| Author, Year and Quality | Outcome | Timepoint (months) | Group | Baseline | Results at Followup | Between Group Difference |
| --- | --- | --- | --- | --- | --- | --- |
| **CBT or Related Interventions** |
| McGregor, 2013147Fair | STAI-State score, mean (SD) | 4 | IG | 45.38 (9.31) | 37.62 (11.08) | NR |
| CG | 45.29 (11.52) | 42.0 (12.62) |
| 6 | IG | 45.38 (9.31) | 31.62 (11.38) | NR |
| CG | 45.29 (11.52) | 35.52 (10.43) |
| Milgrom, 2011b149Fair | DASS 21 SF Anxiety Scale, mean | 2 | IG2 | 7.9 | 4.1 | NSD |
| IG3 | 9.5 | 3.0 |
| CG | 8.0 | 4.0 |
| Ammerman, 2013131Fair | Global Assessment of Functioning Scale, mean (SD) | 4.75 | IG | 55.51 (6.29) | 72.22 (13.88) | Mean Difference 8.99 (2.85), p<0.01 |
| CG | 56.11 (6.44) | 63.23 (12.18) |
| 7.75 | IG | 55.51 (6.29) | 73.41 (13.48) | Mean Difference 8.02 (3.02), p<0.05 |
| CG | 56.11 (6.44) | 65.39 (12.39) |
| Brief Symptom Inventory-Global Severity, mean (SD) | 4.75 | IG | 74.3 (5.2) | 60.8 (12.2) | T-test: 3.47, p<0.001 |
| CG | 74.4 (5.7) | 69.4 (10.0) |
| 7.75 | IG | 74.3 (5.2) | 57.6 (16.5) | T-test: 3.22, p<0.001 |
| CG | 74.4 (5.7) | 67.8 (10.7) |
| Interpersonal Support Evaluation List total score, mean (SD) | 4.75 | IG | 55.8 (21.4) | 75.8 (22.9) | T-test: 1.75, p=0.084 |
| CG | 60.4 (21.8) | 66.5 (25.5) |
| 7.75 | IG | 55.8 (21.4) | 83.6 (21.4) | T-test: 2.84, p<0.01 |
| CG | 60.4 (21.8) | 68.1 (26.4) |
| ASQ-SE, mean (SD) | 4.75 | IG | 0.06 (0.57) | -0.08 (0.56) | Cohen’s d: 0.13, p=NS\* |
| CG | 0.20 (0.64) | -0.01 (0.53) |
| 7.75 | IG | 0.06 (0.57) | 0.01 (0.71) | Cohen’s d: -0.09, p=NS \* |
| CG | 0.20 (0.64) | -0.04 (0.42) |
| HOME total score, mean (SD) | 4.75 | IG | 31.36 (5.75) | 34.58 (5.73) | Cohen’s d: -0.44, p=0.053 \* |
| CG | 31.32 (6.41) | 31.88 (6.61) |
| 7.75 | IG | 31.36 (5.75) | 34.45 (5.88) | Cohen’s d: -0.16, p=NS \* |
| CG | 31.32 (6.41) | 33.59 (4.87) |
| PSI-SF, mean (SD) | 4.75 | IG | 83.49 (18.93) | 73.34 (23.65) | Cohen’s d: 0.29, p=NS \* |
| CG | 87.31 (20.07) | 79.56 (18.47) |
| 7.75 | IG | 83.49 (18.93) | 64.58 (31.00) | Cohen’s d: 0.39, p=NS \* |
| CG | 87.31 (20.07) | 75.92 (27.27) |
| **Other Behaviorally-based Interventions** |
| Segre, 2014156Fair | WSAS, clinically significant improvement, n (%) | 2 | IG | NR | 19 (49) | NR |
| CG | NR | 8 (38) |
| WSAS, mean (SD) | 2 | IG | 23.44 (9.03) | 15.56 (10.95) | Cohen's d 0.13 (95% CI, -0.4 to 0.6), p=0.625 |
| CG | 20.19 (11.17) | 13.67 (10.98) |
| Q-LES-Q, clinically significant improvement, n (%) | 2 | IG | NR | 22 (56) | NR |
| CG | NR | 3 (14) |
| Q-LES-Q, mean (SD) | 2 | IG | 33.46 (8.38) | 42.49 (11.57) | Cohen's d 0.60 (95% CI, 0.2 to 1.03), p=0.015 |
| CG | 38.62 (10.77) | 41.52 (10.48) |
| Goodman, 2014157Fair | CIB-dyadic reciprocity, mean (SD) | 3 | IG | NA (NA) | 3.46 (0.68) | NR |
