

Report Supplementary Material 14: Effect Size for Mental, Behavioural and Neurodevelopmental Disorder Outcome Domains

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1. Total Social, Emotional, and Behavioural Problems

Intervention	Study design	Intervention length (weeks)	Outcome assessed	Tool	Informant	Data type	Follow-up	Follow-up (category)	Effect size	95% CI (low)	95% CI (high)
Attachment and Biobehavioural Catchup (ABC)	RCT	10	Problem behaviour	PDR	Parent/carer	Scale	1-month follow up	0-3 months	<i>Insufficient data to calculate effect size</i>		
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Total problems	TRF	Clinician	Scale	Follow-up	4-6 months	-1.02	-1.60	-0.44
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Total problems	TRF	Clinician	Scale	Follow-up	4-6 months	-0.21	-0.75	0.33
Communication and Attachment Training for Foster Carers	RCT	3	Total problems	SDQ	Teacher	Scale	9 month follow up	7-12 months	0.27	-0.06	0.60
Communication and Attachment Training for Foster Carers	RCT	3	Total problems	SDQ	Parent/carer	Scale	9 month follow up	7-12 months	-0.10	-0.43	0.23
Communication and Attachment Training for Foster Carers	RCT	3	Total problems	SDQ	Child/young person	Scale	9 month follow up	7-12 months	-0.28	-0.61	0.04
Family Finding	RCT	20	Total problems - clinical level	YSR	Child/young person	Categorical	12 month follow up	7-12 months	0.27	-0.06	0.60
Family Finding	RCT	20	Total problems - borderline or clinical level	YSR	Child/young person	Categorical	12 month follow up	7-12 months	0.11	-0.18	0.40

Family Finding	RCT	20	Total problems - borderline or clinical level	YSR	Child/young person	Categorical	24 month follow up	19-24 months	0.17	-0.49	0.83
Family Finding	RCT	20	Total problems - clinical level	YSR	Child/young person	Categorical	24 month follow up	19-24 months	0.20	-0.65	1.06
Fostering Changes (FC)	RCT	12	Total carer-defined problems	The Carer-Defined Problems Scale	Parent/carer	Scale	Post intervention	0-3 months	0.33	-0.18	0.84
Incredible Years (IY)	RCT	13	Total problems	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	0.11	-0.61	0.83
Keeping foster and kinship carers supported (KEEP)	RCT	16	Number of child problem behaviours/day	PDR	Parent/carer	Scale	6 month follow-up	4-6 months	-0.26	-0.43	-0.09
Keeping foster and kinship carers supported (KEEP)	RCT	16	Child behaviour problems	PDR	Parent/carer	Scale	Post test	4-6 months	-0.01	-0.22	0.21
Life Story	RCT	28	Total problems	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	-0.15	-1.16	0.87
Mentalization-based therapy (MBT)	RCT	12	Total problems	SDQ	Parent/carer	Scale	24 week follow up	4-6 months	0.44	0.04	0.84
Mentalization-based therapy (MBT)	RCT	12	Total problems	SDQ	Parent/carer	Scale	12 week follow up	0-3 months	0.31	-0.09	0.71
Mentalization-based therapy (MBT)	RCT	12	Total problems	SDQ	Child/young person	Scale	12 week follow up	0-3 months	-0.67	-1.12	-0.22
Mentalization-based therapy (MBT)	RCT	12	Total problems	SDQ	Child/young person	Scale	24 week follow up	4-6 months	-0.76	-1.21	-0.31
Multidimensional	RCT	52	Nation Outcome	HoNOSCA	Multi	Scale	12 month	7-12 months	-0.13	-0.87	0.61

Treatment Foster Care (MTFC)			Scales for Children and Adolescents		informant		follow up					
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Total problems	CBCL	Parent/carer	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>			
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Total problems	TRF	Teacher	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>			
Nonviolent Resistance (NVR) Training	RCT	10	Total problems	CBCL	Parent/carer	Scale	3 month follow up	4-6 months	-0.33	-0.83	0.17	
Nonviolent Resistance (NVR) Training	RCT	10	Total problems	CBCL	Parent/carer	Scale	Post intervention	0-3 months	-0.36	-0.87	0.14	
Parent Management Training Oregon (PMTO)	RCT	24	Problem behaviour	SSIS	Parent/carer	Scale	Six month post-test	4-6 months	-0.15	-0.34	0.03	
Parent Management Training Oregon (PMTO)	RCT	24	Problem behaviour	SSIS	Parent/carer	Scale	12 month follow up	7-12 months	-0.31	-0.55	-0.06	
Parent Management Training Oregon (PMTO)	RCT	24	Problem behaviour	SSIS	Parent/carer	Scale	Six month post-test	4-6 months	<i>Moderation analysis only</i>			
Parent Management Training Oregon (PMTO)	RCT	30	Total problems	TRF	Teacher	Scale	12 month follow up	7-12 months	0.37	-0.12	0.86	
Parent Management Training Oregon (PMTO)	RCT	30	Total problems	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	0.00	-0.35	0.35	

Parent Management Training Oregon (PMTO)	RCT	30	Total problems	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	-0.16	-0.49	0.17
Parent Management Training Oregon (PMTO)	RCT	30	Total problems	TRF	Teacher	Scale	6 month follow-up	4-6 months	-0.13	-0.66	0.40
Parent Management Training Oregon (PMTO)	RCT	30	Total problems	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	<i>Moderation analysis only</i>		
Parent Management Training Oregon (PMTO)	RCT	30	Total problems	TRF	Teacher	Scale	6 month follow-up	4-6 months	<i>Moderation analysis only</i>		
Parent Management Training Oregon (PMTO)	RCT	24	Problem behaviour	SSIS	Parent/carer	Scale	Six month post-test	4-6 months	<i>Moderation analysis only</i>		
Parent-child Interaction Therapy (PCIT) - Brief	RCT	8	Problem behaviour	ECBI	Parent/carer	Scale	14 week follow up	4-6 months	-0.23	-0.77	0.31
Parent-child Interaction Therapy (PCIT) - Brief	RCT	8	Problem behaviour	ECBI	Parent/carer	Scale	8 week follow up	0-3 months	-0.64	-1.16	-0.12
Parent-child Interaction Therapy (PCIT) - Extended	RCT	8	Problem behaviour	ECBI	Parent/carer	Scale	8 week follow up	0-3 months	-0.45	-1.08	0.18
Parent-child Interaction Therapy (PCIT) - Extended	RCT	8	Problem behaviour	ECBI	Parent/carer	Scale	14 week follow up	4-6 months	-0.49	-1.15	0.17
Pathways Home	RCT	24	Child problem	PDR	Parent/carer	Scale	6 month	4-6 months	-0.05	-0.43	0.34

