Report Supplementary Material 11: Study characteristics of RCT Outcome Evaluations included in Outcome Synthesis

Domain	Sub-domain	Characteristics
Attachment and Biobehavioural Catchup (ABC): Dozier, 2006		
Setting	Country	USA
Methods	Unit of randomisation	Child
Study population	Target population	Foster children, foster carers
	Sample size	60 children total
	Mean age in years (SD) (children or young people)	1.6 (0.8)
	Gender (children or young people)	50% female, 50% male
	Ethnicity (children or young people)	63% African American, 32% White, 5% Biracial
Intervention	Type	Interpersonal, intrapersonal
	Description	Training sessions for foster carers that help 'foster parents create an environment that enhances [foster child's] regulatory capabilities'.
	Setting	Child's foster home
	Length / intensity	10 weeks x 1hr sessions
	Control group	Educational intervention
	Provider	Social workers, psychologists
Outcomes	Follow-up times	Post-intervention
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Problem behaviours
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	No

Domain	Sub-domain	Characteristics
Attachment and Biobehavioural Catchup Intervention: Sprang 2009		
Setting	Country	United States
Methods	Unit of randomisation	Family
Study population	Target population	Foster carers, foster children
	Sample size	Intervention – 26 dyads Control – 27 dyads
	Mean age in years (SD) (children or young people)	3.5 (1.5)
	Gender (children or young people)	49% female, 51% male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal, intrapersonal
	Description	Manualised intervention aimed at teaching foster carers techniques for sensitive caregiving when dealing with children with experience of trauma and/or attachment problems
	Setting	Home
	Length / intensity	10 sessions
	Control group	Wait-list control group
	Provider	Trained therapists
Outcomes	Follow-up times	Post-intervention
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Child Adult Relationship Enhancement (CARE): Messer 2018		
Setting	Country	United States
Methods	Unit of randomisation	Family
Study population	Target population	Foster carers
	Sample size	Intervention = 12 carers Control = 16 carers
	Mean age in years (SD) (children or young people)	6.6 (3.0)
	Gender (children or young people)	40% female, 60% male
	Ethnicity (children or young people)	20% White
Intervention	Type	Interpersonal
	Description	Standardised carer skills training, designed to promote authoritative parenting and help carers develop stable relationships with trauma-experienced children.
	Setting	Community based
	Length / intensity	2 x 3 hr sessions (over 1 month)
	Control group	Standard training
	Provider	Trained research team
Outcomes	Follow-up times	1 month follow up 3 month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Depression Anxiety Anger / aggression Post-traumatic stress / arousal
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Child Directed Interaction Training (CDIT): N'Zi 2016		
Setting	Country	United States
Methods	Unit of randomisation	Family
Study population	Target population	Kinship carers, children in kinship care
	Sample size	Intervention – 7 kinship carers Control – 7 kinship carers
	Mean age in years (SD) (children or young people)	5.4 (1.2)
	Gender (children or young people)	57.1% female, 42.9% female
	Ethnicity (children or young people)	64% White, 7% Hispanic/Latino, 22% Black, 7% Biracial
Intervention	Type	Interpersonal
	Description	Training sessions for kinship carers of foster children – CDIT is the first stage of the broader PCIT program. Training focuses on promoting carer-child relationships and child behaviour management.
	Setting	Community
	Length / intensity	1 month - 8 sessions, 2 x weeky
	Control group	Usual care
	Provider	Graduate student trainers
Outcomes	Follow-up times	7-week follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Cognitive and Affective Bibliotherapy: Betzalel 2010		
Setting	Country	Israel
Methods	Unit of randomisation	Child
Study population	Target population	Foster children
	Sample size	Intervention = 26 children Control = 26 children
	Mean age in years (SD) (children or young people)	12.1 (2.3)
	Gender (children or young people)	45.6% female, 53.4% male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Intrapersonal
	Description	Therapeutic 'bibliography' group intervention, involving reading selected books and discussing coping techniques (cognitive) or discussing emotional reactions (affective).
	Setting	Residential care setting
	Length / intensity	8 x 45-minute sessions
	Control group	No treatment
	Provider	Counsellor - trained bibliotherapists
Outcomes	Follow-up times	Post-intervention Three months follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Internalizing behaviour Anxiety/depression Withdrawal Psychosomatic complaints Externalizing behaviour Aggression Delinquency Anxiety total Physiological (anxiety) Worry (anxiety) Social (anxiety)
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Cognitively Based Compassion Training (CBCT): Reddy 2013		
Setting	Country	United States
Methods	Unit of randomisation	Child
Study population	Target population	Children in foster care
	Sample size	Intervention – 36 children Control – 35 children
	Mean age in years (SD) (children or young people)	14.7 (1.1)
	Gender (children or young people)	56% female, 44% male
	Ethnicity (children or young people)	78.8% Black
Intervention	Type	Intrapersonal
	Description	Cognitive skills training for older children, teaching contemplation, compassion and mindfulness. Intended to improve psychosocial functioning.
