# Supplemental Material 2: Inclusion Protocol

1. Is the publication a peer-reviewed journal article and published from **1.1.2005** on, in English or German? □ Yes □ No: STOP
2. Does the study include **non-professional caregivers (CG) of dependent elderly care-recipients (CRs) suffering from dementia or another mental illness**? All of the following statements have to be fulfilled: □ Yes □ No: STOP
   1. mean or median age of CRs > 60
   2. CRs are living at their own home or at the caregivers’ place (no nursing home or weeklong day care)
   3. CRs are suffering from a mental illness (dementia or related forms of memory loss, depression, schizophrenia etc.)
   4. CGs are not paid
   5. CG is a family member (exclude, if CR is a neighbors, volunteers etc.)
3. Did the study evaluate the efficacy of an interventions designed to support caregiver by **reducing caregiving tasks** or by **offering psychosocial support**? □ Yes □ No: STOP
   1. including all forms of respite (e.g. nursing service, meals on wheals), psychosocial services (e.g. support groups, skills training, threrapy), counselling, exercise, care management, multicomponent interventions etc.
   2. excluding interventions that exclusively improve CR skills or health (e.g. Stimulation Therapy, communication training for dependent person, nutrition education, neurologist etc.)
   3. excluding interventions that are specifically designed for palliative care
4. Is the study a **randomized controlled trial** with an untreated control group and a minimum sample size of n = 30 per group at baseline? □ Yes □ No: STOP
   1. including treatment as usual, information only, minimal support, attention control or being on a waiting-list as control group
   2. excluding other interventions (psycho-education etc.) as control group
5. Does the study report on a measure of **depressive symptom severity in the family caregiver** at both baseline and post-intervention? □ Yes □ No: STOP
   1. excluding distress and burden measures (e.g. NPI-D, Zarit burden etc.)
   2. including measures with a depression subscale (e.g. GHQ-28)
6. Can the reported statistical parameters be converted into effect sizes (means, F or t values, correlations, regression coefficients etc.)? □ Yes □ No