Very low	4

CI: confidence interval; MD: mean difference; RR: risk ratio; SMD: standardised mean difference