

# INFORMAL CAREGIVERS

Controlled Trials					Pre Post Intervention Studies				
Source	Intervention N	Control N	Standardized Mean Difference (95% CI)	Weight, %	Source	N	Standardized Mean Difference (95% CI)	Weight, %	
<b>NEGATIVE EMOTIONAL STATES</b>					<b>NEGATIVE EMOTIONAL STATES</b>				
<b>Depression</b>					<b>Depression</b>				
Benn, 2012	30	29	.372 (-.142, .887)	22.53	Epstein-Lubow, 2011	9	1.680 (.666, 2.695)	10.60	
Danuclov, 2013	25	25	1.163 (.563, 1.762)	16.62	Innes, 2012	10	1.028 (.262, 1.794)	15.31	
Lavretsky, 2013	23	16	.507 (-.140, 1.155)	14.22	Lengacher, 2012	23	.221 (-.192, .635)	26.30	
Oken, 2010	10	11	.170 (-.688, 1.028)	8.11	Minor, 2006	44	.532 (.217, .848)	30.00	
Pomykala, 2012	4	5	.282 (-1.039, 1.604)	3.42	Waelde, 2004	12	.897 (.227, 1.566)	17.78	
VanPuymbroeck, 2010	12	6	.449 (-.565, 1.463)	5.81	Total (random effects)	97	.713 (.322, 1.103)		
Whitebird, 2013	38	40	.526 (.075, .978)	29.28					
Total (random effects)	142	132	.553 (.309, .797)						
Test for Heterogeneity, Q-value=5.447 (p=.488) Test for Overall Effect, Z=4.436 (p<.001)					Test for Heterogeneity, Q-value=9.663 (p=.046) Test for Overall Effect, Z=3.579 (p<.0001)				
<b>Anxiety</b>					<b>Anxiety</b>				
Benn, 2012	30	29	.450 (-.067, .967)	27.86	Epstein-Lubow, 2011	9	.009 (-.644, .662)	10.55	
Danuclov, 2013	25	25	1.291 (.681, 1.900)	26.07	Innes, 2012	10	.317 (-.318, .953)	11.14	
VanPuymbroeck, 2010	12	6	.941 (-.086, 1.969)	18.33	Lengacher, 2012	23	.140 (-.271, .550)	25.55	
Whitebird, 2013	38	40	1.768 (1.244, 2.291)	27.74	Minor, 2006	43	.532 (.217, .848)	41.21	
Total (random effects)	105	100	1.125 (.475, 1.774)		Waelde, 2004	12	.653 (.030, 1.276)	11.56	
Test for Heterogeneity, Q-value=12.75 (p=.005) Test for Overall Effect, Z=3.393 (p=.001)					Test for Heterogeneity, Q-value=4.215 (p=.378) Test for Overall Effect, Z=3.339 (p=.001)				
<b>Stress</b>					<b>Stress</b>				
Benn, 2012	30	29	.336 (-.178, .850)	37.91	Epstein-Lubow, 2011	9	.737 (.000, 1.474)	12.52	
Oken, 2010	10	11	.315 (-.547, 1.177)	13.49	Innes, 2012	10	.814 (.099, 1.529)	13.18	
Whitebird, 2013	38	40	.604 (.150, 1.058)	48.59	Lengacher, 2012	23	.140 (-.271, .550)	31.22	
Total (random effects)	78	80	.464 (.147, .780)		Minor, 2006	43	.532 (.217, .848)	43.09	
Test for Heterogeneity, Q-value=.721 (p=.697) Test for Overall Effect, Z=2.871 (p=.004)					Test for Heterogeneity, Q-value=4.023 (p=.259) Test for Overall Effect, Z=3.312 (p=.001)				
<b>Caregiver Burden</b>					<b>Caregiver Burden</b>				
Oken, 2010	10	11	.141 (-.717, .998)	16.92	Epstein-Lubow, 2011	9	1.199 (.343, 2.056)	28.53	
Pomykala, 2012	4	5	.205 (-1.114, 1.523)	7.16	Hoppes, 2012	10	1.028 (.262, 1.794)	31.76	
VanPuymbroeck, 2010	12	6	.325 (-.661, 1.311)	12.81	Waelde, 2004	12	.217 (-.355, .789)	39.71	
Whitebird, 2013	38	40	.023 (-.421, .467)	63.11	Total (random effects)	31	.755 (.113, 1.397)		
Total (random effects)	64	62	.094 (-.258, .447)						
Test for Heterogeneity, Q-value=.348 (p=.951) Test for Overall Effect, Z=.525 (p=.600)					Test for Heterogeneity, Q-value=4.709 (p=.095) Test for Overall Effect, Z=2.305 (p=.021)				

POSITIVE EMOTIONAL STATES					POSITIVE EMOTIONAL STATES					
Self-Efficacy						Self-Efficacy				
Benn, 2012	30	29	.206 (-.600, 1.011)	39.19		Fisher, 2001	36	.390 (.051, .729)	60.72	
Oken, 2010	10	11	.130 (-.727, .988)	34.56		Hoppes, 2012	10	.258 (-.372, .888)	17.57	
VanPuymbroeck, 2010	12	6	.258 (-.726, 1.241)	26.25		Waelde, 2004	12	.083 (-.484, .649)	21.71	
Total (random effects)	52	46	.800 (.026, 1.574)			Total (random effects)	58	.300 (.036, .564)		
Test for Heterogeneity, Q-value=.038 (p=.981) Test for Overall Effect, Z=4.401 (p<.001)					Test for Heterogeneity, Q-value=.855 (p=.652) Test for Overall Effect, Z=2.229 (p=.026)					
Mental Health Score (Quality of Life)										
Lavretsky, 2013	23	16	.640 (-.013, 1.294)	31.74						
Pomykala, 2012	4	5	.354 (-.971, 1.679)	7.73						
Whitebird, 2013	38	40	1.046 (.573, 1.519)	60.53						
Total (random effects)	65	61	.864 (.495, 1.232)							
Test for Heterogeneity, Q-value=1.586 (p=.452) Test for Overall Effect, Z=4.597 (p<.001)										

