| Author, Year and Quality | Subgroup | Outcome | Timepoint  (months) | Group | Baseline | Results at Followup | Between Group Difference |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Leung, 2011105  Good | All participants | Chinese Kansas marital satisfaction score, mean | 4 | IG | NR | 16.94 (95% CI, 16.59 to 17.30) | NR, p=0.093 |
| CG | NR | 16.47 (95% CI, 16.03 to 16.90) |
| 16 | IG | NR | 16.35 (95% CI, 15.98 to 16.72) | NR, p=0.636 |
| CG | NR | 16.22 (95% CI, 15.81 to 16.62) |
| GHQ score, mean | 4 | IG | NR | 1.06 (95% CI, 0.83 to 1.30) | NR, p=0.084 |
| CG | NR | 1.39 (95% CI, 1.10 to 1.67) |
| 16 | IG | NR | 1.75 (95% CI, 1.39 to 2.11) | NR, p=0.727 |
| CG | NR | 1.84 (95% CI, 1.45 to 2.24) |
| PSI total score, mean | 4 | IG | NR | 80.89 (95% CI, 78.80 to 82.97) | NR, p=0.065 |
| CG | NR | 83.67 (95% CI, 81.56 to 85.77) |
| 16 | IG | NR | 87.13 (95% CI, 84.73 to 89.53) | NR, p=0.187 |
| CG | NR | 89.33 (95% CI, 87.09 to 91.57) |
| PSI-difficult child score, mean | 4 | IG | NR | 26.19 (95% CI, 25.37 to 27.01) | NR, p=0.397 |
| CG | NR | 26.68 (95% CI, 25.88 to 27.48) |
| 16 | IG | NR | 29.45 (95% CI, 28.52 to 30.37) | NR, p=0.654 |
| CG | NR | 29.74 (95% CI, 28.84 to 30.64) |
| PSI-parent/child dysfunctional score, mean | 4 | IG | NR | 24.77 (95% CI, 24.03 to 25.51) | NR, p=0.050 |
| CG | NR | 25.85 (95% CI, 25.05 to 26.65) |
| 16 | IG | NR | 26.60 (95% CI, 25.66 to 27.55) | NR, p=0.112 |
| CG | NR | 27.65 (95% CI, 26.76 to 28.54) |
| PSI-parental distress score, mean | 4 | IG | NR | 29.93 (95% CI, 29.03 to 30.84) | NR, p=0.063 |
| CG | NR | 31.14 (95% CI, 30.24 to 32.03) |
| 16 | IG | NR | 31.58 (95% CI, 30.61 to 32.54) | NR, p=0.426 |
| CG | NR | 32.11 (95% CI, 31.22 to 32.99) |
| MacArthur, 2002106  Fair | All participants | SF-36, mental component score | 3 | IG | NR | 50.50 | Mean Difference 4.31 (95% CI, 2.50 to 6.12), p=NR\* |
| CG | NR | 47.54 |
| SF-36, physical component score | 3 | IG | NR | 46.68 | Mean Difference -0.80 (95% CI, -2.32 to 0.72), p=NR\* |
| CG | NR | 47.84 |
| Morrell, 2009a100  Fair | All participants | CORE-OM functioning, mean (SD) | 5 | IG1 | NR | 0.5 (0.6) | Mean Difference -0.1 (95% CI, -0.1 to -0.0), p=0.001† |
| CG | NR | 0.6 (0.7) |
| CORE-OM total score, mean (SD) | 5 | IG1 | 0.51 (0.49) | 0.5 (0.5) | Mean Difference -0.1 (95% CI, -0.1 to -0.0), p=0.000† |
| CG | 0.55 (0.51) | 0.5 (0.5) |
| PSI total stress, mean | 5 | IG1 | NR | 157.9 (15.3) | Mean Difference 2.3 (95% CI, 0.6 to 3.9), p=0.007† |
| CG | NR | 155.9 (16.9) |
| SF-12, mental component summary, mean (SD) | 5 | IG1 | 42.9 (9.3) | 48.9 (9.5) | Mean Difference 1.4 (95% CI, 0.5 to 2.3), p=0.003† |
