

**Appendix Table 1.** List of Included Studies

Study citation	Study included in gender and/or race/ethnicity review?
Atienza AA, Collins R, King AC. The mediating effects of situational control on social support and mood following a stressor: A prospective study of dementia caregivers in their natural environments. <i>J Gerontol B Psychol Sci Soc Sci.</i> 2001;56(3):129-139.	Race/ethnicity only
Bank AL, Argüelles S, Rubert M, Eisdorfer C, Czaja SJ. The value of telephone support groups among ethnically diverse caregivers of persons with dementia. <i>Gerontologist.</i> 2006;46(1):134-8	Both
Black DS, Cole SW, Irwin MR, Breen E, St Cyr NM, Nazarian N, Khalsa DS, Lavretsky H. Yogic meditation reverses NF-κB and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial. <i>Psychoneuroendocrinology.</i> 2013;38(3):348-55.	Both
Beauchamp N, Irvine AB, Seeley J, Johnson B. Worksite-based internet multimedia program for family caregivers of persons with dementia. <i>Gerontologist.</i> 2005;45(6):793-801.	Both
Belle SH, Burgio L, Burns R, Coon D, Czaja SJ, Gallagher-Thompson D, Gitlin LN, Klinger J, Koepke KM, Lee CC, Martindale-Adams J, Nichols L, Schulz R, Stahl S, Stevens A, Winter L, Zhang S; Resources for Enhancing Alzheimer's Caregiver Health (REACH) II Investigators. Enhancing the quality of life of dementia caregivers from different ethnic or racial groups: a randomized, controlled trial. <i>Ann Intern Med.</i> 2006;145(10):727-38.	Both
Belle SH, Schulz R, Zhang S, et al. Using a New Taxonomy to Combine the Uncombinable: Integrating Results Across Diverse Interventions. <i>Psychology and aging.</i> 2003;18(3):396-405.	Both
Buckwalter KC, Gerdner L, Kohout F, Hall GR, Kelly A, Richards B, Sime M. A nursing intervention to decrease depression in family caregivers of persons with dementia. <i>Arch Psychiatr Nurs.</i> 1999;13(2):80-8.	Both
Burgio L, Stevens A, Guy D, Roth DL, Haley WE. Impact of two psychosocial interventions on white and African American family caregivers of individuals with dementia. <i>Gerontologist.</i> 2003;43(4):568-79.	Both
Burns R, Nichols LO, Martindale-Adams J, Graney MJ, Lummus A. Primary care interventions for dementia caregivers: 2-year outcomes from the REACH study. <i>Gerontologist.</i> 2003;43(4):547-55.	Both
Czaja SJ, Gitlin LN, Schulz R, Zhang S, Burgio LD, Stevens AB, Nichols LO, Gallagher-Thompson D. Development of the risk appraisal measure: a brief screen to identify risk areas and guide interventions for dementia caregivers. <i>J Am Geriatr Soc.</i> 2009;57(6):1064-72.	Both
Davis JD, Tremont G, Bishop DS, Fortinsky RH. A telephone-delivered psychosocial intervention improves dementia caregiver adjustment following nursing home placement. <i>Int J Geriatr Psychiatry.</i> 2011;26(4):380-7	Both
Depp C, Sorocco K, Kasl-Godley J, Thompson L, Rabinowitz Y, Gallagher-Thompson D. Caregiver Self-Efficacy, Ethnicity, and Kinship Differences in Dementia Caregivers. <i>Am J Geriatr Psychiatry.</i> 2005;13(9):787-794.	Race/ethnicity only
Eisdorfer C, Czaja SJ, Loewenstein DA, Rubert MP, Argüelles S, Mitrani VB, Szapocznik J. The effect of a family therapy and technology-based intervention on caregiver depression. <i>Gerontologist.</i> 2003;43(4):521-31.	Both
Farran CJ, Gilley DW, McCann JJ, Bienias JL, Lindeman DA, Evans DA. Psychosocial interventions to reduce depressive symptoms of dementia caregivers: A randomized clinical trial comparing two approaches. <i>Journal Ment Health Aging.</i> 2004;10(4):337-350	Both
Gallagher-Thompson D, Tzuang M, Hinton L, Alvarez P, Rengifo J, Valverde I, Chen N, Emrani T, Thompson LW. Effectiveness of a fotonovela for reducing depression and stress in Latino dementia family caregivers. <i>Alzheimer Dis Assoc Disord.</i> 2015;29(2):146-53.	Gender only
Garand L, Buckwalter KC, Lubaroff D, Tripp-Reimer T, Frantz RA, Ansley TN. A pilot study of immune and mood outcomes of a community-based intervention for dementia caregivers: the PLST intervention. <i>Arch Psychiatr Nurs.</i> 2002;16(4):156-67.	Both