| CG | NA (NA) | 3.60 (0.83) |
| 6 | IG | NA (NA) | 3.72 (0.97) | Coefficient -0.09 (95% CI, -0.51 to 0.34), p=0.70 |
| CG | NA (NA) | 3.73 (0.91) |
| CIB-infant involvement, mean (SD) | 3 | IG | NA (NA) | 3.20 (0.69) | NR |
| CG | NA (NA) | 3.34 (0.78) |
| 6 | IG | NA (NA) | 3.79 (0.52) | Coefficient 0.01 (95% CI, -0.29 to 0.31), p=0.95 |
| CG | NA (NA) | 3.66 (0.48) |
| CIB-maternal sensitivity, mean (SD) | 3 | IG | NA (NA) | 3.69 (0.59) | NR |
| CG | NA (NA) | 3.95 (0.55) |
| 6 | IG | NA (NA) | 3.73 (0.84) | Coefficient -0.21 (95% CI, -0.56 to 0.15), p=0.25 |
| CG | NA (NA) | 3.88 (0.66) |
| PSI-SF, mean (SD) | 3 | IG | NA (NA) | 73.67 (18.61) | NR |
| CG | NA (NA) | 64.30 (15.35) |
| 6 | IG | NA (NA) | 69.43 (15.46) | Coefficient 7.51 (95% CI, -1.45 to 16.47), p=0.10 |
| CG | NA (NA) | 63.81 (13.44) |
| MRSI, mean (SD) | 3 | IG | 3.52 (0.56) | 4.05 (0.34) | NR, NSD |
| CG | 3.79 (0.36) | 4.16 (0.34) |
| 6 | IG | 3.52 (0.56) | 4.17 (0.36) | Coefficient -0.17 (95% CI, -0.37 to 0.35), p=0.11 |
| CG | 3.79 (0.36) | 4.26 (0.36) |
| STAI state anxiety, mean (SD) | 3 | IG | 43.62 (9.47) | 35.29 (9.03) | NR, NSD |
| CG | 36.00 (10.39) | 31.40 (9.65) |
| 6 | IG | 43.62 (9.47) | 33.43 (7.49) | Coefficient 5.05 (95% CI, 0.50 to 9.60), p=0.03 |
| CG | 36.00 (10.39) | 29.76 (8.24) |
| Any anxiety disorder diagnosis, n (%) | 3 | IG | 9 (42.9) | 5 (23.8) | NR |
| CG | 7 (33.3) | 3 (14.3) |
| 6 | IG | 9 (42.9) | 2 (9.5) | OR 1.97 (95% CI, 0.62 to 5.13), p=0.34 |
| CG | 7 (33.3) | 0 (0) |
| **Stepped Care** |
| Gjerdingen, 2009136Fair | Hours of missed work over past week, mean (SD) | 9 | IG | NR | 4.0 (5.7) | NR, p=0.296 |
| CG | NR | 1.5 (2.1) |
| Impact of health problems on work productivity, mean (SD) | 9 | IG | NR | 1.0 (1.4) | NR, p=0.604 |
| CG | NR | 2.0 (2.4) |
| Impact of problems on regular activities, mean (SD) | 9 | IG | NR | 3.9 (3.1) | NR, p=0.562 |
| CG | NR | 2.4 (2.8) |
| SF-36 general health, mean (SD) | 9 | IG | 2.9 (0.9) | 2.8 (1.0) | NR, p=0.851 |
| CG | 3.2 (0.8) | 2.8 (0.6) |
| SF-36 mental health, mean (SD) | 9 | IG | 18.1 (6.3) | 18.8 (5.9) | NR, p=0.356 |
| CG | 18.0 (5.8) | 20.7 (5.4) |

\*Adjusted using a false discovery rate.

**Abbreviations:** ASQ-SE = Ages and Stages Questionaire: Social Emotional; CG = control group; DASS = Depression Anxiety Stress Scales; HOME = Home Observation for Measurement of the Environment; IG = intervention group; NR = not reported; NSD = no significant difference; PSI-SF = Parenting Stress Index Short Form; Q-LES-Q = Quality of Life, Enjoyment and Satisfaction Questionnaire; SD = standard deviation; SF = Short Form; STAI = State-Trait Anxiety Inventory; WSAS = Work and Social Life Adjustment Scale.