**Supplementary Table 1: Overview of earlier conducted reviews**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***First author*** | ***Year published*** | ***N° incl.***  ***studies*** | ***Care recipient*** | ***Included psychosocial interventions/used names for (sub)groups to classify them*** | ***Outcomes of interest (\*)*** | ***Impact CG (\*\*)*** | ***Impact CR (\*\*\*)*** | ***Allowed research designs (§)*** |
| **Cooke [4]** | 2001 | 40 | Dementia | General education, general discussion, support groups, social skills training, social support, social activities, cognitive problem solving, cognitive therapy, cognitive skills, practical CG skills, record keeping, relaxation, behavioral therapy, psychotherapy, counseling, respite, and miscellaneous interventions | multiple | x |  | Controlled & uncontrolled |
| **Acton [49]** | 2001 | 24 | Dementia | Support group, education, psychoeducation, counseling, respite care, and multicomponent interventions | burden | x |  | Controlled |
| **Yin [43]** | 2002 | 26 | Frail elderly | Group and individual interventions on decreasing burden of CGs | burden | x |  | Controlled |
| **Schulz [32]** | 2002 | 43 | Dementia | Interventions structured based on clinical outcomes | multiple | x | x | Controlled & uncontrolled |
| **Sorensen [31]** | 2002 | 78 | Older adults, Elderly, Dementia | Psychoeducational interventions, supportive interventions, respite/adult day care, psychotherapy, interventions to promote CG competency, multicomponent interventions, and miscellaneous interventions | multiple | x | x | Controlled |
| **Brodaty [36]** | 2003 | 30 | Dementia | Classification based on investigated outcomes | multiple | x | x | Controlled |
| **Jeon [39]** | 2005 | 704 | Severe mental illness including dementia | Respite care | multiple | x | x | Controlled & uncontrolled |
| **Pinquart [12]** | 2006 | 127 | Dementia | Psychoeducational interventions, cognitive behavioral therapy, counseling/case management, general support, respite, training of the CR, multicomponent, and miscellaneous interventions | multiple | x | x | Controlled & uncontrolled |
| **Thompson [11]** | 2007 | 44 | Dementia | Information and support interventions | multiple | x |  | Controlled: only RCTs |
| **Selwood [45]** | 2007 | 62 | Dementia | Psychological interventions targeted at both PWD and CG: educational interventions, dementia specific interventions targeted at patient, group coping and individual coping, and behavioral therapy (group and individual) | multiple | x | x | Controlled & uncontrolled |
| **Cooper [40]** | 2007 | 24 | Dementia | Cognitive behavioral [therapy](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0022340), behavioral management techniques, information technology support, [exercise](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0022363) therapy, additional professional support, respite care, relaxation and [yoga](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0022367), group [psychotherapy](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0022341), full-time care for the caregiver, and current statutory UK service provision | anxiety | x |  | Controlled & uncontrolled |
| **Smits [99]** | 2007 | 25 | Dementia | Combined interventions targeting both CG and PWD | multiple | x | x | Controlled & uncontrolled |
| **Mason [50]** | 2007 | 22 | Frail elderly | Respite care | multiple | x | x | Controlled & uncontrolled |
| **Spijker [42]** | 2008 | 13 | Dementia | Psychosocial interventions aimed to delay hospitalization | delay of hospitalization |  | x | Controlled |
| **Olazaran [33]** | 2010 | 179 | Alzheimer’s disease and related disorders | Education, support, case management, respite, and multicomponent interventions | multiple | x | x | Controlled: only RCTs |
| **Vernooij-Dassen [13]** | 2011 | 11 | Dementia | Cognitive reframing | multiple | x | x | Controlled: only RCTs |
| **Thinnes [6]** | 2011 | 43 |  | Occupational therapy, direct interventions with CG, joint interventions with CG and CR, family interventions, combination of strategies, interventions in the home, technology-mediated interventions, and respite care | multiple | x |  | Controlled & uncontrolled |
| **Van Mierlo [1]** | 2012 | 26 | Dementia | Psychosocial interventions in subgroups of caregivers | multiple | x |  | Controlled & uncontrolled |
| **Cooper [41]** | 2012 | 20 | Dementia | Interventions for PWD living at home and interventions for PWD living in care homes | quality of life |  | x | Controlled: only RCTs |
| **Hall [16]** | 2012 | 17 | Dementia | Occupational therapy | multiple | x |  | Controlled & uncontrolled |
| **Lopez-Hartmann [30]** | 2012 | 14 | Frail elderly | Psychosocial interventions, respite, information and communication technology | multiple | x |  | Controlled & uncontrolled |
| **Van’t Leven [5]** | 2013 | 23 | Dementia | Dyadic interventions structured based on clinical outcomes | multiple | x | x | Controlled: only RCTs |
| **Boots [2]** | 2014 | 12 | Dementia | Internet based supportive interventions | multiple | x |  | Controlled & uncontrolled |
| **McKechnie [44]** | 2014 | 14 | Dementia | Computer-mediated interventions | multiple | x |  | Controlled & uncontrolled |
| **Maayan [37]** | 2014 | 4 | Dementia | Respite care | multiple | x | x | Controlled: only RCTs |
| **Martin-Carrasco [14]** | 2014 | 35 | Dementia | Nonprofessional support or support groups, counseling, and psychoeducation | burden, depression, anxiety | x |  | Controlled: only RCTs |
| **Jensen [3]** | 2015 | 5 | Dementia | Educational interventions | burden, quality of life, depression, transition to long stay care | x |  | Controlled: only RCTs |
| **Nehen [29]** | 2015 | 19 | Dementia | Psychosocial education and support for CG, respite care, and therapeutic interventions forPWD | multiple | x | x | Controlled & uncontrolled |

