**Supplemental Material 3: List with examples of excluded studies**

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| Reason for exclusion | Study |
| Control group received more than minimal support | Farran *et al.* (2007), Moore *et al.* (2013), (Gonyea *et al.*, 2006) |
| Allocation not truly randomized | Connell and Janevic (2009), (Williams *et al.*, 2010) |
| No possibility to compute SMD and authors not reached/ authors faced difficulties sending data  Study protocol, results not available | Mittelman *et al.* (2008), Bass *et al.* (2013), Hepburn *et al.* (2005), Gitlin *et al.* (2010); Winter and Gitlin (2006)  Luchsinger *et al.* (2012) |
| Intervention to support care receiver | Venables *et al.* (2006) |

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