			behaviors				follow-up				
Promoting First Relationships (PFR)	RCT	10	Problem behaviour	BITSEA	Parent/carer	Scale	Post intervention	0-3 months	-0.20	-0.80	0.41
Promoting First Relationships (PFR)	RCT	10	Problem behaviour	BITSEA	Parent/carer	Scale	Six month follow up	4-6 months	0.51	-0.11	1.12
Together Facing the Challenge (TFTC)	RCT	6	Parent Daily Report	PDR	Parent/carer	Scale	6 month follow-up	4-6 months	-0.06	-0.31	0.19
Together Facing the Challenge (TFTC)	RCT	6	Parent Daily Report	PDR	Parent/carer	Scale	12 month follow up	7-12 months	-0.08	-0.33	0.17

2. Total Social, Emotional and Behavioural Functioning and/or Impaired Functioning

Intervention	Study design	Intervention length (weeks)	Outcome assessed	Tool	Informant	Data type	Follow-up	Follow-up (category)	Effect size	95% CI (low)	95% CI (high)
Adolescent HealthRHYTHMS Drumming Protocol - experimental	RCT	6	Social adaptation	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.13	-0.79	0.53
Adolescent HealthRHYTHMS Drumming Protocol - experimental	RCT	6	Social-emotional functioning	CAFAS	Clinician	Scale	6 week follow up	0-3 months	-0.45	-1.12	0.22
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Social adaptation	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.11	-0.77	0.55
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Social-emotional functioning	CAFAS	Clinician	Scale	6 week follow up	0-3 months	-0.62	-1.30	0.06
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Interpersonal problems	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.64	-1.32	0.04
Adolescent HealthRHYTHMS Drumming Protocol -	RCT	6	Interpersonal problems	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.89	-1.59	-0.20

extended											
Cognitively-Based Compassion Training (CBCT)	RCT	6	Emotional regulation	DERS	Unclear	Scale	Post intervention	0-3 months	-0.09	-0.55	0.38
Connect-KP	RCT	9	Behavioural and emotional adjustment	SDQ	Parent/carer	Scale	6 month follow up	7-12 months	-0.44	-1.24	0.35
Connect-KP	RCT	9	Behavioural and emotional adjustment	SDQ	Parent/carer	Scale	Post- intervention	0-3 months	-0.48	-1.29	0.34
Family Minds	RCT	5	Peer Problems	SDQ	Parent/carer	Scale	Six week follow-up	0-3 months	0.34	-0.21	0.89
Family Minds	RCT	5	Total difficulties	SDQ	Parent/carer	Scale	Six week follow-up	0-3 months	0.30	-0.24	0.85
Family Minds	RCT	5	Prosocial behaviour	SDQ	Parent/carer	Scale	Six week follow-up	0-3 months	0.15	-0.39	0.70
Family Minds	RCT	5	Emotional Symptoms	SDQ	Parent/carer	Scale	Six week follow-up	0-3 months	0.15	-0.40	0.69
Foster carer and foster children group- based intervention	RCT	3	Pro-social behavior	PDR	Parent/carer	Scale	Six month follow up	4-6 months	-0.11	-0.28	0.51
Fostering Changes (FC)	RCT	12	Hyperactivity	SDQ	Parent/carer	Scale	Post intervention	0-3 months	0.15	-0.35	0.64
Fostering Changes (FC)	RCT	12	Peer relationships	SDQ	Parent/carer	Scale	Post intervention	0-3 months	0.05	-0.45	0.54
Fostering Changes (FC)	RCT	12	Total problems	SDQ	Parent/carer	Scale	Post intervention	0-3 months	-0.03	-0.53	0.47
Fostering Changes	RCT	12	Pro-social	SDQ	Parent/carer	Scale	Post	0-3 months	0.04	-0.53	0.46

(FC)			behavior				intervention				
Fostering Changes (FC)	RCT	12	Emotional Symptoms	SDQ	Parent/carer	Scale	Post intervention	0-3 months	-0.08	-0.58	0.41
Fostering Changes (FC)	RCT	12	Conduct problems	SDQ	Parent/carer	Scale	Post intervention	0-3 months	-0.19	-0.69	0.31
Fostering Changes (FC)	RCT	12	Prosocial behaviour	SDQ	Parent/carer	Scale	3 month follow up	0-3 months	0.12	-0.15	0.39
Fostering Changes (FC)	RCT	12	Prosocial behaviour	SDQ	Parent/carer	Scale	12 month follow up	7-12 months	0.04	-0.23	0.32
Fostering Changes (FC)	RCT	12	Total difficulties	SDQ	Parent/carer	Scale	12 month follow up	7-12 months	-0.04	-0.32	0.23
Fostering Changes (FC)	RCT	12	Emotional problems	SDQ	Parent/carer	Scale	12 month follow up	7-12 months	-0.09	-0.37	0.18
Fostering Changes (FC)	RCT	12	Peer Problems	SDQ	Parent/carer	Scale	12 month follow up	7-12 months	-0.16	-0.44	0.12
Fostering Changes (FC)	RCT	12	Peer Problems	SDQ	Parent/carer	Scale	3 month follow up	0-3 months	-0.28	-0.56	-0.01
Fostering Changes (FC)	RCT	12	Total difficulties	SDQ	Parent/carer	Scale	3 month follow up	0-3 months	-0.32	-0.59	-0.05
Fostering Changes (FC)	RCT	12	Emotional problems	SDQ	Parent/carer	Scale	3 month follow up	0-3 months	-0.33	-0.60	-0.06
Fostering Healthy Futures (FHF)	RCT	30	Mental health functioning	Multi	Multi informant	Scale	Post intervention	7-12 months	0.07	-0.25	0.39
Fostering Healthy Futures (FHF)	RCT	30	Mental health functioning	Multi	Multi informant	Scale	6 month post-intervention	13-18 months	-0.51	-0.83	-0.18
Fostering Healthy Futures (FHF)	RCT	30	Mental health functioning	Multi	Multi informant	Scale	6 month post-intervention	13-18 months	-0.25	-0.46	-0.04
Fostering Healthy	RCT	30	Mental health	Multi	Multi	Scale	6 month post-	13-18 months	<i>Moderation analysis</i>		

