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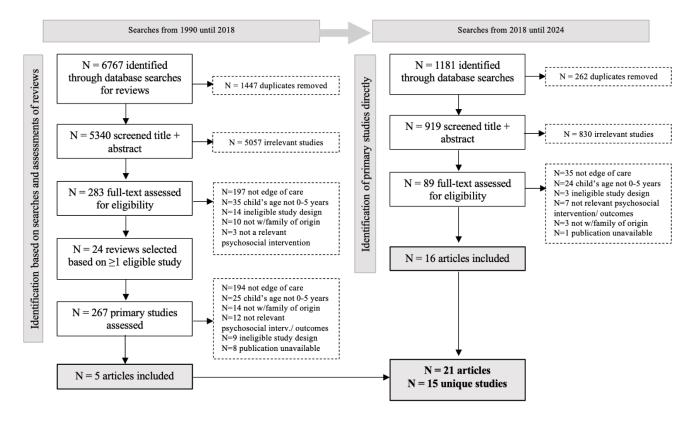


Figure 1. Flowchart of study selection.

| | 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 | + | + | ? | + | ? | ① | | SOME |
| Cichetti 2006 | (| ? | ? | + | + | • | | SOME |
| Dawe 2021 | + | + | + | + | + | • | | LOW |
| Donohue 2014 | + | (| + | (| (| + | | LOW |
| Eguren 2023 | + | ? | ? | ? | (| + | | SOME |
| Hall 2021 | + | + | + | (| (| + | | LOW |
| Jonson-Reid 2018 | 0 | ? | + | + | + | ① | | HIGH |
| Lee 2018 | (| + | + | + | + | ① | | LOW |
| Lind 2020 | + | (1) | + | + | (1) | ? | | SOME |
| MacMillian 2005 | + | + | + | + | + | ① | | LOW |
| Moss 2011 | + | + | + | + | + | • | | LOW |
| Oxford 2016 | + | + | + | + | + | ① | | LOW |
| Pasalich 2019 | + | (1) | + | + | + | + | | LOW |
| Raby 2021 | + | (1) | + | + | + | ? | | SOME |
| Skowron 2024 | + | (1) | + | + | + | ① | | LOW |
| Speidel 2020 | + | (1) | + | + | + | ① | | LOW |
| Valentino 2019 | ① | (| + | + | (| | | LOW |
| Villodas 2021 | (| (1) | + | (| (1) | (| | LOW |
| Whitaker 2020 | + | ① | + | + | (1) | • | | LOW |
| Zajac 2020 | (| (| + | (†) | (| + | | LOW |

Figure 2. Risk of bias ratings for included studies

| | Intervention group | | | Contro | group | | | |
|------------------------|--------------------|--------|-------|--------|-------|--------|------------------|---------------------|
| Study reference | Total | Mean | SD | Total | Mean | SD | | SMD, 95% CI |
| | | | | | | | | |
| Donohue, 2014 | 35 | 135.5 | 87.85 | 37 | 142.1 | 112.55 | - | -0.06 [-0.53, 0.40] |
| Barlow, 2019 | 42 | 7.14 | 5.73 | 43 | 9.3 | 6.01 | | -0.36 [-0.80, 0.07] |
| MacMillan, 2005 | 87 | 166.1 | 115.9 | 73 | 165.6 | 109.9 | + = + | 0.00 [-0.31, 0.32] |
| Whitaker, 2020 | 112 | 3.783 | 0.33 | 61 | 3.785 | 0.32 | -± -1 | -0.01 [-0.32, 0.31] |
| | | | | | | | | |
| | | | | | | | | |
| RE Model Q = 2.15, p = | = 0.54 , I^2 = | 0.00 % | | | | | * | -0.07 [-0.26, 0.11] |
| | | | | | | | | |
| | | | | | | | -1 0 | |

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).

Standardized Mean Difference

| | Intervention | Intervention group | | oup | | |
|--------------------|---------------------|--------------------|--------|-------|-----------------|-------------------|
| Study reference | Events | Total | Events | Total | (| OR, 95% CI |
| | | | | | | |
| MacMillan, 2005 | 50 | 88 | 48 | 72 | - | 0.79 [0.56, 1.13] |
| Johnson-Reid, 2018 | 36 | 86 | 40 | 73 | ⊢ ■ | 0.75 [0.53, 1.06] |
| Lee, 2018 | 19 | 52 | 25 | 52 | ⊢ ■ | 0.77 [0.50, 1.19] |
| Hall, 2021 | 61 | 346 | 28 | 180 | ⊢-■ | 1.09 [0.83, 1.42] |
| Oxford, 2016 | 36 | 124 | 42 | 123 | ⊢■ | 0.88 [0.65, 1.18] |
| Valentino, 2019 | 47 | 83 | 60 | 82 | ⊢■ | 0.67 [0.46, 0.96] |
| | | | | | | |
| RE Model | Q = 5.82 , p = 0.32 | 2 , I^2 = 23.43 | % | | • | 0.84 [0.72, 0.98] |
| | | | | | | |
| | | | | | 0.4 0.8 1.2 1.6 | 3 |
| | | | | | Odds Ratio | |

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).

