

**Summary of effects for health outcomes**

Domain	Study	Outcome	Study n	Sample n	Statistical method	Effect size	Quality	Summary
<b>Time point 1</b>								
MMH	MA	1.1 Maternal mental health continuous	2	3352	SMD	0.07 [0.00, 0.14]	moderate	↓
MMH	Ontario 2001	1.2.1 Presence of mood disorders (%)	1	148	RR	0.99 [0.50, 1.99]	very low	○
MMH	CJF Yale	1.2.2 CES-D at risk (% ≥ 16/60)	1	311	RR	1.18 [0.80, 1.74]	low	↓
MMH	CJF GUP	1.2.3 CIDI at risk (% threshold not reported)	1	308	RR	1.21 [0.72, 2.06]	low	↓↓
MPH	CJF Yale	4.1 One or more physical health problems (%)	1	311	RR	0.85 [0.54, 1.36]	low	↑
CMH	New Hope 1999	7.1.1 Problem Behavior Scale (1-5)	1	563	SMD	-0.17 [-0.34, -0.01]	moderate	↑↑
CMH	NEWWS 2001	7.1.2 Behavior Problems Index (0-2)	1	2762	SMD	0.01 [-0.06, 0.09]	moderate	↓
CMH	Ontario 2001	7.2.1 One or more behavior disorders (Survey Diagnostic Instrument) (%)	1	178	RR	1.58 [0.48, 5.24]	very low	↓↓↓
CMH	CJF Yale	7.2.2 Behavior Problems Index (% with problems)	1	311	RR	1.58 [0.92, 2.72]	low	↓↓↓
CPH	NEWWS 2001	10.1 General health rating (1-5)	1	2762	SMD	-0.05 [-0.12, 0.03]	moderate	↓
<b>Time point 2</b>								
MMH	MA	2.1 Maternal mental health continuous	3	7091	SMD	0.00 [-0.05, 0.05]	moderate	○
MMH	CJF GUP	2.2 CES-D mean score (0-60)	1	187	Other data	Int/Cont 15.5/13.9	unclear	↓
MMH	Cal GAIN 1994	2.3.1 Unhappy, sad or depressed very often or fairly often (%)	1	2242	RR	1.06 [0.95, 1.18]	moderate	↓
MMH	MFIP 2000	2.3.2 CES-D at high risk (% ≥ 23/60)	1	1900	RR	1.00 [0.85, 1.18]	moderate	○
MPH	MA	5.1 In good or excellent health (%)	2	2551	RR	1.06 [0.95, 1.18]	moderate	↑
CMH	MA	8.1 Child behavior problems continuous	5	7560	SMD	-0.04 [-0.08, 0.01]	moderate	↑
CMH	SSP-R 2002	8.2.1 Adolescent CES-D at risk (% ≥ 8/30)	1	1417	RR	0.97 [0.87, 1.08]	moderate	↑
CMH	CJF GUP	8.3 Child Behavior Checklist (1-3)	1	182	Other data	Int/Cont 1.7/1.6	unclear	↓
CPH	MA	11.1 Child physical health continuous	3	7195	SMD	0.07 [0.01, 0.12]	moderate	↑
CPH	MFIP 2000	11.2.1 In good or excellent health	1	1900	RR	0.98 [0.93, 1.02]	moderate	↓
<b>Time point 3</b>								
MMH	MA	3.1 Maternal mental health continuous	4	8873	SMD	-0.07 [-0.15, 0.00]	moderate	↑
MMH	IFIP 2002	3.2.1 CES-D at high risk (% ≥ 23/60)	1	813	RR	0.94 [0.73 to 1.20]	low	↑
MMH	UK ERA 2011	3.2.2 Miserable or depressed often or always (%)	1	1365	RR	1.25 [0.98, 1.59]	very low	↓↓↓
MPH	New Hope 1999	6.1.1 Physical health scale (1-5)	1	553	SMD	0.16 [-0.01, 0.33]	low	↑↑
MPH	UK ERA 2011	6.2 In good or very good health (%)	1	1854	RR	0.97 [0.91, 1.04]	low	↓
CMH	MA	9.1 Child behavior problems continuous	3	3643	SMD	-0.05 [-0.16, 0.05]	low	↑
CMH	NEWWS 2001	9.3 BPI subscores (NEWWS)	1	2124	SMD	multiple outcomes	unclear	↑
CMH	IFIP 2002	9.4 BPI (IFIP) (0-56)	1	1475	Other data	multiple groups	unclear	↓↑
CMH	SSP-R 2002	9.5 BPI (SSP-R) (1-3)	1	2296	Other data	multiple groups	unclear	○
CPH	MA	12.1 Child physical health continuous	5	8083	SMD	0.01 [-0.04, 0.06]	moderate	↑
CPH	IFIP 2002	12.2.1 In fair or poor health (%)	1	1475	RR	1.26 [0.73, 2.14]	low	↓↓

KEY	
MA	meta-analysis
Effect direction	
↑	positive effect <sup>a</sup>
↓	negative effect
↓↑	conflicting
○	evidence of no effect
Effect magnitude (SMD)	
↓	<0.1; very small
↓↓	0.1-0.2; small
↓↓↓	>0.2; modest
Effect magnitude (RR)	
↓	1.01-1.19; very small
↓↓	1.2-1.5; small
↓↓↓	>1.5; modest
↓↑	conflicting
Quality of the evidence	
green	moderate
amber	low
red	very low
black	unclear

<sup>a</sup>A positive effect is defined as such according to the desirability of the outcome. A reduction in CES-D is a positive effect, denoted by an upward pointing arrow.