	Setting	Community
	Length / intensity	6 weeks, 2 x 1hr sessions per week
	Control group	Wait-list control
	Provider	Not stated
Outcomes	Follow-up times	Post intervention
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Emotional regulation Depressive symptoms (DSM IV) Trait anxiety
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Communication and Attachment Training for Foster Carers: Minnis 2001		
Setting	Country	United Kingdom
Methods	Unit of randomisation	Family
Study population	Target population	Foster carers
	Sample size	Intervention – 80 families Control – 80 families
	Mean age in years (SD) (children or young people)	10.9 (3.1)
	Gender (children or young people)	42% female, 58% male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Specialised training for foster carers on communication and attachment.
	Setting	Community
	Length / intensity	3 x 6 hour sessions
	Control group	Usual foster care services
	Provider	Social worker / trainers
Outcomes	Follow-up times	9 month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Reactive Attachment Disorder score
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Connect-KP: Pasalich 2021		
Setting	Country	Australia
Methods	Unit of randomisation	Child
Study population	Target population	Foster carers, kinship carers
	Sample size	Intervention = 13 children Control = 13 children
	Mean age in years (SD) (children or young people)	11.00 (2.58)
	Gender (children or young people)	46% female, 54% female
	Ethnicity (children or young people)	77% Australian European, 15% Aboriginal or Torres Strait Islander, 8% other ethnicity
Intervention	Type	Interpersonal
	Description	Attachment and trauma-focused training for kinship carers
	Setting	Community
	Length / intensity	12 x weekly sessions
	Control group	Usual care
	Provider	Unclear
Outcomes	Follow-up times	Behavioural and emotional functioning Affect dysregulation
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Dojo Biofeedback videogame intervention (Dojo): Schuurmans 2018		
Setting	Country	Netherlands
Methods	Unit of randomisation	Child
Study population	Target population	Children in residential care
	Sample size	Intervention = 20 children Control = 21 children
	Mean age in years (SD) (children or young people)	13.7 (1.8)
	Gender (children or young people)	22.2% Female, 77.8% Male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Intrapersonal
	Description	Therapist supervised computer game intervention, aimed at promoting relaxation techniques.
	Setting	Residential foster care setting
	Length / intensity	8 x 0.5hr sessions
	Control group	Wait-list control
	Provider	Therapists
Outcomes	Follow-up times	Post-intervention Six month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Externalizing problems Anxiety
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Family Finding Model: Vandivere 2017		
Setting	Country	United States
Methods	Unit of randomisation	Family
Study population	Target population	Children in foster care
	Sample size	Intervention = 295 children Control = 278 children
	Mean age in years (SD) (children or young people)	Not stated (age range 10-17 years)
	Gender (children or young people)	42% Female, 58% Male
	Ethnicity (children or young people)	38% White, 5% Hispanic/Latino, 53% Black, Other non-Hispanic 4%
Intervention	Type	Interpersonal
	Description	Intervention service which involves finding up to 40 family members of foster children in long-term foster care, to engage family members in providing support and explore options for longer-term legal permanency.
	Setting	Community
	Length / intensity	Service lasted on average 5 months
	Control group	Usual practice (child welfare services)
	Provider	Family finding specialists
Outcomes	Follow-up times	12 month follow up 24 month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Family Minds intervention: Adkins 2021		
Setting	Country	USA
Methods	Unit of randomisation	Family
Study population	Target population	Foster carers
	Sample size	Intervention = 49 parents Control = 40 parents
	Mean age in years (SD) (children or young people)	6.8 (5.0)
	Gender (children or young people)	56.7% female, 43.3% male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	A mentalizing psychoeducational intervention for foster carers
	Setting	Classroom based
	Length / intensity	3x 3-hr modules, over 4-6 weeks
	Control group	Typical training class (4 hrs)
	Provider	Research team
Outcomes	Follow-up times	Six-week post intervention
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Emotional Symptoms Peer Problems Prosocial behaviour Total difficulties Conduct problems Hyperactivity-inattention
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Foster carer and foster children group-based intervention: Smith, 2011		
Setting	Country	United States
Methods	Unit of randomisation	Child
Study population	Target population	Foster children, foster carers
	Sample size	Intervention – 48 carer/child pairs Control – 52 carer/child pairs
	Mean age in years (SD) (children or young people)	11.5 (0.5)
	Gender (children or young people)	100% female
	Ethnicity (children or young people)	63% White, 14% Mixed, 10% Hispanic/Latino, 4% Black, 4% Native American
Intervention	Type	Interpersonal
	Description	Parallel skills-based and modelling sessions for foster children and foster carers, drawing on MTFC.
