

Additional File 1: Ovid MEDLINE Search Strategy

Ovid MEDLINE(R) 1946 to September Week 4 2012

Search Conducted 10th October 2012

- 1 caregivers/ (18,698)
- 2 (carer\$ or caregiver* or care giver\$ or care-giver\$ or caregiver-oriented or relative* or family or families or spouse\$ or husband\$ or wife or wives or partner\$ or parent\$ or mother\$ or father\$ or adult\$ or dyad\$).ti,ab. (2,306,260)
- 3 exp parents/ (65,102)
- 4 family/ (57,951)
- 5 1 or 2 or 3 or 4 (2,341,496)
- 6 (caring or caregiv\$ or care-giv\$ or looking after or long term care or caring for or living with or at home or home car\$ or family support\$ or family car\$ or families living or informal car\$).ti,ab. (112,905)
- 7 5 and 6 (60,286)
- 8 exp Counseling/ (30,688)
- 9 exp Cognitive Therapy/ (13,525)
- 10 exp Behavior Therapy/ (47,698)
- 11 exp Psychotherapy/ or exp Psychotherapy, Multiple/ or exp "Imagery (Psychotherapy)"/ or exp Psychotherapy, Group/ or exp Psychotherapy, Brief/ or exp Psychotherapy, Rational-Emotive/ (141,550)
- 12 exp Bibliotherapy/ (311)
- 13 cognitive restructuring.ti,ab. (463)
- 14 cognitive reframing.ti,ab. (51)
- 15 behavio\$ activation.ti,ab. (911)
- 16 activity scheduling.ti,ab. (14)
- 17 problem solving.ti,ab. (10,311)

- 18 (cCBT or iCBT or computer\$ or online or ehealth or e-health or telephone or teletherapy or telehealth or technology).ti,ab. (380,124)
- 19 (Selfhelp or self help or selfmanag\$ or self manage\$ or selfadminister\$ or self administer\$).ti,ab. (29,744)
- 20 (cognitive or CBT or behavio\$ or therap\$ or psychotherapy or psychodynamic or counseling or counselling or group or treatment\$ or intervention\$ or program\$ or psychoeducation or psycho education or education or training or manag\$ or support\$ or psychosocial or rehabilitation).ti,ab. (6,456,654)
- 21 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 (6,699,948)
- 22 exp Depression/ (67,563)
- 23 exp Depressive Disorder/ (74,735)
- 24 (depression or depressive or depressed or melancholi\$ or dysphori\$ or dysthymi\$ or low mood).ti,ab. (256,054)
- 25 exp Anxiety/ (49,977)
- 26 exp Anxiety Disorders/ (61,318)
- 27 (anxiety or anxious or stress or worry).ti,ab. (447,272)
- 28 22 or 23 or 24 or 25 or 26 or 27 (715,625)
- 29 7 and 21 and 28 (8,234)
- 30 exp Randomized Controlled Trial/ (338,627)
- 31 exp Clinical Trial/ (699,240)
- 32 meta-analysis/ (36,848)
- 33 "review"/ (1,742,840)
- 34 Random Allocation/ (76,053)
- 35 (randomi?ed controlled trial\$ or RCT or random allocation or randomly allocated or allocated randomly or trial or systematic review or review or meta-analysis).ti,ab. (1,043,085)
- 36 30 or 31 or 32 or 33 or 34 or 35 (2862890)
- 37 29 and 36 (2,314)