

### Additional file 7. Evidence for self-management support interventions reported by the included reviews on outcome

			Outcomes														
Review	Intervention as described by the authors	Burden	Depression	Wellbeing	Ability/knowledge	Coping skills	Self-efficacy	Decision Making confidence	Anxiety	Stress or distress	RMBPC <sup>1</sup>	Quality of life	Social outcomes	Mood	Health	Sense of competence	
Relationship with family	Mantovan et al. (2010)	- Case and care management	+ (1)														
	Parker et al. (2008)	- Support interventions	+ (2)*/ 0 (5)														
	Peacock & Forbes (2003)	- Case-management interventions		0 (1)													
		- Psychotherapy															
Pinquart & Sorensen (2006)	- Counseling/case management*	+ (4)	0 (3)	0 (3)	0 (3)												
Psychological wellbeing	Chien et al. (2011)	- Caregiver support group interventions*	0 (24 ES)	+ (17 ES)	+ (19 ES)									+ (13)			
	Mantovan et al. (2010)	- Psychotherapeutic interventions	+ (2)/ 0 (1)	+ (3)						0 (2)							
		- Support interventions	0 (1)	+ (1)/ 0 (1)						0 (1)							
	Pinquart & Sorensen (2006)	- Cognitive behavioral therapy*	+ (9)	+ (11)	0 (1)	0 (3)											
		- Support*	0 (4)	0 (2)	+ (1)	0 (3)											
Vernooij-Dassen et al. (2011)	- Cognitive reframing interventions*	0 (4)	+ (6)				0 (4)	0 (4)		+ (4)	+ (4)	0 (3)					
Techniques to cope with memory change	Mantovan et al. (2010)	- Trainingsprogram	+ (1)/ 0 (1)	0 (1)	0 (1)	0 (1)	+ (1)								+ (1)	+ (1)	
	Pinquart & Sorensen (2006)	- Training of care recipient*	0 (6)	0 (4)	0 (3)	0 (2)											
Information	Boots et al. (2013)	- Internet-based supportive interventions	+ (2)/ 0 (2)	+ (2)/ - (1)	- (1)		0 (1)	+ (4)	+ (1)	- (1)	+ (1)		0 (1)/ - (1)		0 (1)	+ (1)	
	Mantovan et al. (2010)	- Psychoeducation interventions	+ (3)	+ (1)/ 0 (1)	+ (1)	+ (1)	+ (1)	0 (1)								+ (1)	

	Marim et al. (2013)	- Educational programs (analysis of sensitivity)*	<b>+</b> (4)																	
	Parker et al. (2008)	- Psycho-educational interventions*	<b>0</b> (7)	<b>+</b> (4)	<b>+</b> (5)				<b>0</b> (4)										<b>0</b> (3)	
	Peacock & Forbes (2003)	- Education interventions		<b>0</b> (2)																
		- Computer-networking intervention									<b>+</b> (1)									
	Pinquart & Sorensen (2006)	- Psychoeducation*	<b>+</b> (42)	<b>+</b> (32)	<b>+</b> (13)	<b>+</b> (34)														
	Thompson et al. (2007)	- information and support interventions (technology-based interventions)*		<b>0</b> (3)																
		- information and support interventions (group-based interventions)*	<b>0</b> (3)	<b>+</b> (5)																
		- information and support interventions (individual-based interventions)*			<b>0</b> (7)				<b>0</b> (2)											
<b>Multi-component</b>	Mantovan et al. (2010)	- Multimodale interventions	<b>+</b> (1)/ <b>0</b> (1)	<b>+</b> (2)/ <b>0</b> (1)	<b>0</b> (1)	<b>0</b> (1)														
	Parker et al. (2008)	- Multi-component interventions	<b>+/0</b> (14)	<b>+/0</b> (14)	<b>0</b> (1)	<b>0</b> (1)									<b>+</b> (1)					
	Pinquart & Sorensen (2006)	- Multi-component interventions*	<b>0</b> (10)	<b>0</b> (8)	<b>0</b> (2)	<b>0</b> (2)														
		- Miscellaneous interventions*	<b>0</b> (11)	<b>0</b> (6)	<b>0</b> (1)	<b>0</b> (1)														
Van 't Leven et al. (2013)	- Dyadic interventions with multiple treatment component	<b>+(13)/0</b> (4)													<b>+</b> (7)/ <b>0</b> (3)			<b>+</b> (3)/ <b>0</b> (6)	<b>+</b> (13)/ <b>0</b> (4)	
<p><b>+</b> significant effect for the intervention on the outcome reported by the included review  <b>-</b> significant reversed effect for the intervention on the outcome reported by the included review  <b>0</b> no (significant) effect for the intervention on the outcome reported by the included review  <b>( )</b> number of underlying studies</p> <p>*combined effect of the intervention on the outcome reported by the included review  <sup>1</sup>Revised Memory and Behavior Problem Checklist</p>																				