	Setting	Community
	Length / intensity	3 weeks, 6 sessions (2 per week)
	Control group	Usual services
	Provider	Facilitators (experienced foster carers with Bachelor's level degrees) supervised by clinician
Outcomes	Follow-up times	Six month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Pro-social behaviour Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Fostering Changes: Briskman 2011		
Setting	Country	United Kingdom
Methods	Unit of randomisation	Family
Study population	Target population	Foster carers
	Sample size	Intervention = 34 foster carers Control = 29 foster carers
	Mean age in years (SD) (children or young people)	8.8 (2.6)
	Gender (children or young people)	43% female, 57% female
	Ethnicity (children or young people)	58.8% White, 11.7% Mixed, 23.6% Black, 5.9% Other
Intervention	Type	Interpersonal
	Description	Foster carer training and skills course, focusing on child behaviour management
	Setting	Community based
	Length / intensity	12 x weekly 3hr sessions
	Control group	Wait-list control group
	Provider	Two trained facilitators
Outcomes	Follow-up times	Post-intervention
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total carer-defined problems Total problems Emotional Symptoms Conduct problems Hyperactivity Peer relationships Pro-social behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Fostering Changes (FC): Moody 2020		
Setting	Country	United Kingdom
Methods	Unit of randomisation	Foster carers
Study population	Target population	Children in foster care, foster carers
	Sample size	Intervention = 204 carers Control = 108 carers
	Mean age in years (SD) (children or young people)	Not stated
	Gender (children or young people)	Not stated
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Skills-based training for foster carers, aimed at promotion carer-child relationships and encourage positive child behaviour
	Setting	Community based
	Length / intensity	12 x 3hr weekly sessions, and a support group meeting after the course
	Control group	Usual support and advice
	Provider	Trained facilitators
Outcomes	Follow-up times	3 month follow up 12 month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Emotional problems Total difficulties Peer Problems Prosocial behaviour Conduct problems Hyperactivity-inattention
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Fostering Healthy Futures, Taussig 2010, Taussig 2019; Weiler 2019*, Weiler 2021* ***Moderation analysis**		
Setting	Country	United States
Methods	Unit of randomisation	Child
Study population	Target population	Children in foster care
	Sample size	Intervention = 79 children Control = 77 children
	Mean age in years (SD) (children or young people)	10.4 (0.9)
	Gender (children or young people)	48% Female, 52% Male
	Ethnicity (children or young people)	42% White, 44% Hispanic/Latino, 34% Black (multiple choice)
Intervention	Type	Interpersonal, intrapersonal
	Description	A 9-month mentoring and skills program for young children who had been placed in court-ordered foster care due to maltreatment. Mentoring from graduate students in social work.
	Setting	Community
	Length / intensity	9 months total. Skills sessions were weekly for 30 weeks, 1.5hr/week. Mentoring was 2-4 hours a week for 30 weeks (each mentor had two children).
	Control group	Usual care
	Provider	Research team, graduates in social work
Outcomes	Follow-up times	Post-intervention Six months follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Mental health functioning Post traumatic symptoms Dissociation symptoms
	Subjective well-being outcomes	Quality of Life
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Fostering Individualized Assistance Program (FIAP): Clark 1994		
Setting	Country	USA
Methods	Unit of randomisation	Child
Study population	Target population	Children in state foster care
	Sample size	Intervention = 47 children Control = 62 children
	Mean age in years (SD) (children or young people)	Not stated (age range for inclusion 7-15 years)
	Gender (children or young people)	39.4% female, 60.6% male
	Ethnicity (children or young people)	61.4% White, 3.0% Hispanic/Latino, 35.6% Black
Intervention	Type	Intrapersonal, organisational, community
	Description	Individually tailored clinical case management and facilitated counselling services provided by family specialists, with emphasis on collaborating and engaging with foster carers, caseworkers and school staff
	Setting	Children's homes, foster homes, schools, community
	Length / intensity	Ongoing
	Control group	Standard practice
	Provider	Trained family specialists
Outcomes	Follow-up times	18 month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Internalizing behaviour Anxious / depressed Somatic complaints Withdrawn Externalizing behaviour Aggression Delinquency
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Head Start: Lipscomb 2013		
Setting	Country	USA
Methods	Unit of randomisation	Child
Study population	Target population	Foster children, foster carers
	Sample size	154
	Mean age in years (SD) (children or young people)	4.0 (0.5)
	Gender (children or young people)	47% Female, 53% Male
	Ethnicity (children or young people)	White 43%, Hispanic/Latino 18%, Black 39%
Intervention	Type	Community
	Description	Publicly financed childhood education and care program in the US, providing services to support disadvantaged preschool age-children and families. Includes early learning, parental support, wrap-around services. Not foster care specific.
