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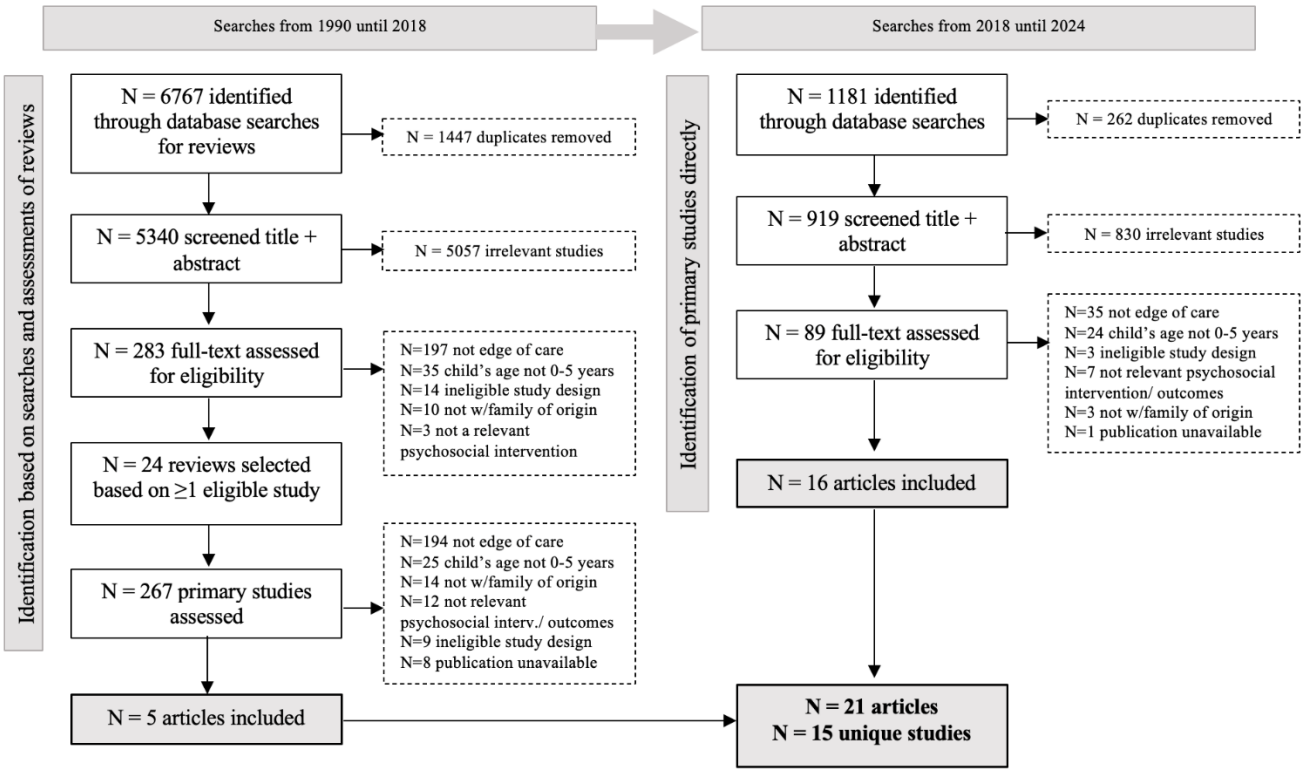

Figure 1. Flowchart of study selection.

	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other bias	Overall risk of bias judgement
Barlow 2019	+	+	+	+	+	+		LOW
Bernard 2012	+	+	?	+	?	+		SOME
Cichetti 2006	+	?	?	+	+	+		SOME
Dawe 2021	+	+	+	+	+	+		LOW
Donohue 2014	+	+	+	+	+	+		LOW
Eguren 2023	+	?	?	?	+	+		SOME
Hall 2021	+	+	+	+	+	+		LOW
Jonson-Reid 2018	−	?	+	+	+	+		HIGH
Lee 2018	+	+	+	+	+	+		LOW
Lind 2020	+	+	+	+	+	?		SOME
MacMillian 2005	+	+	+	+	+	+		LOW
Moss 2011	+	+	+	+	+	+		LOW
Oxford 2016	+	+	+	+	+	+		LOW
Pasalich 2019	+	+	+	+	+	+		LOW
Raby 2021	+	+	+	+	+	?		SOME
Skowron 2024	+	+	+	+	+	+		LOW
Speidel 2020	+	+	+	+	+	+		LOW
Valentino 2019	+	+	+	+	+	+		LOW
Villodas 2021	+	+	+	+	+	+		LOW
Whitaker 2020	+	+	+	+	+	+		LOW
Zajac 2020	+	+	+	+	+	+		LOW