Futures (FHF)			functioning		informant		intervention		<i>only</i>		
Fostering Healthy Futures (FHF)	RCT	30	Mental health functioning	Multi	Multi informant	Scale	6 month post-intervention	13-18 months	<i>Moderation analysis only</i>		
kConnect	RCT	36	Total functioning	SDQ	Parent/carer	Scale	Post-test	7-12 months	0.24	-0.11	0.60
Mentoring intervention for teenage pregnancy	RCT	52	Emotional health - OK or better	Not stated	Child/young person	Categorical	1 year	7-12 months	-0.19	-0.54	0.92
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Child global functioning	CGAS	Multi informant	Scale	12 month follow up	7-12 months	-0.12	-0.62	0.86
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Child MH symptoms and social/physical functioning	HoNOSCA	Multi informant	Scale	12 month follow up	7-12 months	-0.16	-0.90	0.58
Multidimensional Treatment Foster Care (MTFC)	RCT	52	Children's Global Assessment Scale	CGAS	Multi informant	Scale	12 month follow up	7-12 months	-0.07	-0.67	0.81
Parent Management Training Oregon (PMTO)	RCT	24	Social-emotional functioning	CAFAS	Parent/carer	Scale	Six month post-test	4-6 months	-0.19	-0.35	-0.04
Parent Management Training Oregon (PMTO)	RCT	24	Social-emotional functioning	CAFAS	Parent/carer	Scale	12 month follow up	7-12 months	-0.38	-0.57	-0.20
Parent Management Training Oregon (PMTO)	RCT	24	Child Social-Emotional Functioning	CAFAS	Clinician	Scale	Six month post-test	4-6 months	<i>Moderation analysis only</i>		

Parent Management Training Oregon (PMTO)	RCT	24	Social-emotional functioning	CAFAS	Parent/carer	Scale	Six month post-test	4-6 months	<i>Moderation analysis only</i>		
Parent-Child Interaction Therapy (PCIT) - Brief + Extended	RCT	8	Labiality / negativity	ERC	Parent/carer	Scale	Post-test	0-3 months	-0.67	-1.15	-0.19
Promoting First Relationships (PFR)	RCT	10	Competence	BITSEA	Parent/carer	Scale	Post intervention	0-3 months	-0.34	-0.95	0.27
Promoting First Relationships (PFR)	RCT	10	Competence	BITSEA	Parent/carer	Scale	Six month follow up	4-6 months	-0.19	-0.80	0.42
Promoting First Relationships (PFR)	RCT	10	Emotional regulation	BRS	Clinician	Scale	Six month follow up	4-6 months	-0.39	-1.00	0.22
Promoting First Relationships (PFR)	RCT	10	Exploratory behaviour	BRS	Clinician	Scale	Six month follow up	4-6 months	-0.06	-0.66	0.55
Supporting Looked After Children and Care Leavers In Decreasing Drugs (SOLID)	RCT	12	Emotional problems	SDQ	Child/young person	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Supporting Looked After Children and Care Leavers In Decreasing Drugs (SOLID)	RCT	12	Peer problems	SDQ	Child/young person	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Supporting Looked After Children and Care Leavers In	RCT	12	Prosocial behaviour	SDQ	Child/young person	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		

Decreasing Drugs (SOLID)												
Supporting Looked After Children and Care Leavers In Decreasing Drugs (SOLID)	RCT	12	Total difficulties	SDQ	Child/young person	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>			
Together Facing the Challenge (TFTC)	RCT	6	Behaviour and Emotional Rating Scale	BERS	Parent/carer	Scale	6 month follow-up	4-6 months	0.02	-0.23	0.27	
Together Facing the Challenge (TFTC)	RCT	6	Behaviour and Emotional Rating Scale	BERS	Parent/carer	Scale	12 month follow up	7-12 months	0.00	-0.25	0.25	
Together Facing the Challenge (TFTC)	RCT	6	Strengths and Difficulties Scale	SDQ	Parent/carer	Scale	6 month follow-up	4-6 months	-0.07	-0.32	0.18	
Together Facing the Challenge (TFTC)	RCT	6	Strengths and Difficulties Scale	SDQ	Parent/carer	Scale	12 month follow up	7-12 months	-0.03	-0.28	0.22	
Trauma Systems Therapy (TST)	QED	156	Child functioning	CAFAS	Caseworker	Scale	Monthly	13-18 months				
Trauma Systems Therapy (TST)	QED	156	Emotional regulation	CECI	Caseworker	Scale	Monthly	13-18 months				
Trauma Systems Therapy (TST)	QED	156	Behavioural regulation	CECI	Caseworker	Scale	Monthly	13-18 months				
Trauma-focused Cognitive Behavioral Therapy (TF-CBT)	RCT	13	Social and emotional functioning	BERS	Parent/carer	Scale	Post-test	0-3 months	<i>Insufficient data to calculate effect size</i>			

plus Evidence-Based Engagement Strategies												
Trauma-focused Cognitive Behavioral Therapy (TF-CBT) plus Evidence-Based Engagement Strategies	RCT	13	Social and emotional functioning	BERS	Parent/carer	Scale	3 month follow up	4-6 months	<i>Insufficient data to calculate effect size</i>			
Wave by Wave Surf Therapy	RCT	21	Behavioural and emotional problems	SDQ	Child/young person	Scale	Post-test	4-6 months	0.13	-0.38	0.63	
Wave by Wave Surf Therapy	RCT	21	Behavioural and emotional problems	SDQ	Parent/carer	Scale	Post-test	4-6 months	0.01	-0.50	0.51	
Wave by Wave Surf Therapy	RCT	21	Emotional regulation	ERQ-CA	Child/young person	Scale	Post-test	4-6 months	-0.07	-0.58	0.43	