	Setting	Community
	Length / intensity	52 weeks
	Control group	Community control group
	Provider	State provision
Outcomes	Follow-up times	12 month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Behavioural problems
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	No

Domain	Sub-domain	Characteristics
HealthRHYTHMS: Bittman 2009		
Setting	Country	USA
Methods	Unit of randomisation	Children
Study population	Target population	Children in foster care
	Sample size	Standard intervention = 17 children Extended intervention = 17 children Control = 18 children
	Mean age in years (SD) (children or young people)	14.5
	Gender (children or young people)	57.7% female, 42.3% male
	Ethnicity (children or young people)	A mixture of "African-American, Asian, Caucasian and Puerto Rican adolescents"
Intervention	Type	Intrapersonal, interpersonal
	Description	Musical therapy group intervention, participants offered the opportunity to musically (and later verbally) express themselves in response to reflective questions, with group discussions
	Setting	Residential care setting
	Length / intensity	6 x weekly 1hr sessions
	Control group	No intervention
	Provider	Trained music therapist and trained counsellor
Outcomes	Follow-up times	Post-intervention (six week follow-up)
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Social-emotional functioning Depression Somatic complaints Anger Aggression Social adaptation Interpersonal problems Anger (total)
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	Self-harm Suicidal ideation
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Incredible Years: Conn 2018		
Setting	Country	USA
Methods	Unit of randomisation	Family level
Study population	Target population	Foster carers
	Sample size	Intervention = 26 parents Control = 25 parents
	Mean age in years (SD) (children or young people)	4.4 (1.4)
	Gender (children or young people)	40% female, 60% male
	Ethnicity (children or young people)	20% Black
Intervention	Type	Interpersonal
	Description	An adapted version of a parenting program for parents of preschool children, which emphasises positive parenting, teaching and engagement with child services. Trauma informed focus.
	Setting	Community setting, paediatric medical home
	Length / intensity	14 weeks x 2.5 hour sessions
	Control group	No detail given
	Provider	Masters-level psychologist
Outcomes	Follow-up times	6-month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Incredible Years: Linares 2006		
Setting	Country	United States
Methods	Unit of randomisation	Foster carer / biological parent pairs
Study population	Target population	Foster carers and biological parents
	Sample size	Intervention = 40 carers and biological parent pairs / children Control = 24 carers and biological parent pairs / children
	Mean age in years (SD) (children or young people)	6.2 (2.3)
	Gender (children or young people)	Not stated
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Two component training delivered in pairs (foster carer and biological parent) by staff from mental health agency.
	Setting	Community based
	Length / intensity	12 weeks / 3 months
	Control group	Services as usual
	Provider	Trained parent leaders
Outcomes	Follow-up times	Post-intervention Six month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Externalizing behaviour Disruptive classroom behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Incredible Years: Conn 2018		
Setting	Country	USA
Methods	Unit of randomisation	Family level
Study population	Target population	Foster carers
	Sample size	Intervention = 26 parents Control = 25 parents
	Mean age in years (SD) (children or young people)	4.4 (1.4)
	Gender (children or young people)	40% female, 60% male
	Ethnicity (children or young people)	20% Black
Intervention	Type	Interpersonal
	Description	An adapted version of a parenting program for parents of preschool children, which emphasises positive parenting, teaching and engagement with child services. Trauma informed focus.
	Setting	Community setting, paediatric medical home
	Length / intensity	14 weeks x 2.5 hour sessions
	Control group	No detail given
	Provider	Masters-level psychologist
Outcomes	Follow-up times	6-month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Incredible Years: Linares 2006		
Setting	Country	United States
Methods	Unit of randomisation	Foster carer / biological parent pairs
Study population	Target population	Foster carers and biological parents
	Sample size	Intervention = 40 carers and biological parent pairs / children Control = 24 carers and biological parent pairs / children
	Mean age in years (SD) (children or young people)	6.2 (2.3)
	Gender (children or young people)	Not stated
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Two component training delivered in pairs (foster carer and biological parent) by staff from mental health agency.
	Setting	Community based
	Length / intensity	12 weeks / 3 months
	Control group	Services as usual
	Provider	Trained parent leaders
Outcomes	Follow-up times	Post-intervention Six month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Externalizing behaviour Disruptive classroom behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
kConnect: Suomi, 2020		
Setting	Country	Australia
Methods	Unit of randomisation	Clusters
Study population	Target population	Children in foster care, biological parents
	Sample size	Intervention = 100 children Control = 83 children
	Mean age in years (SD) (children or young people)	7.5 (3.6)
	Gender (children or young people)	47% Female, 53% Male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Intervention aiming to support biological parents during supervised contact with children living in out of home foster care. Increased support from caseworkers before and after contact visits. Hypothesised to decrease missed visits, improve parental satisfaction with visits and subsequently improve child wellbeing.
	Setting	Community
	Length / intensity	9 months
	Control group	Treatment as usual
	Provider	Caseworkers
Outcomes	Follow-up times	Post-intervention (9 months)
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total functioning Internalizing problems Externalizing problems
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
KEEP (Keeping Foster Parents Trained and Supported): Chamberlain 2008		
Setting	Country	USA
Methods	Unit of randomisation	Child
Study population	Target population	Foster carers, children in kinship care
	Sample size	Intervention = 359 parents and children Control = 341 parents and children
	Mean age in years (SD) (children or young people)	8.9 (2.2)
	Gender (children or young people)	50% female, 50% male
	Ethnicity (children or young people)	23% African American, 1% Asian / Pacific Islander, 20% Caucasian, 35% Latino, 1% Native American, 20% Multi-ethnic
Intervention	Type	Interpersonal
	Description	Foster carer skills training, adapted from MTFC
	Setting	Community based group meetings
	Length / intensity	16 x 90-minute weekly sessions
	Control group	Usual caseworker services
	Provider	Trained 'para-professionals'
Outcomes	Follow-up times	Six-week follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Number of child problem behaviours/day
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Keeping foster and kinship carers supported (KEEP): Price 2015, Price 2019		
Setting	Country	United States
Methods	Unit of randomisation	Family
Study population	Target population	Foster carers, kinship carers, children in foster care, children in kinship care
	Sample size	Intervention = 179 families Control = 175 families
	Mean age in years (SD) (children or young people)	7.8 (2.5)
	Gender (children or young people)	47% female, 53% male
	Ethnicity (children or young people)	11% White, 16% Mixed, 46% Hispanic/Latino, 23% Black, 1% Native American
Intervention	Type	Interpersonal
	Description	Parent training intervention aimed at promoting behaviour management techniques. Delivered in group sessions.