CR, care-recipient; CG,caregiver; NP, non-pharmacological; PWD,people with dementia; RCT, randomized controlled trial.

*(\*) Outcomes of interest:*if reviews included a great variety of outcomes related to well-being this is defined as ‘multiple’ in the table. If reviews exclusively focused on one or a very limited amount of outcomes this outcome/these outcomes are specified in the column.

*(\*\*) Impact on CG:*whether the review investigated effectiveness of different interventions on caregiver outcomes.

*(\*\*\*) Impact on CR****:*** whether the review investigated effectiveness of differentinterventions on care-recipient outcomes.

*(§) Allowed research designs:*

* + - *Controlled:* all types of research designs containing a control group,e.g., RCT, pre-post design with control group.
    - *Uncontrolled*: all types of research designs not including a control group to compare against the intervention group, such as: pre-post design, qualitative studies, longitudinal studies.

**Supplementary Table 2:** Detailed results of the performed quality appraisal

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***First author*** | ***Q1*** | ***Q2*** | ***Q3*** | ***Q4*** | ***Q5*** | ***Q6*** | ***Q7*** | ***Q9*** | ***Q10*** | ***Q11*** | ***Q12*** | ***Q15*** | ***Q16*** | ***Q17*** | ***Q18*** | ***Q20*** | ***Q21*** | ***Q22*** | ***Q23*** | ***Q24*** | ***Q25*** | ***Q26*** | ***Q27*** | ***Total Score*** |
| ***Menn [82]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | x | x | - | x | - | - | **16 (M)** |
| ***Livingston [24]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | - | x | x | x | x | x | x | **19 (H)** |
| ***Mittelman [25]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | - | x | x | - | x | - | **15 (M)** |
| ***Kurz [26]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | - | x | - | x | - | x | **15 (M)** |
| ***Phung [28]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | - | - | x | x | x | x | - | **17 (M)** |
| ***Gitlin [22]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | - | - | - | x | x | x | - | - | **15 (M)** |
| ***Hepburn [72]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | - | x | x | x | x | - | - | **17 (M)** |
| ***Ducharme [65]*** | x | x | x | x | x | x | x | - | - | - | - | x | x | x | x | x | x | - | x | x | x | - | - | **16 (M)** |
| ***Connell [61]*** | x | x | x | x | x | x | x | x | - | - | - | - | x | x | x | - | x | - | - | x | x | - | - | **14 (M)** |
| ***Andrén [68]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | - | - | - | - | - | - | **13 (L)** |
| ***Andrén [69]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | - | - | - | x | - | - | **14 (M)** |
| ***Drentea [78]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | - | x | - | x | - | - | **15 (M)** |
| ***De Rotrou [74]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | x | x | x | x | x | x | **19 (H)** |
| ***Vickrey [55]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | - | x | x | x | x | x | x | **19 (H)** |
| ***Berger [70]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | x | - | - | - | - | - | **14 (M)** |
| ***Gavrilova [23]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | x | x | x | x | x | x | x | **20 (H)** |
| ***Dahlrup [71]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | - | - | - | - | - | - | **13 (L)** |
| ***Livingston [67]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | - | x | x | x | x | x | x | **19 (H)** |
| ***Charlesworth [56]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | x | x | x | x | x | x | x | **20 (H)** |
| ***Tremont [60]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | - | - | x | - | x | - | - | **15 (M)** |
| ***Eloniemi-Sulkava [85]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | x | x | x | x | x | x | **18 (M)** |
| ***Graff [51]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | x | x | x | x | x | x | x | **20 (H)** |