3. Internalizing Behaviour Problems

Intervention	Study design	Intervention length (weeks)	Outcome assessed	Tool	Informant	Data type	Follow-up	Follow-up (category)	Effect size	95% CI (low)	95% CI (high)
Access to outpatient mental health services	QED	72	Internalizing behavior	CBCL	Parent/carer	Scale	18-month follow up	13-18 months			
Adolescent HealthRHYTHMS Drumming Protocol - experimental	RCT	6	Somatic complaints	RADS2	Child/young person	Scale	6 week follow up	0-3 months	-0.38	-1.05	0.29
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Somatic complaints	RADS2	Child/young person	Scale	6 week follow up	0-3 months	-0.54	-1.21	0.14
Attachment and Biobehavioural Catchup (ABC)	RCT	10	Internalizing behavior	CBCL	Parent/carer	Scale	Post intervention	0-3 months	-1.60	-2.22	-0.98
Child Directed Interaction Training (CDIT)	RCT	4	Internalizing behavior	CBCL	Parent/carer	Scale	7 week follow up	0-3 months	-0.22	-1.24	0.80
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Psychosomatic complaints	TRF	Clinician	Scale	Follow-up	4-6 months	0.00	-0.54	0.54
Cognitive and Affective Bibliotherapy -	RCT	8	Withdrawal	TRF	Clinician	Scale	Follow-up	4-6 months	-0.75	-1.31	-0.18

Affective											
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Internalizing behavior	TRF	Clinician	Scale	Follow-up	4-6 months	-0.77	-1.33	-0.21
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Withdrawal	TRF	Clinician	Scale	Follow-up	4-6 months	0.10	-0.44	0.64
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Internalizing behavior	TRF	Clinician	Scale	Follow-up	4-6 months	-0.09	-0.63	0.45
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Psychosomatic complaints	TRF	Clinician	Scale	Follow-up	4-6 months	-0.34	-0.88	0.20
Family Finding	RCT	20	Internalizing - clinical level	YSR	Child/young person	Categorical	24 month follow up	19-24 months	0.26	0.10	0.42
Family Finding	RCT	20	Internalizing - borderline or clinical level	YSR	Child/young person	Categorical	12 month follow up	7-12 months	0.14	-0.15	0.44
Family Finding	RCT	20	Internalizing - clinical level	YSR	Child/young person	Categorical	12 month follow up	7-12 months	0.20	-0.19	0.60
Family Finding	RCT	20	Internalizing - borderline or clinical level	YSR	Child/young person	Categorical	24 month follow up	19-24 months	0.18	-0.28	0.64
Foster carer and foster children group-based intervention	RCT	3	Internalizing behavior	PDR	Parent/carers	Scale	Six month follow up	4-6 months	-0.29	-0.51	-0.07

Foster Parent Intervention	RCT	10	Internalizing problems	CBCL	Parent/carer	Scale	Post intervention	0-3 months	-0.45	-1.91	1.01
Foster Parent Intervention	RCT	10	Internalizing problems	CBCL	Parent/carer	Scale	3 month follow up	4-6 months	-0.88	-2.62	0.86
Fostering Individualised Assistance Program (FIAP)	RCT	72	Internalizing behavior	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.01	-0.39	0.37
Fostering Individualised Assistance Program (FIAP)	RCT	72	Somatic complaints	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.15	-0.54	0.23
Fostering Individualised Assistance Program (FIAP)	RCT	72	Somatic	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.17	-0.55	0.21
Fostering Individualised Assistance Program (FIAP)	RCT	72	Withdrawn	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.20	-0.58	0.18
Fostering Individualised Assistance Program (FIAP)	RCT	72	Internalizing behavior	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.23	-0.61	0.16
Incredible Years (IY)	RCT	13	Internalizing behavior	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	-0.07	-0.79	0.65
kConnect	RCT	36	Internalizing problems	SDQ	Parent/carer	Scale	Post-test	7-12 months	0.16	-0.20	0.51

Keeping foster and kinship carers supported (KEEP)	RCT	16	Somatic complaints	CBCL	Parent/carer	Scale	Post-test	4-6 months	-0.08	-0.30	0.14
Keeping foster and kinship carers supported (KEEP)	RCT	16	Internalizing behavior	CBCL	Parent/carer	Scale	Post-test	4-6 months	-0.11	-0.34	0.11
Keeping foster and kinship carers supported (KEEP)	RCT	16	Somatic complaints - above clinical cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.16	-0.43	0.12
Keeping foster and kinship carers supported (KEEP)	RCT	16	Internalizing behavior - above borderline cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.23	-0.45	-0.01
Keeping foster and kinship carers supported (KEEP)	RCT	16	Internalizing behavior - above clinical cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.23	-0.45	-0.01
Keeping foster and kinship carers supported (KEEP)	RCT	16	Somatic complaints - above borderline cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.53	-1.09	0.03
Life Story	RCT	28	Internalizing behavior	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	0.33	-0.69	1.35
Mentalization-based therapy (MBT)	RCT	12	Internalizing behavior	SDQ	Parent/carer	Scale	24 week follow up	4-6 months	0.48	0.13	0.83

Mentalization-based therapy (MBT)	RCT	12	Internalizing beahvior	SDQ	Parent/carer	Scale	12 week follow up	0-3 months	0.35	0.00	0.70
Mentalization-based therapy (MBT)	RCT	12	Internalizing beahvior	SDQ	Child/young person	Scale	12 week follow up	0-3 months	-1.04	-1.54	-0.54
Mentalization-based therapy (MBT)	RCT	12	Internalizing beahvior	SDQ	Child/young person	Scale	24 week follow up	4-6 months	-1.30	-1.80	-0.80
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Internalizing problems	CBCL	Parent/carer	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Internalizing problems	TRF	Teacher	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Nonviolent Resistance (NVR) Training	RCT	10	Internalizing problems	CBCL	Parent/carer	Scale	Post intervention	0-3 months	-0.17	-0.67	0.33
Nonviolent Resistance (NVR) Training	RCT	10	Internalizing problems	CBCL	Parent/carer	Scale	3 month follow up	4-6 months	-0.21	-0.71	0.29
Parent Management Training Oregon (PMTO)	RCT	30	Internalizing problems	TRF	Teacher	Scale	12 month follow up	7-12 months	0.30	-0.17	0.77
Parent Management Training Oregon (PMTO)	RCT	30	Internalizing problems	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	0.14	-0.25	0.53
Parent Management Training Oregon (PMTO)	RCT	30	Internalizing problems	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	0.12	-0.27	0.51
Parent Management	RCT	30	Internalizing	TRF	Teacher	Scale	6 month	4-6 months	-0.03	-0.48	0.42

