

Quality assessment							Impact	Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations			
Carer health and well-being (mental well-being) – post-treatment (follow up: 8 weeks; assessed with: CES-D Total depression score)									
1	randomised trials	serious ¹	not serious	serious ²	serious ³	none	Parent depression appeared to decrease in the intervention group from baseline (from 17.86 to 11.67) and increase after treatment in the control group from baseline (from 17.53 to 22.0). (no variance reported)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (mental ill health) – post-treatment (follow up: 8 weeks; assessed with: PSI Parental Distress Subscale)									
1	randomised trials	serious ¹	not serious	serious ²	serious ³	none	Parent distress appeared to decrease in the intervention group from baseline (from 35.17 to 31.72) and also in the control group from baseline (from 38.28 to 37.61). However, the control group appeared to have higher distress at baseline. (no variance reported)	⊕○○○ VERY LOW	CRITICAL
Carer health and well-being (satisfaction with life) – post-treatment (follow up: 8 weeks)									
1	randomised trials	serious ¹	not serious	serious ²	serious ³	none	Satisfaction with life appeared to increase in both groups but the increased appeared larger in the intervention group (19.8 to 24.65 in the intervention group versus from 18.41 to 19.42 in the control group). (no variance reported)	⊕○○○ VERY LOW	CRITICAL

1. Risk of selection, selective outcomes bias.
2. Population not family carers of people with learning disabilities with no mental health problems.
4. Optimal information size not met; small, single study