	Setting	Community
	Length / intensity	16 weeks – weekly 90-min sessions and supervision
	Control group	Usual practice
	Provider	Community agency
Outcomes	Follow-up times	Post-test
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Child behaviour problems Internalizing behaviour Withdrawn / depressed Somatic complaints Externalizing behaviour Rule breaking Aggression Anxiety / depression
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Life Story Intervention: Haight 2010		
Setting	Country	United States
Methods	Unit of randomisation	Child
Study population	Target population	Foster children (from rural areas with family history of methamphetamine substance abuse)
	Sample size	Intervention = 12 children Control = 10 children
	Mean age in years (SD) (children or young people)	9.6
	Gender (children or young people)	40% female, 60% male
	Ethnicity (children or young people)	100% Caucasian
Intervention	Type	Interpersonal
	Description	Therapeutic, trauma-informed intervention tailored to rural children with family history of methamphetamine misuse. Multi-disciplinary team with knowledge of the area and focus on service provision in the community.
	Setting	Community based
	Length / intensity	7 months
	Control group	Wait-list control group
	Provider	Social workers, counsellors
Outcomes	Follow-up times	12-month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Internalizing behaviour Externalizing behaviour PTSD / Disassociation
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Mentalization-based therapy (MBT): Midgley 2019		
Setting	Country	United Kingdom
Methods	Unit of randomisation	Child
Study population	Target population	Children in foster care
	Sample size	Intervention – 15 families Control – 21 families
	Mean age in years (SD) (children or young people)	11.1 (2.2)
	Gender (children or young people)	47% female, 53% male
	Ethnicity (children or young people)	93% White
Intervention	Type	Interpersonal, intrapersonal
	Description	Therapeutic / educational intervention delivered in family format (and including professionals working with child when appropriate), tailored to family needs and with emphasis on increasing reflective practice among foster carers and professionals working with child.
	Setting	Community
	Length / intensity	12 weeks (up to 12 x weekly sessions)
	Control group	Usual care
	Provider	Clinicians working within a specialised CAHMS setting.
Outcomes	Follow-up times	12 week follow-up 24 week follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Internalizing behaviour Externalizing problems
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Mentoring intervention for teenage pregnancy: Mezey 2015		
Setting	Country	United Kingdom
Methods	Unit of randomisation	Child/adolescent
Study population	Target population	Children in foster care
	Sample size	Intervention – 13 children / young people Control – 13 children / young people
	Mean age in years (SD) (children or young people)	16.4 (1.4)
	Gender (children or young people)	100% female
	Ethnicity (children or young people)	41% White, 18% Mixed, 18% Black, 24% Asian/Asian British
Intervention	Type	Interpersonal
	Description	Mentoring intervention – young people (19-25yrs) with care experience undertook a 3.5-day training program, before being partnered with young women (14-18) in foster care for up to one year, with weekly mentor-mentee meetings. Ongoing support and booster session offered to mentors 4 months in to the program. Primary aim was to reduce teenage pregnancy, but also assessed mental health and self harm outcomes.