Training Oregon (PMTO)			problems				follow-up				
Parent Management Training Oregon (PMTO)	RCT	30	Internalizing problems	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	<i>Moderation analysis only</i>		
Parent Management Training Oregon (PMTO)	RCT	30	Internalizing problems	TRF	Teacher	Scale	6 month follow-up	4-6 months	<i>Moderation analysis only</i>		
Parent-child Interaction Therapy (PCIT) - Brief	RCT	8	Internalising problems	CBCL	Parent/carer	Scale	14 week follow up	4-6 months	-0.31	-0.85	0.23
Parent-child Interaction Therapy (PCIT) - Brief	RCT	8	Internalising problems	CBCL	Parent/carer	Scale	8 week follow up	0-3 months	-0.44	-0.95	0.08
Parent-child Interaction Therapy (PCIT) - Extended	RCT	8	Internalising problems	CBCL	Parent/carer	Scale	8 week follow up	0-3 months	0.34	-0.29	0.97
Parent-child Interaction Therapy (PCIT) - Extended	RCT	8	Internalising problems	CBCL	Parent/carer	Scale	14 week follow up	4-6 months	-0.28	-0.93	0.38
Promoting First Relationships (PFR)	RCT	10	Internalizing behaviour	CBCL	Parent/carer	Scale	Six month follow up	4-6 months	0.09	-0.51	0.70
Take Charge	RCT	20	Somatic complaints	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	-0.30	-0.65	0.06
Take Charge	RCT	20	Somatic complaints	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.54	-0.90	-0.18
Teach Your Children Well	RCT	30	Internalizing behavior	CBCL	Parent/carer	Scale	9 month follow up	7-12 months	-0.30	-0.80	0.19

Trauma-focused Cognitive Behavioral Therapy (TF-CBT) plus Evidence-Based Engagement Strategies	RCT	13	Internalizing problems	CBCL	Parent/carer	Scale	Post-test	0-3 months	<i>Insufficient data to calculate effect size</i>
Trauma-focused Cognitive Behavioral Therapy (TF-CBT) plus Evidence-Based Engagement Strategies	RCT	13	Internalizing problems	CBCL	Parent/carer	Scale	3 month follow up	4-6 months	<i>Insufficient data to calculate effect size</i>

4. Externalizing Behaviour Problems

Intervention	Study design	Intervention length (weeks)	Outcome assessed	Tool	Informant	Data type	Follow-up	Follow-up (category)	Effect size	95% CI (low)	95% CI (high)
Access to outpatient mental health services	QED	72	Externalizing behaviour	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months			
Adolescent HealthRHYTHMS Drumming Protocol - experimental	RCT	6	Aggression	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.27	-0.94	0.39
Adolescent HealthRHYTHMS Drumming Protocol - experimental	RCT	6	Anger	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.53	-1.20	0.15
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Anger (total)	AARS	Child/young person	Scale	6 week follow up	0-3 months	-0.14	-0.81	0.52
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Aggression	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.40	-1.07	0.27
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Anger (total)	AARS	Child/young person	Scale	6 week follow up	0-3 months	-0.50	-1.18	0.17

Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Anger	APS	Child/young person	Scale	6 week follow up	0-3 months	-0.94	-1.64	-0.24
Attachment and Biobehavioural Catchup (ABC)	RCT	10	Externalizing behaviour	CBCL	Parent/carer	Scale	Post intervention	0-3 months	-1.80	-2.44	-1.16
Child Adult Relationship Enhancement (CARE)	RCT	4	Anger / aggression	TSCYC	Parent/carer	Scale	1 monh follow up	0-3 months	-0.35	-1.59	0.89
Child Adult Relationship Enhancement (CARE)	RCT	4	Anger / aggression	TSCYC	Parent/carer	Scale	3 month follow up	4-6 months	-0.96	-2.38	0.46
Child Directed Interaction Training (CDIT)	RCT	4	Externalizing behaviour	CBCL	Parent/carer	Scale	7 week follow up	0-3 months	-1.05	-2.13	0.04
Children and Residential Experiences (CARE)	QED	156	Aggression towards peers	Incident report	Care staff	Scale	3 years	19+ months			
Children and Residential Experiences (CARE)	QED	156	Aggression towards staff	Incident report	Care staff	Scale	3 years	19+ months			
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Delinquency	TRF	Clinician	Scale	Follow-up	4-6 months	-0.96	-1.54	-0.39
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Aggression	TRF	Clinician	Scale	Follow-up	4-6 months	-0.99	-1.57	-0.42

Cognitive and Affective Bibliotherapy - Affective	RCT	8	Externalizing behaviour	TRF	Clinician	Scale	Follow-up	4-6 months	-1.07	-1.65	-0.49
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Aggression	TRF	Clinician	Scale	Follow-up	4-6 months	-0.46	-1.00	0.09
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Delinquency	TRF	Clinician	Scale	Follow-up	4-6 months	-0.47	-1.01	0.08
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Externalizing behaviour	TRF	Clinician	Scale	Follow-up	4-6 months	-0.50	-1.04	0.05
Connect-KP	RCT	9	Affect dyscontrol	ARC	Parent/carer	Scale	6 month follow up	7-12 months	-0.60	-1.40	0.20
Connect-KP	RCT	9	Affect dyscontrol	ARC	Parent/carer	Scale	Post-intervention	0-3 months	-0.97	-1.81	-0.12
Dojo: Biofeedback videogame	RCT	8	Externalizing problems	SDQ	Parent/carer	Scale	Post intervention	0-3 months	-0.09	-0.74	0.57
Dojo: Biofeedback videogame	RCT	8	Externalizing problems	SDQ	Parent/carer	Scale	Follow-up	4-6 months	-0.20	-0.96	0.56
Dojo: Biofeedback videogame	RCT	8	Externalizing problems	SDQ	Child/young person	Scale	Post intervention	0-3 months	-0.85	-1.53	-0.17
Dojo: Biofeedback videogame	RCT	8	Externalizing problems	SDQ	Child/young person	Scale	Follow-up	4-6 months	-1.16	-1.87	-0.45
Family Finding	RCT	20	Externalizing - clinical level	YSR	Child/young person	Categorical	24 month follow up	19-24 months	0.19	0.03	0.36
Family Finding	RCT	20	Externalizing - clinical level	YSR	Child/young person	Categorical	12 month follow up	7-12 months	0.35	0.02	0.68

