

Table S4. The results of subgroup analysis by delivery methods and participant types.

Outcomes		Total effects size P [SMD (95%CI)]	Delivery methods				Participants		
			Subgroup Differences (P)	P [SMD (95%CI)]			Subgroup Differences (P)	P [SMD (95%CI)]	
				Face-to-face	Telephone	Online			Only caregivers
Primary outcomes	Subjective well-being	<0.001* [0.41(0.28, 0.54)]	0.12	<0.001 [0.53(0.33, 0.73)]	0.0001 [0.35(0.17, 0.53)]	0.94 [-0.02(-0.58, 0.54)]	0.16	<0.001 [0.57(0.31, 0.82)]	<0.001 [0.35(0.20, 0.50)]
	Depression	0.001* [-0.29(-0.46, -0.11)]	0.46	0.02 [-0.35(-0.65, -0.06)]	0.02 [-0.39(-0.75, -0.03)]	0.04 [-0.19(-0.35, -0.02)]	0.04*	<0.001 [-0.42(-0.62, -0.22)]	0.42 [-0.09(-0.32, 0.14)]
	Burden	0.0003* [-0.34(-0.53, -0.16)]	0.02*	<0.001 [-0.50(-0.76, -0.25)]	-	0.07 [-0.15(-0.31, 0.01)]	0.05	<0.001 [-0.42(-0.64, -0.19)]	0.05 [-0.14(-0.28, 0.00)]
Secondary outcomes	Anxiety	<0.001* [-0.53(-0.78, -0.27)]	0.35	0.0003 [-0.57(-0.87, -0.26)]	-	0.02 [-0.36(-0.66, -0.07)]	-	-	-
	Stress	0.06 [-0.23(-0.47, 0.01)]	0.99	0.15 [-0.23(-0.54, 0.08)]	-	0.23 [-0.23(-0.61, 0.14)]	0.95	0.15 [-0.24(-0.59, 0.09)]	0.22 [-0.22(-0.58, 0.14)]

Note: SMD=standard mean difference; CI=confidential interval; *P<0.05.