Figure 2. Risk of bias ratings for included studies

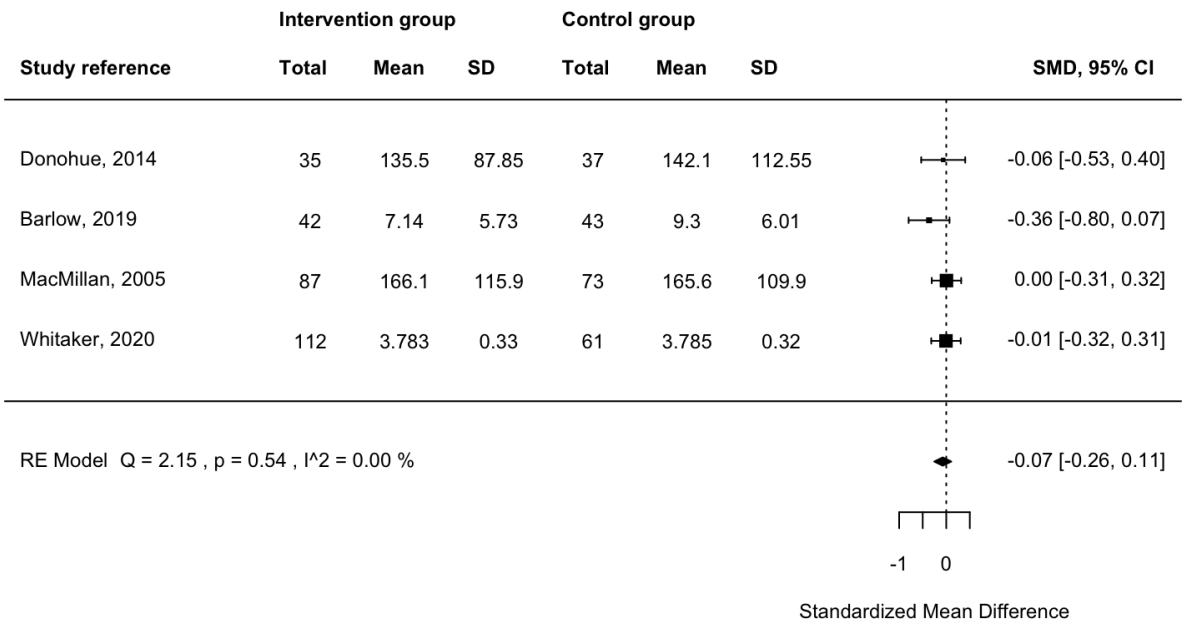

Figure 3. Forest plot of the meta-analysis for the primary outcome – self-reported risk of harm. Effects on the left-hand side of the plot favour treatment (i.e., less risk of harm).