Family Finding	RCT	20	Externalizing - borderline or clinical level	YSR	Child/young person	Categori cal	12 month follow up	7-12 months	0.07	-0.21	0.35
Family Finding	RCT	20	Externalizing - borderline or clinical level	YSR	Child/young person	Categori cal	24 month follow up	19-24 months	0.17	-0.64	0.97
Family Minds	RCT	5	Conduct problems	SDQ	Parent/carer	Scale	Six week follow-up	0-3 months	0.11	-0.44	0.65
Foster carer and foster children group- based intervention	RCT	3	Externalizing behaviour	PDR	Parent/carer	Scale	Six month follow up	4-6 months	-0.09	-0.16	-0.02
Foster Parent Intervention	RCT	10	Externalizing problems	CBCL	Parent/carer	Scale	Post intervention	0-3 months	-0.26	-2.25	1.73
Foster Parent Intervention	RCT	10	Externalizing problems	CBCL	Parent/carer	Scale	3 month follow up	4-6 months	-0.84	-2.60	0.93
Fostering Changes (FC)	RCT	12	Conduct problems	SDQ	Parent/carer	Scale	12 month follow up	7-12 months	0.15	-0.12	0.43
Fostering Changes (FC)	RCT	12	Conduct problems	SDQ	Parent/carer	Scale	3 month follow up	0-3 months	-0.08	-0.35	0.19
Fostering Individualised Assistance Program (FIAP)	RCT	72	Delinquency	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.06	-0.44	0.32
Fostering Individualised Assistance Program (FIAP)	RCT	72	Externalizing behaviour	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.20	-0.58	0.18
Fostering	RCT	72	Aggression	CBCL	Parent/carer	Scale	18 month	13-18 months	-0.24	-0.62	0.14

Individualised Assistance Program (FIAP)							follow-up				
Fostering Individualised Assistance Program (FIAP)	RCT	72	Delinquency	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.33	-0.72	0.05
Fostering Individualised Assistance Program (FIAP)	RCT	72	Aggression	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.42	-0.80	-0.03
Fostering Individualised Assistance Program (FIAP)	RCT	72	Externalizing behaviour	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.43	-0.82	-0.05
Head Start	RCT	52	Externalizing behaviour	ASPI	Teacher	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Incredible Years (IY)	RCT	13	Externalizing behaviour	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	0.18	-0.54	0.90
Incredible Years (IY)	RCT	12	Disruptive classroom behaviour	SESBI-R	Teacher	Scale	Six month post-test	4-6 months	0.32	-0.10	0.74
Incredible Years (IY)	RCT	12	Disruptive classroom behaviour	SESBI-R	Teacher	Scale	Post intervention	0-3 months	0.05	-0.34	0.44
Incredible Years (IY)	RCT	12	Externalizing behaviour	CBCL	Parent/carer	Scale	Post intervention	0-3 months	-0.14	-0.54	0.26
Incredible Years (IY)	RCT	12	Externalizing	ECBI	Parent/carer	Scale	Post	0-3 months	-0.23	-0.63	0.17

			problems				intervention				
Incredible Years (IY)	RCT	12	Externalizing problems	ECBI	Parent/carer	Scale	Six month post-test	4-6 months	-0.33	-0.75	0.09
Incredible Years (IY)	RCT	12	Externalizing behaviour	CBCL	Parent/carer	Scale	Six month post-test	4-6 months	-0.36	-0.78	0.06
kConnect	RCT	36	Externalizing problems	SDQ	Parent/carer	Scale	Post-test	7-12 months	0.25	-0.11	0.60
Keeping foster and kinship carers supported (KEEP)	RCT	16	Rule breaking	CBCL	Parent/carer	Scale	Post-test	4-6 months	0.05	-0.17	0.27
Keeping foster and kinship carers supported (KEEP)	RCT	16	Externalizing behaviour - above borderline cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.01	-0.23	0.22
Keeping foster and kinship carers supported (KEEP)	RCT	16	Aggression	CBCL	Parent/carer	Scale	Post-test	4-6 months	-0.01	-0.24	0.21
Keeping foster and kinship carers supported (KEEP)	RCT	16	Aggression - above borderline cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.02	-0.24	0.21
Keeping foster and kinship carers supported (KEEP)	RCT	16	Aggression - above clinical cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.04	-0.25	0.17
Keeping foster and kinship carers supported (KEEP)	RCT	16	Externalizing behaviour	CBCL	Parent/carer	Scale	Post-test	4-6 months	-0.05	-0.28	0.17

Keeping foster and kinship carers supported (KEEP)	RCT	16	Rule breaking - above clinical cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.11	-0.49	0.26
Keeping foster and kinship carers supported (KEEP)	RCT	16	Externalizing behaviour - above clinical cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.14	-0.51	0.24
Keeping foster and kinship carers supported (KEEP)	RCT	16	Rule breaking - above borderline cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.29	-0.57	-0.01
Life Story	RCT	28	Externalizing behaviour	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	-0.57	-1.61	0.46
Mentalization-based therapy (MBT)	RCT	12	Externalizing problems	SDQ	Parent/carer	Scale	24 week follow up	4-6 months	0.20	-0.15	0.55
Mentalization-based therapy (MBT)	RCT	12	Externalizing problems	SDQ	Parent/carer	Scale	12 week follow up	0-3 months	0.04	-0.31	0.39
Mentalization-based therapy (MBT)	RCT	12	Externalizing problems	SDQ	Child/young person	Scale	24 week follow up	4-6 months	-0.09	-0.59	0.41
Mentalization-based therapy (MBT)	RCT	12	Externalizing problems	SDQ	Child/young person	Scale	12 week follow up	0-3 months	-0.15	-0.60	0.30
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Externalizing problems	CBCL	Parent/carer	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Multidimensional Treatment Foster Care (MTFC)	RCT	36	Externalizing problems	TRF	Teacher	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Nonviolent	RCT	10	Externalizing	CBCL	Parent/carer	Scale	Post	0-3 months	-0.13	-0.63	0.37