Garand L, Rinaldo DE, Alberth MM, Delany J, Beasock SL, Lopez OL, Reynolds CF 3rd, Dew MA. Effects of problem solving therapy on mental health outcomes in family caregivers of persons with a new diagnosis of mild cognitive impairment or early dementia: a randomized controlled trial. <i>Am J Geriatr Psychiatry.</i> 2014;22(8):771-81.	Both
Gaugler JE, Reese M, Sauld J. A Pilot Evaluation of Psychosocial Support for Family Caregivers of Relatives with Dementia in Long-Term Care: The Residential Care Transition Module. <i>Res Gerontol Nurs.</i> 2015;8(4):161-72.	Both

Gaugler JE, Roth DL, Haley WE, Mittelman MS. Can counseling and support reduce burden and depressive symptoms in caregivers of people with Alzheimer's disease during the transition to institutionalization? Results from the New York University caregiver intervention study. <i>J Am Geriatr Soc.</i> 2008;56(3):421-8.	Both
Gaugler JE, Roth DL, Haley WE, Mittelman MS. Modeling trajectories and transitions: results from the New York University caregiver intervention. <i>Nurs Res.</i> 2011;60(3 Suppl):S28-37.	Both
Gitlin LN, Corcoran M, Winter L, Boyce A, Hauck WW. A randomized, controlled trial of a home environmental intervention: effect on efficacy and upset in caregivers and on daily function of persons with dementia. <i>Gerontologist.</i> 2001;41(1):4-14.	Both
Gitlin LN, Winter L, Corcoran M, Dennis MP, Schinfeld S, Hauck WW. Effects of the home environmental skill-building program on the caregiver-care recipient dyad: 6-month outcomes from the Philadelphia REACH Initiative. <i>Gerontologist.</i> 2003;43(4):532-46.	Both
Glueckauf RL, Davis WS, Willis F, Sharma D, Gustafson DJ, Hayes J, Stutzman M, Proctor J, Kazmer MM, Murray L, Shipman J, McIntyre V, Wesley L, Schettini G, Xu J, Parfitt F, Graff-Radford N, Baxter C, Burnett K, Noël LT, Haire K, Springer J. Telephone-based, cognitive-behavioral therapy for African American dementia caregivers with depression: initial findings. <i>Rehabil Psychol.</i> 2012;57(2):124-39.	Gender only
Harris GM, Durkin DW, Allen RS, DeCoster J, Burgio LD. Exemplary care as a mediator of the effects of caregiver subjective appraisal and emotional outcomes. <i>Gerontologist.</i> 2011;51(3):332-42.	Both
Hepburn KW, Tornatore J, Center B, Ostwald SW. Dementia family caregiver training: affecting beliefs about caregiving and caregiver outcomes. <i>J Am Geriatr Soc.</i> 2001;49(4):450-7.	Both
Holland JM, Currier JM, Gallagher-Thompson D. Outcomes from the Resources for Enhancing Alzheimer's Caregiver Health (REACH) program for bereaved caregivers. <i>Psychol Aging.</i> 2009;24(1):190-202.	Both
Jang Y, Clay OJ, Roth DL, Haley WE, Mittelman MS. Neuroticism and longitudinal change in caregiver depression: impact of a spouse-caregiver intervention program. <i>Gerontologist.</i> 2004;44(3):311-7.	Both
Kajiyama B, Thompson LW, Eto-Iwase T, Yamashita M, Di Mario J, Marian Tzuang Y, Gallagher-Thompson D. Exploring the effectiveness of an internet-based program for reducing caregiver distress using the iCare Stress Management e-Training Program. <i>Aging Ment Health.</i> 2013;17(5):544-54.	Both
Lavretsky H, Epel ES, Siddarth P, Nazarian N, Cyr NS, Khalsa DS, Lin J, Blackburn E, Irwin MR. A pilot study of yogic meditation for family dementia caregivers with depressive symptoms: effects on mental health, cognition, and telomerase activity. <i>Int J Geriatr Psychiatry.</i> 2013;28(1):57-65.	Both
Lewis SL, Miner-Williams D, Novian A, Escamilla MI, Blackwell PH, Kretschmar JH, Arévalo-Flechas LC, Bonner PN. A stress-busting program for family caregivers. <i>Rehabil Nurs.</i> 2009;34(4):151-9.	Both
Mahoney DF, Tarlow BJ, Jones RN. Effects of an automated telephone support system on caregiver burden and anxiety: findings from the REACH for TLC intervention study. <i>Gerontologist.</i> 2003;43(4):556-67.	Both