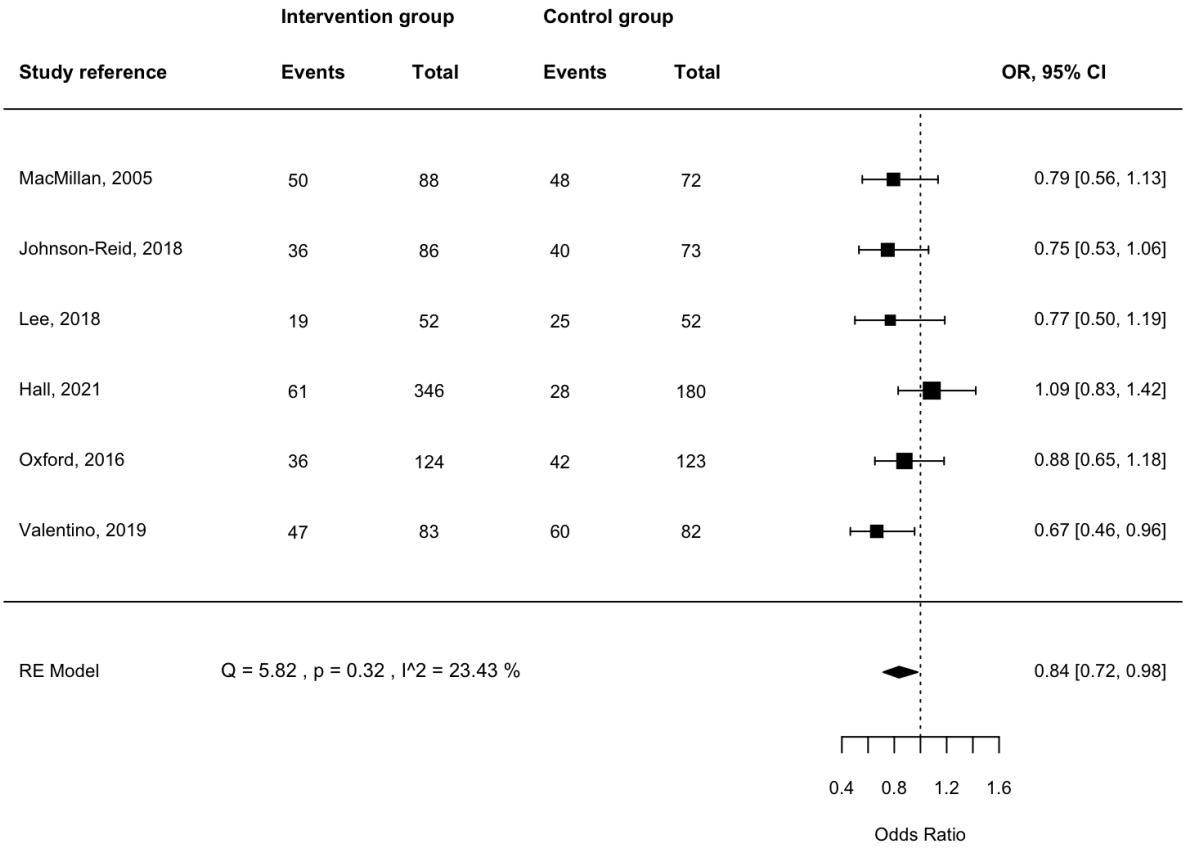

Figure 4. Forest plot of the meta-analysis for the primary outcome – official reports of maltreatment. Effects on the left-hand side of the plot favour treatment (i.e., fewer maltreatment reports).

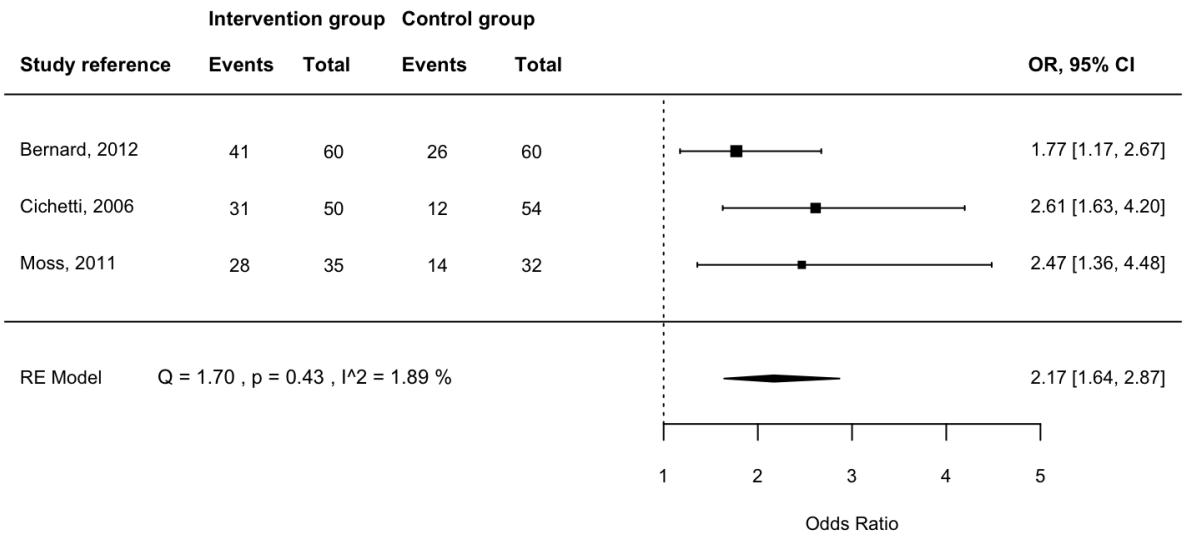

Figure 5. Forest plot of the meta-analysis for attachment organisation. Effects on the right-hand side of the plot favour treatment (i.e., increased organization).