Resistance (NVR) Training			problems				intervention				
Nonviolent Resistance (NVR) Training	RCT	10	Externalizing problems	CBCL	Parent/carer	Scale	3 month follow up	4-6 months	-0.21	-0.71	0.29
Parent Management Training Oregon (PMTO)	RCT	30	Externalizing problems	TRF	Teacher	Scale	12 month follow up	7-12 months	0.08	-0.10	0.26
Parent Management Training Oregon (PMTO)	RCT	30	Externalizing problems	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	-0.12	-0.49	0.25
Parent Management Training Oregon (PMTO)	RCT	30	Externalizing problems	TRF	Teacher	Scale	6 month follow-up	4-6 months	-0.04	-0.53	0.45
Parent Management Training Oregon (PMTO)	RCT	30	Externalizing problems	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	-0.33	-0.66	0.00
Parent Management Training Oregon (PMTO)	RCT	30	Externalizing problems	CBCL	Parent/carer	Scale	6 month follow-up	4-6 months	<i>Moderation analysis only</i>		
Parent Management Training Oregon (PMTO)	RCT	30	Externalizing problems	TRF	Teacher	Scale	6 month follow-up	4-6 months	<i>Moderation analysis only</i>		
Parent-child Interaction Therapy (PCIT) - Brief	RCT	8	Externalising problems	CBCL	Parent/carer	Scale	14 week follow up	4-6 months	-0.25	-0.79	0.29
Parent-child Interaction Therapy	RCT	8	Externalising problems	CBCL	Parent/carer	Scale	8 week follow up	0-3 months	-0.49	-1.00	0.03

(PCIT) - Brief											
Parent-child Interaction Therapy (PCIT) - Extended	RCT	8	Externalising problems	CBCL	Parent/carer	Scale	8 week follow up	0-3 months	-0.22	-0.84	0.41
Parent-child Interaction Therapy (PCIT) - Extended	RCT	8	Externalising problems	CBCL	Parent/carer	Scale	14 week follow up	4-6 months	-0.57	-1.24	0.10
Promoting First Relationships (PFR)	RCT	10	Externalizing behaviour	CBCL	Parent/carer	Scale	Six month follow up	4-6 months	0.54	-0.08	1.15
Supporting Looked After Children and Care Leavers In Decreasing Drugs (SOLID)	RCT	12	Conduct problems	SDQ	Child/young person	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Supporting Looked After Children and Care Leavers In Decreasing Drugs (SOLID)	RCT	12	Hyperactivity	SDQ	Child/young person	Scale	12 month follow-up	7-12 months	<i>Insufficient data to calculate effect size</i>		
Teach Your Children Well	RCT	30	Externalizing behavior	CBCL	Parent/carer	Scale	9 month follow up	7-12 months	-0.13	-0.62	0.36
Triple P for Foster Parents	RCT	5	Externalizing - intensity scale	ECBI	Parent/carer	Scale	12 month follow-up (m = 13 months)	13-18 months	0.33	-0.12	0.79
Triple P for Foster Parents	RCT	5	Externalizing - intensity scale	ECBI	Parent/carer	Scale	6 month follow-up (m = 7 months)	7-12 months	0.10	-0.36	0.55
Trauma-focused	RCT	13	Externalizing	CBCL	Parent/carer	Scale	Post-test	0-3 months	<i>Insufficient data to</i>		

Cognitive Behavioral Therapy (TF-CBT) plus Evidence-Based Engagement Strategies			problems						<i>calculate effect size</i>
Trauma-focused Cognitive Behavioral Therapy (TF-CBT) plus Evidence-Based Engagement Strategies	RCT	13	Externalizing problems	CBCL	Parent/carer	Scale	3 month follow up	4-6 months	<i>Insufficient data to calculate effect size</i>

5. Depression and Anxiety

Intervention	Study design	Intervention length (weeks)	Outcome assessed	Tool	Informant	Data type	Follow-up	Follow-up (category)	Effect size	95% CI (low)	95% CI (high)
Adolescent HealthRHYTHMS Drumming Protocol - experimental	RCT	6	Depression	RADS2	Child/young person	Scale	6 week follow up	0-3 months	-0.57	-1.24	0.11
Adolescent HealthRHYTHMS Drumming Protocol - extended	RCT	6	Depression	RADS2	Child/young person	Scale	6 week follow up	0-3 months	-0.65	-1.33	0.03
Child Adult Relationship Enhancement (CARE)	RCT	4	Anxiety	TSCYC	Parent/carer	Scale	1 monh follow up	0-3 months	-1.00	-2.27	0.26
Child Adult Relationship Enhancement (CARE)	RCT	4	Depression	TSCYC	Parent/carer	Scale	1 monh follow up	0-3 months	-1.03	-2.29	0.24
Child Adult Relationship Enhancement (CARE)	RCT	4	Depression	TSCYC	Parent/carer	Scale	3 month follow up	4-6 months	-1.27	-2.71	0.17
Child Adult Relationship Enhancement (CARE)	RCT	4	Anxiety	TSCYC	Parent/carer	Scale	3 month follow up	4-6 months	-1.59	-3.04	-0.14
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Physiological (anxiety)	RCMAS	Child/young person	Scale	Post intervention	0-3 months	0.10	-0.45	0.64

Cognitive and Affective Bibliotherapy - Affective	RCT	8	Physiological (anxiety)	RCMAS	Child/young person	Scale	Follow-up	4-6 months	0.03	-0.51	0.58
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Worry (anxiety)	RCMAS	Child/young person	Scale	Post intervention	0-3 months	0.00	-0.55	0.54
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Anxiety total	RCMAS	Child/young person	Scale	Post intervention	0-3 months	0.00	-0.55	0.54
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Social (anxiety)	RCMAS	Child/young person	Scale	Follow-up	4-6 months	-0.10	-0.64	0.44
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Social (anxiety)	RCMAS	Child/young person	Scale	Post intervention	0-3 months	-0.13	-0.67	0.42
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Anxiety total	RCMAS	Child/young person	Scale	Follow-up	4-6 months	-0.20	-0.74	0.35
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Worry (anxiety)	RCMAS	Child/young person	Scale	Follow-up	4-6 months	-0.40	-0.95	0.15
Cognitive and Affective Bibliotherapy - Affective	RCT	8	Anxiety/depression	TRF	Clinician	Scale	Follow-up	4-6 months	-0.73	-1.29	-0.17
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Social (anxiety)	RCMAS	Child/young person	Scale	Post intervention	0-3 months	-0.03	-0.56	0.51
Cognitive and	RCT	8	Social (anxiety)	RCMAS	Child/young	Scale	Follow-up	4-6 months	-0.06	-0.60	0.48

