

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Psychosocial support interventions	any control	Relative (95% CI)	Absolute (95% CI)		
Carer health and well-being (stress) – post-treatment												
1	randomised trials	serious <sup>1</sup>	not serious	serious <sup>2</sup>	very serious <sub>3</sub>	none	16	-	-	SMD 1.21 fewer (2.04 fewer to 0.39 fewer)	⊕○○○ VERY LOW	CRITICAL

1. Crucial limitation for one criterion or some limitations for multiple criteria sufficient to lower ones confidence in the estimate of effect
2. Population not family carers of people with learning disabilities with no mental health problems.
3. Optimal information size not met; small, single study