	Setting	Community
	Length / intensity	3.5 day training program for mentors. Mentoring relationships lasted up to one year
	Control group	Usual care
	Provider	Research team in partnership with National Children's Bureau
Outcomes	Follow-up times	1 year follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Emotional health - OK or better Anxiety / depression
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	Self-harmed - yes Suicide attempt - yes
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Mindfulness-based Stress Reduction Intervention: Jee 2015		
Setting	Country	United States
Methods	Unit of randomisation	Child
Study population	Target population	Children in foster care, children in kinship care
	Sample size	Intervention = 21 children Control = 21 children
	Mean age in years (SD) (children or young people)	16.8 (1.8)
	Gender (children or young people)	48% female, 52% male
	Ethnicity (children or young people)	76% Black, 24% White
Intervention	Type	Intrapersonal
	Description	Mindfulness-based stress reduction intervention, delivered by
	Setting	Community clinic
	Length / intensity	10 x 2hr weekly sessions
	Control group	Wait-list control group
	Provider	Psychologist with expertise in mindfulness (first hr session), paediatrician and researcher (second hr session)
Outcomes	Follow-up times	Post-intervention
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Trait anxiety State anxiety
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Multidimensional Treatment Foster Care for Adolescents: Biehal 2012		
Setting	Country	United Kingdom
Methods	Unit of randomisation	Child
Study population	Target population	Children in foster care, foster carers
	Sample size	Intervention = 20 children Control = 14 children
	Mean age in years (SD) (children or young people)	13.1 (1.9)
	Gender (children or young people)	35% female, 65% male
	Ethnicity (children or young people)	70% White, 10% Black, 20% Mixed
Intervention	Type	Interpersonal
	Description	A wraparound treatment and skills intervention for children and young people in care. Multi-modal delivery, including placement with specially trained foster carer and parallel access to trained support professionals and clinicians – plus package of after care for up to three months
	Setting	Foster care placement home, and access to ongoing support
	Length / intensity	Nine month placement, three month after care support
	Control group	Alternative placements in foster care / residential care
	Provider	Multi-modal team of trained professionals and trained foster carers
Outcomes	Follow-up times	12 month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Child MH symptoms and social/physical functioning Child global functioning
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Multidimensional Treatment Foster Care for Adolescents: Green, 2014		
Setting	Country	
Methods	Unit of randomisation	Child
Study population	Target population	Children in foster care
	Sample size	Intervention = 20 children Control = 14 children
	Mean age in years (SD) (children or young people)	Not stated (age range 11-17 years)
	Gender (children or young people)	Not stated
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Placement in MTFC-A. A multi-modal intervention in which children are placed with a specially trained foster carer for a 9-month placement, and supported by a wider specialist team with a period of after-care
	Setting	Community based
	Length / intensity	9-month placement, 3 month after-care period
	Control group	Usual care
	Provider	Trained and supervised specialist foster carers, with psychiatry and psychologist input, and ongoing support from program developers
Outcomes	Follow-up times	12 month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Children's Global Assessment Scale Nation Outcome Scales for Children and Adolescents
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Multidimensional Treatment Foster Care for Pre-schoolers (MTFC-P): Jonkman 2017		
Setting	Country	Netherlands
Methods	Unit of randomisation	Family
Study population	Target population	Children in foster care, foster carers
	Sample size	Intervention = 23 children Control = 11 children
	Mean age in years (SD) (children or young people)	5.3 (1.0)
	Gender (children or young people)	36% Female, 64% Male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	12h pre-training for therapeutic foster carers, followed by 9-month placement for foster child with therapeutic foster family. Child paired with social skills trainer who met 1x week, including meeting at schools. Also involved therapeutic playgroup sessions.
	Setting	Child's foster home, classroom
	Length / intensity	9-12 months x 2hrs weekly sessions
	Control group	Treatment as usual
	Provider	MTFC-P skills trainers (consultants, social workers, therapists, psychologists)
Outcomes	Follow-up times	Post treatment
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Internalizing problems Externalizing problems Total problems
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	No

Domain	Sub-domain	Characteristics
Non-violent Resistance Training for Foster Parents: Van Holen 2018		
Setting	Country	Belgium
Methods	Unit of randomisation	Family
Study population	Target population	Foster carers
	Sample size	Intervention = 31 families Control = 31 families
	Mean age in years (SD) (children or young people)	11.6 (3.5)
	Gender (children or young people)	48.4% Female, 51.6% Male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Non-violent Resistance training for foster carers, focusing on prevention of escalation and resisting problem behaviour.
	Setting	Home
	Length / intensity	10 x weekly home sessions (75 mins), with supporting telephone calls after every two sessions
	Control group	Usual care
	Provider	Trained foster care workers
Outcomes	Follow-up times	Post intervention 3-month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Internalizing problems Externalizing problems
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Parent Management Training Oregon: Akin 2018, Akin 2019		
Setting	Country	USA
Methods	Unit of randomisation	Family
Study population	Target population	Biological parents and foster children
	Sample size	Intervention = 461 children Control = 457 children
	Mean age in years (SD) (children or young people)	11.6 (4.1)
	Gender (children or young people)	44.3% female, 55.7% male
	Ethnicity (children or young people)	75.9% White, 11.9% Hispanic/Latino
Intervention	Type	Interpersonal
	Description	A behavioural training program for parents, based on Social Learning Theory principles. Delivered to carers, with some elements delivered to parent and child.
	Setting	In-home
	Length / intensity	Twice weekly 60-90 min sessions and mid-week 20-30 min check-ins. Continued until PMTO curriculum was completed. Max six months.
	Control group	Services as usual
	Provider	State private contractors for foster care services (social workers, counsellors, therapists)
Outcomes	Follow-up times	Six month follow-up Twelve month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Problem behaviour Child social-emotional functioning
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Parent Management Training Oregon: Maaskant 2016, Maaskant 2017		
Setting	Country	Netherlands
Methods	Unit of randomisation	Child
Study population	Target population	Foster carers
	Sample size	Intervention = 47 parents Control = 41 parents
	Mean age in years (SD) (children or young people)	7.9 (2.4)
	Gender (children or young people)	54% female, 46% male
	Ethnicity (children or young people)	39% "cultural background non-Dutch"
Intervention	Type	Interpersonal
	Description	Group sessions with a family therapist, intended to teach foster carers effective parenting strategies.