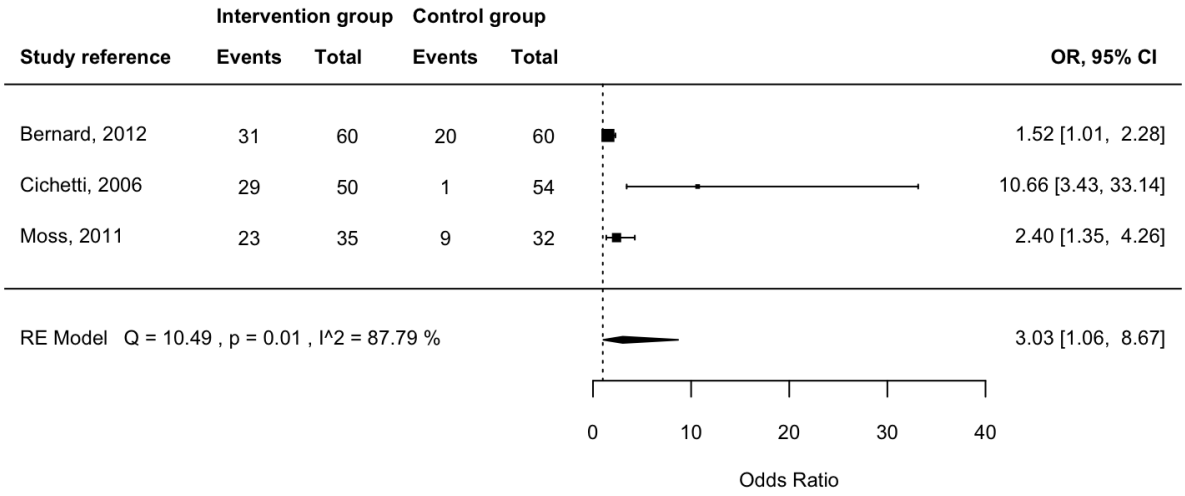

Figure 6. Forest plot of the meta-analysis for attachment security. Effects on the right-hand side of the plot favour treatment (i.e., increased security).

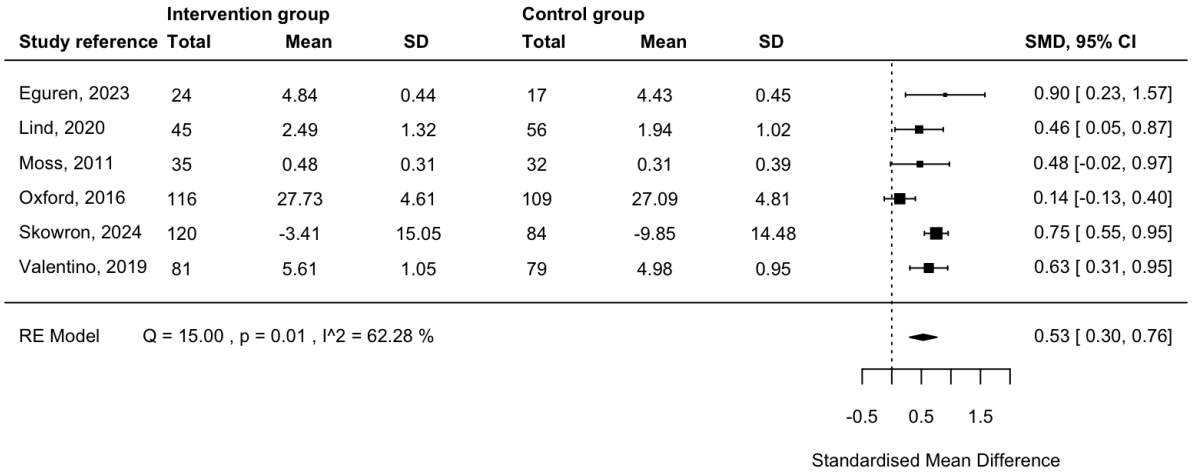

Figure 7. Forest plot of the meta-analysis for parental sensitivity. Effects on the right-hand side of the plot favour treatment (i.e., increased sensitivity).