# HEALTHCARE PROVIDERS

Controlled Trials					Pre-Post Intervention Studies			
Source	Intervention N	Control N	Standardized Mean Difference (95% CI)	Weight, %	Source	N	Standardized Mean Difference (95% CI)	Weight, %
<b>NEGATIVE EMOTIONAL STATES</b>					<b>NEGATIVE EMOTIONAL STATES</b>			
Burnout – Emotional Exhaustion					Burnout – Emotional Exhaustion			
Cohen-Katz, 2005	14	13	.246 (-.501, 1.004)	17.82	Brady, 2012	16	.352 (-.153, .856)	9.09
Mackenzie, 2006	14	16	.646 (-.090, 1.381)	18.91	Goodman, 2012 (a)	51	.490 (.199, .780)	27.48
Oman, 2006	27	31	.442 (-.081, .964)	37.53	Goodman, 2012 (b)	42	.352 (.040, .683)	23.87
Poulin, 2008	28	16	.680 (.050, 1.311)	25.74	Krasner, 2009	70	.368 (.126, .610)	39.56
Total (random effects)	83	76	.507 (.187, .827)		Total (random effects)	179	.396 (.244, .548)	
Test for Heterogeneity, Q-value=.942 (p=.815) Test for Overall Effect, Z=3.106 (p=.002)					Test for Heterogeneity, Q-value=.559 (p=.906) Test for Overall Effect, Z=5.096 (p<.001)			
Burnout - Depersonalization					Burnout - Depersonalization			
Cohen-Katz, 2005	14	13	.246 (-.511, 1.004)	17.07	Brady, 2012	16	.173 (-.321, .666)	9.31
Mackenzie, 2006	14	16	.646 (.090, 1.381)	19.22	Goodman, 2012 (a)	51	.490 (.199, .780)	26.79
Oman, 2006	27	31	.442 (-.081, .964)	37.53	Goodman, 2012 (b)	42	.329 (.019, .640)	23.45
Poulin, 2008	28	16	.309 (-.308, .927)	26.19	Krasner, 2009	70	.174 (-.062, .410)	40.45
Total (random effects)	83	76	.217 (-.099, .534)		Total (random effects)	179	.295 (.144, .446)	
Test for Heterogeneity, Q-value=1.19 (p=.756) Test for Overall Effect, Z=1.349 (p=.177)					Test for Heterogeneity, Q-value=3.015 (p=.389) Test for Overall Effect, Z=3.822 (p<.0001)			
Burnout- Personal Accomplishment					Burnout- Personal Accomplishment			
Cohen-Katz, 2005	14	13	.147 (-.609, .903)	17.93	Brady, 2012	16	.198 (-.296, .693)	9.61
Mackenzie, 2006	14	16	.792 (.048, 1.537)	18.47	Goodman, 2012 (a)	51	.521 (.229, .814)	27.49
Oman, 2006	27	31	.349 (-.171, .869)	37.91	Goodman, 2012 (b)	42	.547 (.223, .871)	22.37
Poulin, 2008	28	16	.699 (.067, 1.330)	25.70	Krasner, 2009	70	.339 (.098, .580)	40.53
Total (random effects)	83	76	.485 (.164, .805)		Total (random effects)	179	.422 (.269, .575)	
Test for Heterogeneity, Q-value=2.125 (p=.547) Test for Overall Effect, Z=2.967 (p=.003)					Test for Heterogeneity, Q-value=2.255 (p=.521) Test for Overall Effect, Z=5.394 (p<.0001)			
<b>POSITIVE EMOTIONAL STATES</b>					<b>Stress</b>			
Self-Efficacy					Stress			
Oman, 2008	27	31	1.086 (.548, 1.623)	36.51	Brady, 2012	16	.737 (.184, 1.289)	13.00
Pipe, 2009	15	17	0.000 (-.694, .694)	31.47	Cutshall, 2011	11	.375 (.091, .659)	49.24
Shapiro, 2005	18	20	1.020 (.343, 1.696)	32.02	Schenstrom, 2006	52	.547 (.223, .871)	37.76
Total (random effects)	60	68	.723 (.060, 1.386)		Total (random effects)	79	.487 (.288, .686)	
Test for Heterogeneity, Q-value=6.572 (p=.037) Test for Overall Effect, Z=2.025 (p=.043)					Test for Heterogeneity, Q-value=1.514 (p=.469) Test for Overall Effect, Z=4.790 (p<.0001)			
Life Satisfaction					(a) physicians (b) other healthcare professionals			
Mackenzie, 2006	19	14	.649 (-.059, 1.356)	18.89				
Oman, 2006	27	31	.334 (-.186, .853)	25.07				
Poulin, 2008	28	16	.678 (.047, 1.308)	23.82				
Shapiro, 2005	18	20	.637 (-.016, 1.289)	22.22				
Total (random effects)	92	81	.543 (.235, .850)					
Test for Heterogeneity, Q-value=0.963 (p=.810) Test for Overall Effect, Z=3.456 (p=.001)								