	Setting	Community based
	Length / intensity	6-9 months. Weekly sessions, foster carers attended an average of 21
	Control group	Foster carers received regular support services from foster care institution
	Provider	Trained therapists
Outcomes	Follow-up times	6 month follow up 12 month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problems Internalizing problems Externalizing problems
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Parent Management Training Oregon (PMTO): Yan 2021* _*Moderation analysis of Akin 2018_		
Setting	Country	United States
Methods	Unit of randomisation	Family
Study population	Target population	Biological parents and foster children
	Sample size	Intervention = 461 children Control = 457 children
	Mean age in years (SD) (children or young people)	11.6 (4.1)
	Gender (children or young people)	44.3% female, 55.7% male
	Ethnicity (children or young people)	75.9% White, 11.9% Hispanic/Latino
Intervention	Type	Interpersonal
	Description	A behavioural training program for parents, based on Social Learning Theory principles. Delivered to carers, with some elements delivered to parent and child.
	Setting	In-home
	Length / intensity	Twice weekly 60-90 min sessions and mid-week 20-30 min check-ins. Continued until PMTO curriculum was completed. Max six months.
	Control group	Services as usual
	Provider	State private contractors for foster care services (social workers, counsellors, therapists)
Outcomes	Follow-up times	Six month follow-up Twelve month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Problem behaviour Child social-emotional functioning
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	No

Domain	Sub-domain	Characteristics
Parent-Child Interaction Therapy (PCIT): Mersky 2016, Mersky 2020		
Setting	Country	United States
Methods	Unit of randomisation	Child
Study population	Target population	Foster carers, foster children
	Sample size	Extended PCIT intervention = 19 parent-child dyads Brief PCIT intervention = 39 parent-child dyads Control = 33 parent-child dyads
	Mean age in years (SD) (children or young people)	4.6
	Gender (children or young people)	54% female, 46% male
	Ethnicity (children or young people)	61% African American
Intervention	Type	Interpersonal
	Description	Structured carer training aimed at promoting authoritative parenting and positive parent-child interactions. Involves clinicians teaching principles of child-directed interaction and parent-directed interactions in interactive group sessions, with supporting phone calls. Extended version includes extra training session and more supportive phone calls.
	Setting	Community, group-based and telephone calls
	Length / intensity	Brief: 2 x full-day training courses, followed by 8 weeks telephone consultations and homework Extended: 3 x full-day training courses, followed by 14 weeks of telephone consultations and homework
	Control group	Wait-list control group
	Provider	Trained clinicians
Outcomes	Follow-up times	8 week follow up 14 week follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Problem behaviour Externalising problems Internalising problems
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Pathways Home intervention: DeGarmo 2013		
Setting	Country	USA
Methods	Unit of randomisation	Family
Study population	Target population	Biological parents and foster carers
	Sample size	Intervention = 50 families Control = 53 families
	Mean age in years (SD) (children or young people)	8.28
	Gender (children or young people)	51.4% female, 48.6% male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Theory-based parent training intervention, to promote prevention of child behavioural problems. Based on MTFC/KEEP.
	Setting	Community based
	Length / intensity	16 week program (phase one), 8 week break, 8 week booster sessions (phase two)
	Control group	Services as usual
	Provider	Trained professional family consultant
Outcomes	Follow-up times	Six month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Child problem behaviours
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Promoting First Relationships (PFR): Oxford 2016		
Setting	Country	United States
Methods	Unit of randomisation	Family
Study population	Target population	Biological parents, children in foster care
	Sample size	Intervention = 18 parent-child dyads Control = 25 parent-child dyads
	Mean age in years (SD) (children or young people)	1.5 (0.4)
	Gender (children or young people)	50% female, 50% male
	Ethnicity (children or young people)	56% White, 28% Mixed, 17% Black
Intervention	Type	Interpersonal
	Description	Home visiting program for biological parents reunited with toddlers previously in foster care, promoting positive relationships.
	Setting	Home based
	Length / intensity	10-weeks – 60-75 minute sessions
	Control group	Early Educational Support
	Provider	Trained community mental health team
Outcomes	Follow-up times	Post-intervention Six month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Competence Problem behaviour Emotional regulation Exploratory behaviour Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Take Charge intervention: Geenen 2012		
Setting	Country	
Methods	Unit of randomisation	Child
Study population	Target population	Children in state foster care
	Sample size	Intervention = 60 children Control = 63 children
	Mean age in years (SD) (children or young people)	15.8
	Gender (children or young people)	40% female, 60% male
	Ethnicity (children or young people)	46.7% White, 5.0% Mixed, 5.0% Hispanic/Latino, 33.3% Black, 33.3% Native American
Intervention	Type	Intrapersonal
	Description	Individualised coaching sessions to improve self-determination and group mentoring with older peers
	Setting	Community based workshops
	Length / intensity	Weekly 1-1.5hr sessions (13-55 hours total), plus three mentoring workshops
	Control group	Typical services
	Provider	Trained peers / coaches
Outcomes	Follow-up times	12-month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Withdrawn / depressed Anxiety / depression Somatic complaints
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
RESPs for Kids in Care: Marquis, 2014		
Setting	Country	Canada
Methods	Unit of randomisation	Family
Study population	Target population	Children in foster care
	Sample size	Intervention = 42 foster children Control = 35 foster children
	Mean age in years (SD) (children or young people)	10.7 (1.6)
	Gender (children or young people)	51% female, 49% male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Intrapersonal, interpersonal
	Description	The intervention involved training foster carers to deliver a 30-week educational / tutoring program for children. The project was part of a wider national 'educational savings plan' scheme – and was primarily aimed at improving basic reading and maths skills, to improve chances of graduating from high school.