Martin-Cook K, Remakel-Davis B, Svetlik D, Hynan LS, Weiner MF. Caregiver attribution and resentment in dementia care. <i>Am J Alzheimers Dis Other Demen.</i> 2003;18(6):366-74.	Both
Mass ML, Reed D, Park M, Specht JP, Schutte D, Kelley LS, Swanson EA, Trip-Reimer T, Buckwalte KC. Outcomes of family involvement in care intervention for caregivers of individuals with dementia. <i>Nurs Res.</i> 2004;53(2):76-86.	Both
McCurry SM, Logsdon RG, Vitiello MV, Teri L. Successful behavioral treatment for reported sleep problems in elderly caregivers of dementia patients: a controlled study. <i>J Gerontol B Psychol Sci Soc Sci.</i> 1998;53(2):P122-9.	Both
McGinnis KA, Schulz R, Stone RA, Klinger J, Mercurio R. Concordance of race or ethnicity of interventionists and caregivers of dementia patients: relationship to attrition and treatment outcomes in the REACH study. <i>Gerontologist.</i> 2006;46(4):449-55.	Both
Mittelman MS, Roth DL, Coon DW, Haley WE. Sustained benefit of supportive intervention for depressive symptoms in caregivers of patients with Alzheimer's disease. <i>Am J Psychiatry.</i> 2004;161(5):850-6.	Both
Mittelman MS, Roth DL, Haley WE, Zarit SH. Effects of a caregiver intervention on negative caregiver appraisals of behavior problems in patients with Alzheimer's disease: results of a randomized trial. <i>J Gerontol B Psychol Sci Soc Sci.</i> 2004;59(1):P27-34.	Both
Oken BS, Fonareva I, Haas M, Wahbeh H, Lane JB, Zajdel D, Amen A. Pilot controlled trial of mindfulness meditation and education for dementia caregivers. <i>J Altern Complement Med.</i> 2010;16(10):1031-8.	Both
Ostwald SK, Hepburn KW, Caron W, Burns T, Mantell R. Reducing caregiver burden: a randomized psychoeducational intervention for caregivers of persons with dementia. <i>Gerontologist.</i> 1999;39(3):299-309.	Both
Rose KM, Taylor AG, Bourguignon C. Effects of cranial electrical stimulation on sleep disturbances, depressive symptoms, and caregiving appraisal in spousal caregivers of persons with Alzheimer's disease. <i>Appl Nurs Res.</i> 2009;22(2):119-25.	Both

Roth DL, Mittelman MS, Clay OJ, Madan A, Haley WE. Changes in social support as mediators of the impact of a psychosocial intervention for spouse caregivers of persons with Alzheimer's disease. <i>Psychol Aging</i> . 2005;20(4):634-44.	Both
Senanarong V, Jamjumras P, Harmphadungkit K, Klubwongs M, Udomphanthurak S, Pongvarin N, Vannasaeng S, Cummings JL. A counseling intervention for caregivers: effect on neuropsychiatric symptoms. <i>Int J Geriatr Psychiatry</i> . 2004;19(8):781-788.	Both
Tremont G, Davis JD, Bishop DS, Fortinsky RH. Telephone-Delivered Psychosocial Intervention Reduces Burden in Dementia Caregivers. <i>Dementia</i> (London, England). 2008;7(4):503-520.	Both
Tremont G, Davis JD, Papandonatos GD, Ott BR, Fortinsky RH, Gozalo P, Yue MS, Bryant K, Grover C, Bishop DS. Psychosocial telephone intervention for dementia caregivers: A randomized, controlled trial. <i>Alzheimers Dement</i> . 2015;11(5):541-8.	Both
Williams SW, Williams CS, Zimmerman S, Munn J, Dobbs D, Sloane PD. Emotional and Physical Health of Informal Caregivers of Residents at the End of Life: The Role of Social Support. <i>J Gerontol B Psychol Sci Soc Sci</i> . 2008;63(3):S171-S183.	Both
Whitebird RR, Kreitzer M, Crain AL, Lewis BA, Hanson LR, Enstad CJ. Mindfulness-based stress reduction for family caregivers: a randomized controlled trial. <i>Gerontologist</i> . 2013;53(4):676-86.	Both
Zarit SH, Stephens MA, Townsend A, Greene R. Stress reduction for family caregivers: effects of adult day care use. <i>J Gerontol B Psychol Sci Soc Sci</i> . 1998;53(5):S267-77.	Both
Zhang B, Mitchell SL, Bambauer KZ, Jones R, Prigerson HG. Depressive symptom trajectories and associated risks among bereaved Alzheimer disease caregivers. <i>Am J Geriatr Psychiatry</i> . 2008;16(2):145-55.	Both