Intervention group Control group Study reference Total OR, 95% CI **Events** Total **Events** Bernard, 2012 1.77 [1.17, 2.67] 41 60 26 60 2.61 [1.63, 4.20] Cichetti, 2006 31 50 12 54 Moss, 2011 2.47 [1.36, 4.48] 28 35 14 32 Q = 1.70, p = 0.43, $I^2 = 1.89$ % 2.17 [1.64, 2.87] RE Model 2 3 4 5 Odds Ratio

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).

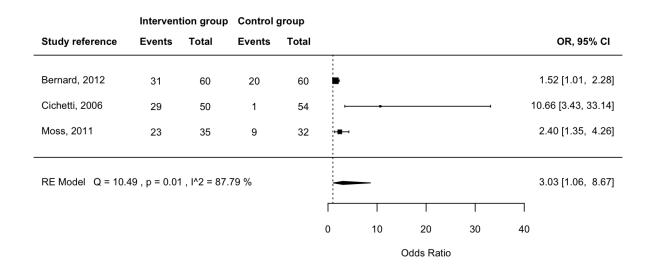


Figure 6. Forest plot of the meta-analysis for attachment security. Effects on the right-hand side of the plot favour treatment (i.e., increased security).

| | Intervent | tion group | | Control | group | | | |
|-----------------|-------------|------------------|---------|---------|-------|-------|--|--------------------|
| Study reference | Total | Mean | SD | Total | Mean | SD | | SMD, 95% CI |
| Eguren, 2023 | 24 | 4.84 | 0.44 | 17 | 4.43 | 0.45 | | 0.90 [0.23, 1.57] |
| Lind, 2020 | 45 | 2.49 | 1.32 | 56 | 1.94 | 1.02 | —— | 0.46 [0.05, 0.87] |
| Moss, 2011 | 35 | 0.48 | 0.31 | 32 | 0.31 | 0.39 | - | 0.48 [-0.02, 0.97] |
| Oxford, 2016 | 116 | 27.73 | 4.61 | 109 | 27.09 | 4.81 | | 0.14 [-0.13, 0.40] |
| Skowron, 2024 | 120 | -3.41 | 15.05 | 84 | -9.85 | 14.48 | +■- | 0.75 [0.55, 0.95] |
| Valentino, 2019 | 81 | 5.61 | 1.05 | 79 | 4.98 | 0.95 | ⊢■ → | 0.63 [0.31, 0.95] |
| RE Model Q | = 15.00 , ; | p = 0.01 , I^2 = | 62.28 % | | | | - | 0.53 [0.30, 0.76] |
| | | | | | | | - | \neg |
| | | | | | | | -0.5 0.5 1.5 | |
| | | | | | | | Standardised Mean Di | fference |

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).

| | Intervention group | | | Control group | | | | |
|-----------------------|--------------------|--------|------|---------------|--------|-------|-----------------|--------------------|
| Study reference | Total | Mean | SD | Total | Mean | SD | | SMD, 95% CI |
| Speidel, 2020 | 81 | 51.96 | 4.71 | 79 | 51.07 | 12.48 | · = - | 0.09 [-0.22, 0.41] |
| MacMillan, 2005 | 87 | -127 | 16.3 | 73 | -129.1 | 13.3 | - - | 0.14 [-0.17, 0.45] |
| Whitaker, 2020 | 112 | 6.18 | 0.9 | 62 | 5.97 | 1.04 | ÷ = - | 0.21 [-0.10, 0.53] |
| Eguren, 2023 | 24 | 5.2 | 1.15 | 17 | 4.91 | 1.01 | | 0.26 [-0.37, 0.90] |
| Skowron, 2024 | 120 | -62.65 | 41.8 | 84 | -65.94 | 38.46 | • | 0.08 [-0.20, 0.36] |
| RE Model Q = 0.60 , p | = 0.96 , I^2 = | 0.00 % | | | | | • | 0.14 [-0.01, 0.28] |
| | | | | | | | | |
| | | | | | | | -0.5 1 | |
| | | | | | | Sta | andardized Mean | Difference |

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).

| | Intervention group | | | Control | group | | | |
|-------------------------|--------------------|--------|-------|---------|-------|-------|------------------|----------------------|
| Study reference | Total | Mean | SD | Total | Mean | SD | | SMD, 95% CI |
| Barlow, 2019 | 36 | 45.33 | 50.68 | 39 | 55.88 | 60.35 | ⊢≣ -1 | -0.48 [-0.71, -0.25] |
| Eguren, 2023 | 24 | 71.36 | 71.36 | 17 | 72.69 | 72.69 | - | -0.06 [-0.70, 0.57] |
| Johnson-Reid, 2018 | 52 | 15.85 | 16.28 | 42 | 17.23 | 17.37 | ⊢ ■; | -0.16 [-0.45, 0.14] |
| Oxford, 2016 | 110 | 19.87 | 19.87 | 105 | 20.25 | 20.25 | + = + | -0.07 [-0.34, 0.20] |
| Skowron, 2024 | 120 | 13.25 | 42.32 | 84 | 15.2 | 42.05 | | -0.11 [-0.31, 0.09] |
| Whitaker, 2020 | 112 | 70.82 | 70.82 | 62 | 77.64 | 77.64 | | -0.29 [-0.62, 0.04] |
| RE Model Q = 7.81 , p = | = 0.17 , I^2 = 40 | 0.87 % | | | | | • | -0.21 [-0.36, -0.06] |
| | | | | | | | П | ٦ |
| | | | | | | | -1 0 | 1 |
| | | | | | | St | andardised Mean | Difference |

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).