	Setting	Community and home based
	Length / intensity	Foster carer training was a single 6-hour workshop. Foster carers subsequently delivered 6-9 month tutoring program (30 x 3hr weekly supervised tutoring to foster children)
	Control group	Wait-list control group
	Provider	Foster carer training delivered by research team. Foster carers delivered tutoring.
Outcomes	Follow-up times	9 month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Internalizing behaviour Externalizing behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Together Facing The Challenge: Farmer, 2010		
Setting	Country	USA
Methods	Unit of randomisation	Agency level
Study population	Target population	Agency staff and foster carers
	Sample size	Intervention = 137 children Control = 110 children
	Mean age in years (SD) (children or young people)	12.7 (3.8)
	Gender (children or young people)	39% female, 61% male
	Ethnicity (children or young people)	34% White, 55% Black, 11% Other
Intervention	Type	Interpersonal
	Description	Train the trainers approach, with TFC supervisors training agencies and treatment foster carers to deliver enhanced TFC program locally
	Setting	Community based
	Length / intensity	Two-day training course for agency staff and foster carers
	Control group	Agencies delivering regular TFC
	Provider	TFC supervisors
Outcomes	Follow-up times	6 month follow-up 12 month follow-up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Total problem behaviour
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Trauma-focused Cognitive Behavioral Therapy (TF-CBT) plus Evidence-Based Engagement Strategies: Dorsey 2014		
Setting	Country	USA
Methods	Unit of randomisation	Child
Study population	Target population	Foster children, foster carers
	Sample size	Intervention (standard) = 22 children Intervention (engagement arm) = 25 children
	Mean age in years (SD) (children or young people)	9.6 (2.8)
	Gender (children or young people)	55.3% female, 44.7% male
	Ethnicity (children or young people)	53.2% multiracial, 23.4% Caucasian, 19.1% African American, 2.1% Native American, 2.1% Asian
Intervention	Type	Interpersonal, intrapersonal
	Description	Cognitive Behavioural Therapy sessions for foster carers, aimed at increasing awareness and engagement with foster child. With engagement strategies to increase uptake / retention.
	Setting	Unclear
	Length / intensity	13 weeks
	Control group	Standard intervention
	Provider	Social workers, counsellors
Outcomes	Follow-up times	End of treatment 3-months post treatment
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Internalizing problems Externalizing problems Post-traumatic stress Social and emotional functioning
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	No

Domain	Sub-domain	Characteristics
Triple P: Job 2022		
Setting	Country	Germany
Methods	Unit of randomisation	Family
Study population	Target population	Children in foster, foster carers
	Sample size	Intervention = 38 children Control = 36 children
	Mean age in years (SD) (children or young people)	3.6 (1.5)
	Gender (children or young people)	43% Female, 57% Male
	Ethnicity (children or young people)	Not stated
Intervention	Type	Interpersonal
	Description	Foster parent group training tailored to needs of foster families
	Setting	Community and in-home
	Length / intensity	5 weekly sessions
	Control group	Usual care
	Provider	Unclear
Outcomes	Follow-up times	6 month follow up 12 month follow up
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Externalizing problems Anxiety symptoms
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes

Domain	Sub-domain	Characteristics
Wave by Wave: Pereira 2020		
Setting	Country	Portugal
Methods	Unit of randomisation	Child
Study population	Target population	Children in residential care
	Sample size	Intervention = 45 children Control = 44 children
	Mean age in years (SD) (children or young people)	13.6 (2.9)
	Gender (children or young people)	32.1% Female, 68.9% Male
	Ethnicity (children or young people)	11.1% Non-Caucasian
Intervention	Type	Interpersonal, intrapersonal
	Description	Surfing therapy for children in residential care, implemented by multi-disciplinary team. Involved group counselling aspects.
	Setting	Community
	Length / intensity	21 x 3hr sessions
	Control group	Wait-list group
	Provider	Multi-disciplinary team, mental health psychologists, surf instructors, volunteers
Outcomes	Follow-up times	Post-test
	Mental, Behavioural and Neurodevelopmental Disorder outcomes	Behavioural and emotional problems Anxiety Depression Emotional regulation Health-related quality of life
	Subjective well-being outcomes	
	Self-harm and suicide outcomes	
	Included in meta-analysis?	Yes