| Author, Year and Quality | Outcome | Timepoint  (months) | Group | Baseline | Results at Followup | Between Group Difference |
| --- | --- | --- | --- | --- | --- | --- |
| **CBT or Related** | | | | | | |
| McGregor, 2013147  Fair | Medication for stress, anxiety or sleep, n (%) | 6 | IG | NR | 1 (4.8) | NSD |
| CG | NR | 3 (14.3) |
| Psychiatric services, n (%) | 6 | IG | NR | 2 (9.5) | NSD |
| CG | NR | 4 (19.0) |
| **Stepped Care** | | | | | | |
| Gjerdingen, 2009136  Fair | Number of baby's clinic/urgent care visits, mean (SD) | 9 | IG | 0.1 (0.5) | 0.1 (0.3) | NR, p=0.407 |
| CG | 0 (0) | 0.6 (1.9) |
| Number of mom's clinic/urgent care visits, mean (SD) | 9 | IG | 0.3 (0.7) | 0.2 (0.8) | NR, p=0.972 |
| CG | 0.6 (2.0) | 0.2 (0.04) |
| Received antidepressants, n (%) | 9 | IG | NR | 15 (93.8) | NR, p=0.019 |
| CG | NR | 10 (55.6) |
| Received counseling, n (%) | 9 | IG | NR | 7 (43.8) | NR, p=1.00 |
| CG | NR | 5 (27.8) |
| Received treatment (antidepressants or psychotherapy), n (%) | 9 | IG | NR | 15 (93.8) | NR, p=0.019 |
| CG | NR | 10 (55.6) |

**Abbreviations:** CBT = cognitive behavioral therapy; CG = control group; IG = intervention group; NR = not reported; NSD = no significant difference; SD = standard deviation.