Affective Bibliotherapy - Cognitive					person						
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Anxiety/depression	TRF	Clinician	Scale	Follow-up	4-6 months	-0.07	-0.61	0.47
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Worry (anxiety)	RCMAS	Child/young person	Scale	Post intervention	0-3 months	-0.11	-0.65	0.42
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Anxiety total	RCMAS	Child/young person	Scale	Post intervention	0-3 months	-0.25	-0.79	0.29
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Anxiety total	RCMAS	Child/young person	Scale	Follow-up	4-6 months	-0.46	-1.01	0.08
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Physiological (anxiety)	RCMAS	Child/young person	Scale	Post intervention	0-3 months	-0.51	-1.06	0.04
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Physiological (anxiety)	RCMAS	Child/young person	Scale	Follow-up	4-6 months	-0.52	-1.06	0.03
Cognitive and Affective Bibliotherapy - Cognitive	RCT	8	Worry (anxiety)	RCMAS	Child/young person	Scale	Follow-up	4-6 months	-0.53	-1.07	0.02
Cognitively-Based Compassion Training (CBCT)	RCT	6	Depressive symptoms (DSM IV)	QIDS-SR	Unclear	Scale	Post intervention	0-3 months	0.01	-0.46	0.47
Cognitively-Based Compassion Training	RCT	6	Trait anxiety	STAIT/STAI S	Unclear	Scale	Post intervention	0-3 months	-0.38	-0.85	0.09

(CBCT)											
Dojo: Biofeedback videogame	RCT	8	Anxiety	SCAS	Parent/carer	Scale	Follow-up	4-6 months	0.02	-0.74	0.78
Dojo: Biofeedback videogame	RCT	8	Anxiety	SCAS	Child/young person	Scale	Follow-up	4-6 months	-0.12	-0.78	0.53
Dojo: Biofeedback videogame	RCT	8	Anxiety	SCAS	Child/young person	Scale	Post intervention	0-3 months	-0.14	-0.79	0.52
Dojo: Biofeedback videogame	RCT	8	Anxiety	SCAS	Parent/carer	Scale	Post intervention	0-3 months	-0.63	-1.30	0.04
Fostering Individualised Assistance Program (FIAP)	RCT	72	Anxious / depressed	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	0.18	-0.20	0.56
Fostering Individualised Assistance Program (FIAP)	RCT	72	Withdrawn	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.16	-0.54	0.22
Fostering Individualised Assistance Program (FIAP)	RCT	72	Anxious / depressed	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.17	-0.55	0.22
Keeping foster and kinship carers supported (KEEP)	RCT	16	Anxiety / depression	CBCL	Parent/carer	Scale	Post-test	4-6 months	-0.15	-0.37	0.08
Keeping foster and kinship carers supported (KEEP)	RCT	16	Withdrawn / depressed	CBCL	Parent/carer	Scale	Post-test	4-6 months	-0.17	-0.39	0.05
Keeping foster and	RCT	16	Anxiety /	CBCL	Parent/carer	Categori	Post-test	4-6 months	-0.19	-0.48	0.11

kinship carers supported (KEEP)			depression - above borderline cutoff			cal					
Keeping foster and kinship carers supported (KEEP)	RCT	16	Withdrawn / depressed - above borderline cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.35	-0.61	-0.10
Keeping foster and kinship carers supported (KEEP)	RCT	16	Withdrawn / depressed - above clinical cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.43	-0.95	0.09
Keeping foster and kinship carers supported (KEEP)	RCT	16	Anxiety / depression - above clinical cutoff	CBCL	Parent/carer	Categorical	Post-test	4-6 months	-0.41	-1.14	0.32
Mentoring intervention for teenage pregnancy	RCT	52	Anxiety / depression	GHQ	Child/young person	Categorical	1 year	7-12 months	<i>Insufficient data to calculate effect size</i>		
Mindfulness	RCT	10	State anxiety	STAIT/STAI S	Child/young person	Scale	Post intervention	0-3 months	-0.22	-0.83	0.39
Mindfulness	RCT	10	Trait anxiety	STAIT/STAI S	Child/young person	Scale	Post intervention	0-3 months	-0.27	-0.88	0.34
Take Charge	RCT	20	Anxiety / depression	YSR	Child/young person	Scale	18 month follow-up	13-18 months	-0.09	-0.44	0.27
Take Charge	RCT	20	Anxiety / depression	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.36	-0.71	0.00

Take Charge	RCT	20	Withdrawn / depressed	CBCL	Parent/carer	Scale	18 month follow-up	13-18 months	-0.37	-0.73	-0.01
Take Charge	RCT	20	Withdrawn / depressed	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	-0.41	-0.77	-0.05
Take Charge	RCT	20	Anxiety / depression	YSR	Child/young person	Scale	12 month follow up	7-12 months	-0.44	-0.79	-0.08
Take Charge	RCT	20	Anxiety / depression	CBCL	Parent/carer	Scale	12 month follow up	7-12 months	-0.65	-1.02	-0.29
Triple P for Foster Parents	RCT	5	Anxiety symptoms	PAS	Parent/carer	Scale	6 month follow-up (m = 7 months)	7-12 months	-0.20	-0.68	0.27
Triple P for Foster Parents	RCT	5	Anxiety symptoms	PAS	Parent/carer	Scale	12 month follow-up (m = 13 months)	13-18 months	-0.37	-0.84	0.10
Wave by Wave Surf Therapy	RCT	21	Anxiety	RCDAS	Child/young person	Scale	Post-test	4-6 months	-0.05	-0.56	0.46
Wave by Wave Surf Therapy	RCT	21	Depression	RCDAS	Child/young person	Scale	Post-test	4-6 months	-0.07	-0.57	0.44