

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Psychoeducation	any control	Relative (95% CI)	Absolute (95% CI)		
Carer health and well-being (depression) – follow-up (follow up: mean 4 weeks)												
1	randomised trials	serious <sup>1</sup>	not serious	serious <sup>2</sup>	very serious <sub>3</sub>	none	40	-	-	SMD <b>0.84 fewer</b> (1.31 fewer to 0.36 fewer)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (burnout) – follow-up (follow up: mean 8 weeks)												

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Psychoeducation	any control	Relative (95% CI)	Absolute (95% CI)		
1	randomised trials	serious <sup>1</sup>	not serious	serious <sup>2</sup>	very serious <sub>3</sub>	none	45	-	-	SMD 0.35 fewer (0.77 fewer to 0.06 more)	⊕○○○ 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

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