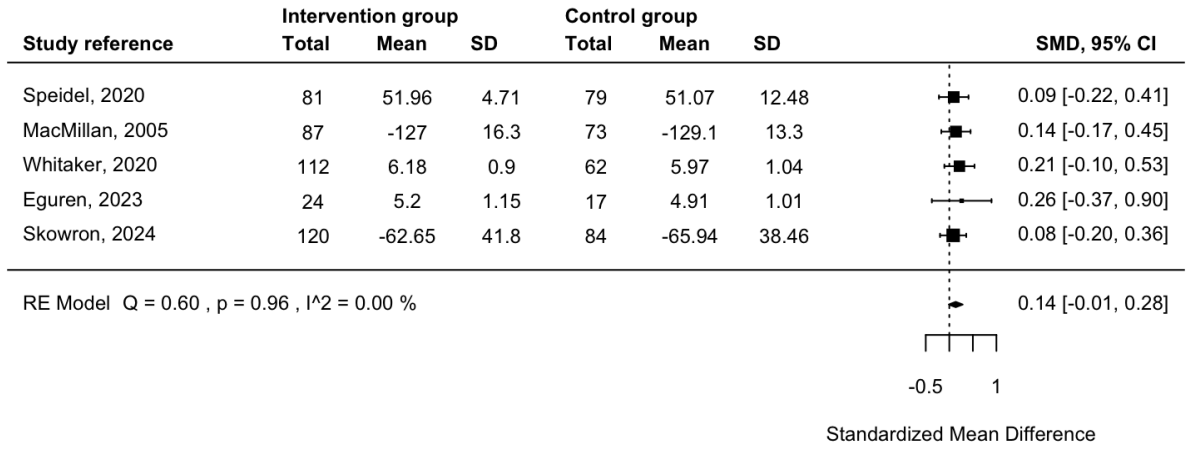

Figure 8. Forest plot of the meta-analysis for self-reported parenting. Effects on the right-hand side of the plot favour treatment (i.e., better quality parenting, such as more positive parenting).

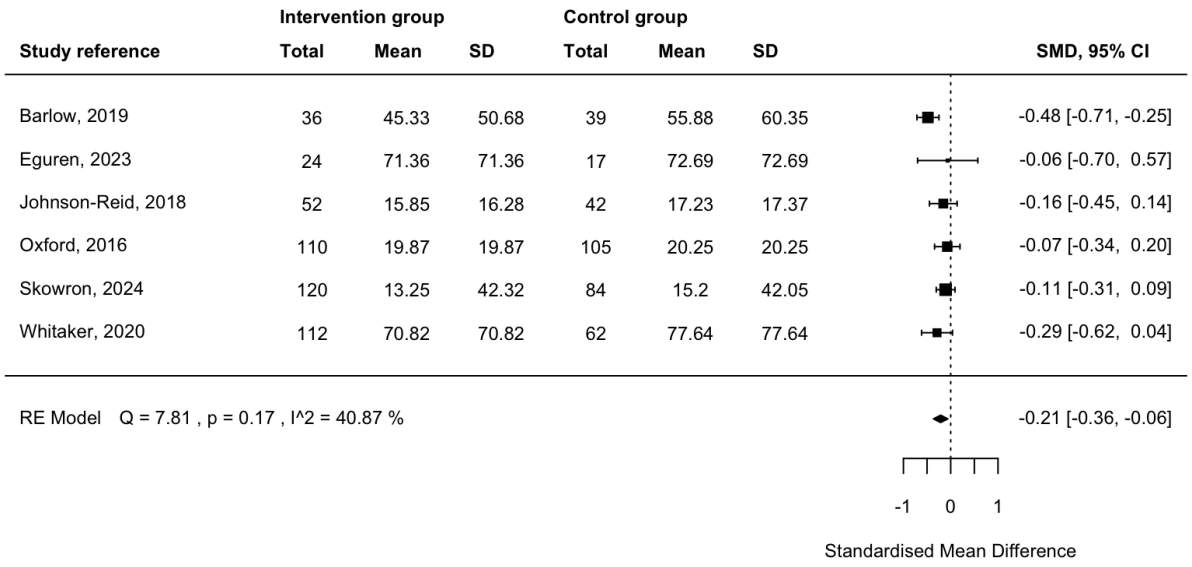

Figure 9. Forest plot of the meta-analysis for parental functioning. Effects on the left-hand side of the plot favour treatment (i.e., decreased difficulties, such as less emotional difficulties and less stress).