

Study/Year	Participation (caregivers)	Intervention	Comparison	Outcome measures	Results
Beauchamp et al <sup>[37]</sup> /2005	150 caregivers of people with substantial memory problems in intervention group and 149 in control group	<p>Caregiver's Friend: Dealing with Dementia</p> <p><b>key components:</b>①provides text material and videos for the caregivers' knowledge, cognitive, emotion, behavioral skill.</p> <p><b>Total duration:</b> 6 months access to intervention</p>	Usual care and waitlist control.	<p>There was not clear state primary outcomes, however there were four outcomes of interest:</p> <p>(i)depression (CES-D);</p> <p>(ii)state anxiety (the State-Trait Anxiety inventory);</p> <p>(iii)caregivers gain (Positive Aspects of Caregiving survey);</p> <p>(iv)caregiver strain (Caregiver Strain Instrument)</p>	<p><b>Positive outcomes:</b> depression, anxiety, stress, caregiver strain and caregiver gain, self-efficacy, and intention to seek help.</p> <p><b>Negative outcomes:</b> ways of coping.</p>
Kajiyama et al <sup>[40]</sup> /2013	57 caregivers of people with dementia in intervention group and 46 in control group	<p>iCare stress Management e-Training program</p> <p><b>key components:</b> Eight topics about six modules and each module over a 7- to 10-day interval, embedded the video clips illustrating how to do skills presented.</p> <p><b>Total duration:</b> 3 months access to intervention</p>	EOC: a website containing information about dementia and written materials	<p>There was not clear state primary outcomes, however there were four outcomes of interest:</p> <p>(i)perceived stress(PSS);</p> <p>(ii)level of bother due to disruptive behaviors(RMBPC);</p> <p>(iii)depression (CES-D);</p> <p>(iv)Quality of life(PQoL)</p>	<p><b>Positive outcomes:</b> perceived stress and level of bother due to disruptive in the ICC but not the EOC.</p> <p><b>Negative outcomes:</b> depressive symptoms and quality of life</p>

Hattink et al <sup>[42]</sup> /2015	72 informal caregivers of person with dementia living in the community and 24 volunteers in community dementia cate.	<p>STAR:(Skills Training and Reskilling)</p> <p><b>key components:</b>⓪provides online course with 8 modules on different topics in caregiving, provides text, video, interactive exercises(quizzes),knowledge tests, references to other website, literature videos.Ⓜ tailored peer support (Facebook communication )</p> <p><b>Total duration:</b> 6 month access to intervention</p>	Randomly allocated to a 4-month waitlist for access to STAR	<p><b>Primary:</b>(i)knowledge on dementia(ADKS);(ii)attitudes regarding dementia(2 questions)</p> <p><b>Secondary:</b>(i)empathy(IRI); (ii)quality of life(2 questions); (iii)burden(1 question); (iv)sense of competence(SSCQ)</p>	<p><b>Positive outcomes:</b> empathy, knowledge, perspective and sense of competence. significant decrease in distress.</p> <p><b>Negative outcomes:</b> burden, attitude, quality of life.</p>
Blom et al <sup>[38]</sup> /2015	245 family caregivers of people with dementia.	<p>Mastery over Dementia (MoD)</p> <p><b>key components:</b> provides 8 lessons and booster session with the guidance of a coach monitoring progress and evaluating the homework. Each lesson consist of information (text material and videos).</p> <p><b>Total duration:</b>5-6 month access to intervention</p>	Minimal intervention consisting of e-bulletins with practical information on caring for person with dementia. No contact with a coach.	<p><b>Primary:</b> depression (CES-D)</p> <p><b>Secondary:</b> (i)symptoms of anxiety (HADS); (ii)perceptions of distress (Self-Perceived Pressure from Informal Care scale);</p>	<p><b>Positive outcomes:</b> anxiety and depression</p> <p><b>Negative outcome:</b> distress</p>

<p>Cristancho-Lacroix et al<sup>[39]</sup> /2015</p>	<p>25 caregivers of people with dementia in intervention group and 24 in control group</p>	<p>Diapason</p> <p><b>key components:</b>①provides 12 weekly online sessions, each session include theoretical and practical information, videos of health professionals and practice guide for applying the session's content.②provides relaxation training, life story, the private and anonymous forum for caregivers to share with peers.</p> <p><b>Total duration:</b> 3 months access to intervention</p>	<p>Usual care.</p>	<p><b>Primary:</b> stress of caregivers (PSS)</p> <p><b>Secondary:</b></p> <p>(i)self-efficacy (RSCS);  (ii)perception and reaction to cognitive or behavioral symptoms (RMBPC); (iii)subjective burden(Zarit Burden Interview);  (iv)depression symptoms(BDI-II);  (v)self-perceived health(NHP)</p>	<p><b>Positive outcomes:</b>  Knowledge and stress</p> <p><b>Negative outcomes:</b>  burden, depression, reaction to problem behaviors, self-efficacy, self-perceived health, energy, coping and quality of relationship</p>
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Torkamani et al [41]/2014	60 caregivers of people with dementia from 3 site	<p>ALADDIN</p> <p><b>key components:</b>①ALADDIN TV: information and education material, relaxation.②SOCIAL NETWORKING: forum for caregivers to communicate with each other.③MY TASKS: caregivers complete questionnaires about their own and relatives health that can generate clinical alerts, monitored by clinicians who can respond quickly;④CONTACT US: caregivers can alert clinical site and request contact</p> <p><b>Total duration:</b> 6 months access to intervention</p>	Usual care	There was not clear state primary outcomes , however there were four outcomes of interest: (i)burden(Zarit Burden Interview); (ii)depression system(BDI and Zung); (iii)distress (NPI); (iv)Quality of life(EQ5D and Quality of Life Scale)	<p><b>Positive outcomes:</b> distress and quality of life</p> <p><b>Negative outcome:</b> burden and depression</p>
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**Abbreviations:** CES-D, Center for Epidemiologic Studies–Depression; PSS, Perceived Stress Scale; RMBPC, Revised Memory and Behavior Problems Checklist; PQoL, Perceived quality of life; ADKS, Alzheimer’s Disease Knowledge Scale; IRI, Interpersonal Reactivity Index; SSCQ, Short Sense of Competence Questionnaire; HADS, Hospital Anxiety and Depression Scale; RSCS, Revised Scale for Caregiving; BDI-II, Beck Depression Inventory; NHP, Nottingham Health Profile; NPI, Neuropsychiatric Inventory; Zung, Zung Depression Self Rating Scale; EQ5D, EuroQoL.