

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Mindfulness interventions	any control	Relative (95% CI)	Absolute (95% CI)		
Carer health and well-being (mental well-being) – post-treatment												
1	randomised trials	serious ¹	not serious	serious ²	very serious ³	none	66	-	-	SMD 0.17 more (0.19 fewer to 0.53 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (mental well-being) – follow-up (follow up: mean 6 weeks)												
1	randomised trials	serious ¹	not serious	serious ²	very serious ³	none	66	-	-	SMD 0.28 more (0.08 fewer to 0.64 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (mental ill health) – post-treatment												

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	Mindfulness interventions	any control	Relative (95% CI)	Absolute (95% CI)		
2	randomised trials	serious ⁴	serious ⁵	serious ²	serious ³	none	84	-	-	SMD 0.54 fewer (1.06 fewer to 0.02 fewer)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (mental ill health) – follow-up (follow up: range 6-13 weeks to)												
2	randomised trials	serious ⁴	serious ⁵	serious ²	serious ³	none	84	-	-	SMD 0.24 fewer (0.72 fewer to 0.24 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (stress) – post-treatment												
1	randomised trials	serious ¹	not serious	serious ²	very serious ₃	none	66	-	-	SMD 0.17 more (0.19 fewer to 0.53 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (stress) – follow-up (follow up: mean 6 weeks)												
1	randomised trials	serious ¹	not serious	serious ²	very serious ₃	none	66	-	-	SMD 0.05 fewer (0.41 fewer to 0.31 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (burnout) – post-treatment												
1	randomised trials	serious ¹	not serious	serious ²	very serious ₃	none	18	-	-	SMD 0.18 fewer (0.86 fewer to 0.49 more)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (burnout) – follow-up (follow up: mean 13 weeks)												
1	randomised trials	serious ¹	not serious	serious ²	very serious ₃	none	18	-	-	SMD 0.08 fewer (0.76 fewer to 0.59 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
4. Most information is from studies at moderate risk of bias
5. I² > 40%. This is the criterion that was used in the challenging behaviour guideline.

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