| CG | 42.7 (9.5) | 47.6 (10.5) |
| SF-12, physical component summary, mean (SD) | 5 | IG1 | 51.4 (8.0) | 54.7 (6.1) | Mean Difference 0.0 (95% CI, -0.4 to 0.5), p=0.871† |
| CG | 50.5 (8.7) | 54.5 (6.8) |
| State anxiety (STAI), mean (SD) | 5 | IG1 | NR | 33.2 (10.9) | Mean Difference -1.3 (95% CI, -2.5 to -0.1), p=0.033† |
| CG | NR | 34.3 (11.7) |
| Trait anxiety (STAI), mean (SD) | 5 | IG1 | NR | 33.1 (9.6) | Mean Difference -1.1 (95% CI, -2.1 to -0.1), p=0.032† |
| CG | NR | 34.1 (10.3) |
| Depressed women at baseline (EPDS ≥ 12 at 6 weeks postpartum) | CORE-OM functioning, mean (SD) | 5 | IG1 | NR | 1.0 (0.8) | Mean Difference -0.3 (95% CI, -0.4 to -0.1), p=0.001† |
| CG | NR | 1.2 (0.8) |
| CORE-OM total score, mean (SD) | 5 | IG1 | 1.35 (0.49) | 0.8 (0.6) | Mean Difference -0.2 (95% CI, -0.4 to -0.1), p=0.001† |
| CG | 1.40 (0.50) | 1.1 (0.7) |
| PSI total stress, mean | 5 | IG1 | NR | 148.9 (17.0) | Mean Difference 9.3 (95% CI, 5.2 to 13.4), p=0.001† |
| CG | NR | 139.6 (20.4) |
| SF-12, mental component summary, mean (SD) | 5 | IG1 | 29.1 (8.0) | 42.3 (10.8) | Mean Difference 5.2 (95% CI, 2.5 to 7.8), p=0.001† |
| CG | 29.4 (9.2) | 37.8 (11.8) |
| SF-12, physical component summary, mean (SD) | 5 | IG1 | 50.1 (9.4) | 53.0 (7.6) | Mean Difference -1.7 (95% CI, -3.6 to 0.1), p=0.069† |
| CG | 48.5 (10.9) | 54.3 (9.0) |
| State anxiety (STAI), mean (SD) | 5 | IG1 | NR | 41.7 (11.8) | Mean Difference -3.9 (95% CI, -6.6 to -1.3), p=0.003† |
| CG | NR | 45.5 (12.5) |
| Trait anxiety (STAI), mean (SD) | 5 | IG1 | NR | 41.6 (10.4) | Mean Difference -3.7 (95% CI, -6.1 to -1.4), p=0.002† |
| CG | NR | 45.0 (10.9) |
| Yawn, 201269  Fair | Depressed women at baseline (EPDS ≥ 10) | Elevated parenting stress, PSI score > 74, n (%) | 12 | IG | 187 (81) | 128 (72) | NR, p=0.82 |
| CG | 196 (98) | 117 (74) |
| Low partner satisfaction, DAS score ≤ 10%, n (%) | 12 | IG | 3 (2) | 2 (2) | NR, p=0.30 |
| CG | 3 (2) | 6 (5) |

\*Adjusted by other characteristics (age, parity, other adults in house, mode of delivery, Townsend quartiles, social support score, cluster size)

†Adjusted by 6-week score, lives alone, postnatal depression history, and any life events

**Abbreviations:** CG = control group; CI = confidence interval; CORE-OM = Clinical Outcomes in Routine Evaluation Outcome Measure; DAS = Dyadic Adjustment Scale; EPDS = Edinburgh Postnatal Depression Scale; GHQ = General Health Questionnaire; IG = intervention group; NR = not reported; PSI = Parenting Stress Impacts; SD = standard deviation; SF = Short Form; STAI = State-Trait Anxiety Inventory.