| ***Femia [87]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | - | - | - | - | x | - | - | **14 (M)** |
| ***Woods [95]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | - | - | x | x | x | x | x | **18 (M)** |
| ***Passoni [98]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | x | x | - | - | x | - | - | **16 (M)** |
| ***Winter [58]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | - | x | x | x | - | - | **15 (M)** |
| ***Ulstein [73]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | x | x | x | x | x | x | x | **20 (H)** |
| ***First author*** | ***Q1*** | ***Q2*** | ***Q3*** | ***Q4*** | ***Q5*** | ***Q6*** | ***Q7*** | ***Q9*** | ***Q10*** | ***Q11*** | ***Q12*** | ***Q15*** | ***Q16*** | ***Q17*** | ***Q18*** | ***Q20*** | ***Q21*** | ***Q22*** | ***Q23*** | ***Q24*** | ***Q25*** | ***Q26*** | ***Q27*** | ***Total Score*** |
| ***Steffen [76]*** | x | x | x | x | x | x | x | x | - | - | - | - | x | x | x | x | - | - | x | - | x | - | - | **14 (M)** |
| ***Teri [63]*** | x | x | x | x | x | x | x | x | x | - | - | x | x | x | x | x | - | x | x | x | x | x | x | **20 (H)** |
| ***Graff [89]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | x | x | x | x | x | x | - | **19 (H)** |
| ***Ducharme [66]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | x | - | x | - | x | - | x | **17 (M)** |
| ***Martin-Carrasco [75]*** | x | x | x | x | x | x | x | x | x | - | - | x | x | x | x | x | - | x | x | x | x | x | x | **20 (H)** |
| ***Rodriguez-Sanchez [97]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | - | x | x | - | x | x | x | x | x | - | **16 (M)** |
| ***Nobili [94]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | x | x | x | x | - | - | - | **17 (M)** |
| ***Nichols [84]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | - | x | - | x | - | - | **14 (M)** |
| ***Mahoney [77]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | - | x | x | x | x | - | - | **17 (M)** |
| ***Losada [96]*** | x | x | x | x | x | x | x | x | x | - | - | x | x | x | x | x | - | - | x | x | x | - | - | **17 (M)** |
| ***Liddle [62]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | - | x | x | - | - | x | - | - | - | - | **12 (L)** |
| ***Joling [59]*** | x | x | x | x | x | x | x | x | x | x | - | x | x | x | x | x | - | x | x | x | x | x | x | **21 (H)** |
| ***Gitlin [92]*** | x | x | x | x | x | x | x | - | x | - | - | x | x | x | x | x | - | x | x | x | x | - | - | **17 (M)** |
| ***Melis [57]*** | x | x | x | x | x | x | x | - | - | - | - | - | x | x | x | x | x | - | x | - | x | x | - | **15 (M)** |
| ***Gitlin [91]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | - | - | x | x | x | - | - | **16 (M)** |
| ***Gitlin [90]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | - | x | x | x | x | x | - | **18 (M)** |
| ***Mittelman [79]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | - | x | - | x | - | - | **14 (M)** |
| ***Mittelman [80]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | - | x | x | x | x | - | **16 (M)** |
| ***Mittelman [81]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | - | - | x | x | x | - | - | **15 (M)** |
| ***Hepburn [83]*** | x | x | - | x | x | x | x | x | x | - | - | x | x | x | - | - | - | - | x | x | x | - | - | **14 (M)** |
| ***Baumgarten [86]*** | x | x | x | x | x | x | x | - | - | - | - | - | x | x | x | x | x | - | x | - | x | x | - | **15 (M)** |
| ***Mossello [88]*** | x | x | x | x | x | x | x | - | x | - | - | - | x | x | x | x | x | x | - | - | x | - | x | **16 (M** |
| ***Zank [9]*** | x | x | x | x | - | x | x | x | - | - | - | - | x | x | x | x | - | x | - | - | - | - | - | **12 (L)** |
| ***Grant [7]*** | x | x | x | x | - | x | x | - | x | - | - | - | x | x | x | x | - | x | x | - | - | - | - | **13 (L)** |
| ***Martin-Carrasco [64]*** | x | x | x | x | x | x | x | x | x | - | - | x | x | x | x | x | - | x | x | x | x | x | x | **20 (H)** |
| ***Gitlin [93]*** | x | x | x | x | x | x | x | x | x | - | - | - | x | x | x | x | x | x | x | x | x | x | - | **19 (H)** |