

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural intervention	any control	Relative (95% CI)	Absolute (95% CI)		
Carer health and well-being (depression) – post-treatment												
5	randomised trials	serious ¹	not serious	serious ²	serious ³	none	251	-	-	SMD 0.35 fewer (0.54 fewer to 0.15 fewer)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (depression) – follow-up (follow up: range 46 to 104 weeks to)												
2	randomised trials	serious ¹	not serious	serious ²	serious ³	none	64	-	-	SMD 0.41 fewer (0.79 fewer to 0.04 fewer)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (clinically depressed) – post-treatment												
1	randomised trials	serious ¹	not serious	serious ²	very serious ⁴	none	3/53 (5.7%)	13/58 (22.4%)	RR 0.25 (0.08 to 0.84)	168 fewer per 1000 (from 36 fewer to 206 fewer)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (anxiety, trait) – post-treatment												
2	randomised trials	serious ¹	not serious	serious ²	serious ³	none	37	-	-	SMD 0.5 fewer (1.03 fewer to 0.03 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (anxiety, state) – post-treatment												
1	randomised trials	serious ⁵	not serious	serious ²	very serious ⁴	none	18	-	-	SMD 0.46 fewer (1.12 fewer to 0.2 more)	⊕○○○ VERY LOW	CRITICAL

Mental health problems in people with learning disabilities

Appendix N: GRADE evidence profiles for all studies

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural intervention	any control	Relative (95% CI)	Absolute (95% CI)		
Carer health and well-being (mental ill health) – post-treatment												
1	randomised trials	serious ⁵	not serious	serious ²	very serious ⁴	none	29	-	-	SMD 2.19 fewer (2.85 fewer to 1.53 fewer)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (quality of life) – post-treatment												
1	randomised trials	serious ⁵	not serious	serious ²	very serious ⁴	none	29	-	-	SMD 0.87 more (0.33 more to 1.41 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (stress) – post-treatment												
3	randomised trials	serious ¹	serious ⁶	serious ²	serious ³	none	225	-	-	SMD 0.45 fewer (0.78 fewer to 0.12 fewer)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (stress) – follow-up (follow up: mean 104 weeks)												
1	randomised trials	serious ⁵	not serious	serious ²	very serious ⁴	none	49	-	-	SMD 0.43 fewer (0.9 fewer to 0.05 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (clinically stressed) – post-treatment												
1	randomised trials	serious ⁵	not serious	serious ²	very serious ⁴	none	2/53 (3.8%)	17/58 (29.3%)	RR 0.13 (0.03 to 0.53)	255 fewer per 1000 (from 138 fewer to 284 fewer)	⊕○○○ VERY LOW	CRITICAL

1. Most information is from studies at moderate risk of bias
2. Population not family carers of people with learning disabilities with no mental health problems.
3. Optimal information size not met
4. Optimal information size not met; small, single study

5. Crucial limitation for one criterion or some limitations for multiple criteria sufficient to lower ones confidence in the estimate of effect
6. I² > 40%. This is the criterion that was used in the challenging behaviour guideline.

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