Table O.49: Cognitive behavioural interventions for family carers versus any control

Quality assessment							Summary of findings				
Participants (studies) Follow up	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication bias	Overall quality of evidence	Study event rates (%)		Relative effect (95% CI)	Anticipated absolute effects	
							With Any control	With cognitive behavioural intervention		Risk with any control	Risk difference with cognitive behavioural intervention (95% CI)
Carer health and well-being (depression) – post-treatment (Better indicated by lower values)											
428 (5 studies)	serious[1]	no serious inconsistency	no serious indirectness	serious[2]	undetected	⊕⊕⊖⊖ LOW[1,2] due to risk of bias, imprecision	177	251	-		The mean carer health and well-being (depression) – post-treatment in the intervention groups was 0.35 standard deviations lower (0.54 to 0.15 lower)
Carer health and well-being (depression) – follow-up (Better indicated by lower values)											
130 (2 studies) 46 to 104 weeks	serious[1]	no serious inconsistency	no serious indirectness	serious[2]	undetected	⊕⊕⊖⊖ LOW[1,2] due to risk of bias, imprecision	66	64	-		The mean carer health and well-being (depression) – follow-up in the intervention groups was 0.41 standard deviations lower (0.79 to 0.04 lower)

Quality assessment							Summary of findings				
Carer health and well-being (clinically depressed) – post-treatment											
111 (1 study)	serious[1]	no serious inconsistency	no serious indirectness	very serious[3]	undetected	⊕⊖⊖⊖ VERY LOW[1,3] due to risk of bias, imprecision	13/58 (22.4%)	3/53 (5.7%)	RR 0.25 (0.08 to 0.84)	224 per 1000	168 fewer per 1000 (from 36 fewer to 206 fewer)
Carer health and well-being (anxiety, trait) – post-treatment (Better indicated by lower values)											
68 (2 studies)	serious[1]	no serious inconsistency	no serious indirectness	serious[2]	undetected	⊕⊕⊖⊖ LOW[1,2] due to risk of bias, imprecision	31	37	-		The mean carer health and well-being (anxiety, trait) – post-treatment in the intervention groups was 0.5 standard deviations lower (1.03 lower to 0.03 higher)
Carer health and well-being (anxiety, state) – post-treatment (Better indicated by lower values)											
36 (1 study)	serious[4]	no serious inconsistency	no serious indirectness	very serious[3]	undetected	⊕⊖⊖⊖ VERY LOW[3,4] due to risk of bias, imprecision	18	18	-		The mean carer health and well-being (anxiety, state) – post-treatment in the intervention groups was 0.46 standard deviations lower (1.12 lower to 0.2 higher)
Carer health and well-being (mental ill health) – post-treatment (Better indicated by lower values)											
58 (1 study)	serious[4]	no serious inconsistency	no serious indirectness	very serious[3]	undetected	⊕⊖⊖⊖ VERY LOW[3,4] due to risk of bias, imprecision	29	29	-		The mean carer health and well-being (mental ill health) – post-treatment in the intervention groups was 2.19 standard deviations lower (2.85 to 1.53 lower)

Quality assessment							Summary of findings				
Carer health and well-being (quality of life) – post-treatment (Better indicated by lower values)											
58 (1 study)	serious[4]	no serious inconsistency	no serious indirectness	very serious[3]	undetected	⊕⊖⊖⊖ VERY LOW[3,4] due to risk of bias, imprecision	29	29	-		The mean carer health and well-being (quality of life) – post-treatment in the intervention groups was 0.87 standard deviations higher (0.33 to 1.41 higher)
Carer health and well-being (stress) – post-treatment (Better indicated by lower values)											
384 (3 studies)	serious[1]	serious[5]	no serious indirectness	serious[2]	undetected	⊕⊖⊖⊖ VERY LOW[1,2,5] due to risk of bias, inconsistency, imprecision	159	225	-		The mean carer health and well-being (stress) – post-treatment in the intervention groups was 0.45 standard deviations lower (0.78 to 0.12 lower)
Carer health and well-being (stress) – follow-up (Better indicated by lower values)											
76 (1 study) 104 weeks	serious[4]	no serious inconsistency	no serious indirectness	very serious[3]	undetected	⊕⊖⊖⊖ VERY LOW[3,4] due to risk of bias, imprecision	27	49	-		The mean carer health and well-being (stress) – follow-up in the intervention groups was 0.43 standard deviations lower (0.9 lower to 0.05 higher)
Carer health and well-being (clinically stressed) – post-treatment											
111 (1 study)	serious[4]	no serious inconsistency	no serious indirectness	very serious[3]	undetected	⊕⊖⊖⊖ VERY LOW[3,4] due to risk of bias, imprecision	17/58 (29.3%)	2/53 (3.8%)	RR 0.13 (0.03 to 0.53)	293 per 1000	255 fewer per 1000 (from 138 fewer to 284 fewer)
1 Most information is from studies at moderate risk of bias											
2 Optimal information size not met											

Quality assessment	Summary of findings

[3] Optimal information size not met; small, single study
[4] Crucial limitation for one criterion or some limitations for multiple criteria sufficient to lower ones confidence in the estimate of effect
[5] $I^2 > 40\%$