

G.9.2.4 Self-management interventions (outcomes in spouses)

Quality assessment						No of caregivers		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Intervention	Usual care	Summary of results	
Health-related quality of life (RAND-36 PCS) at 9 months – higher favour intervention									
1 (Laakkonen 2016)	RCT	Serious ¹	Not serious	N/A	Serious ²	67	67	MD 1.70 (-0.31, 3.71)	Low
1. There was no blinding; baseline characteristics were not balanced between groups; control group received more than usual care; not all outcomes were reported 2. Non-significant result									