

Supplementary table 3. Study results for the primary endpoint and secondary parent-related endpoints by use of AID.

Endpoint	Time	BEM							TRADITIONAL						
		AID no			AID yes			Between-group p-value*	AID no			AID yes			Between-group p-value*
		Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*		Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	
PSI-SF (total)	T0	75.5 (67.4;83.5)			73.2 (68.3;78.2)			0.13	87.0 (78.9;95.1)			75.6 (68.3;82.8)			0.66
	T3	73.1 (64.3;81.9)	-2.3 (-8.5;3.8)	0.45	68.4 (62.9;73.9)	-4.8 (-8.7;-1)	0.01		82.6 (74.2;90.9)	-4.4 (-9.8;1)	0.11	73.8 (66.3;81.2)	-1.8 (-6.6;3)	0.46	
	T6	72.1 (64.2;79.9)	-3.4 (-9.5;2.7)	0.27	62.3 (57.1;67.5)	-11.0 (-15.1;-6.8)	<.0001		78.6 (70.7;86.6)	-8.4 (-14.6;-2.2)	0.009	68.4 (61.3;75.5)	-7.2 (-12.8;-1.6)	0.01	
PSI-SF parental distress	T0	26.7 (22.8;30.6)			27.7 (25.3;30.1)			0.44	30.4 (26.9;33.9)			27.4 (24.2;30.5)			0.54
	T3	25.8 (22.4;29.3)	-0.9 (-4;2.2)	0.57	24.6 (22.4;26.7)	-3.1 (-5.1;-1.2)	0.002		28.(24.8;31.5)	-2.(-4.7;0.1)	0.06	26.(23.6;29.6)	-0.(-3;1.3)	0.46	
	T6	24.5 (21.1;27.9)	-2.3 (-5.6;1.1)	0.18	22.9 (20.7;25.2)	-4.8 (-7;-2.5)	<.0001		26.(22.9;29.6)	-4.(-6.9;-1.4)	0.004	25.(22.3;28.4)	-2.(-4.5;0.4)	0.1	
PSI-SF dysfunctional parent-child interaction	T0	19.8 (17.4;22.3)			19.1 (17.6;20.6)			0.41	24.7 (22;27.5)			21.0 (18.6;23.5)			0.69
	T3	20.3 (17.1;23.4)	0.4 (-2.1;3)	0.73	19.7 (17.8;21.6)	0.6 (-1;2.2)	0.45		24.8 (21.9;27.6)	0.0 (-1.9;2)	0.98	21.5 (19;24.1)	0.5 (-1.2;2.3)	0.56	
	T6	19.9 (17.5;22.3)	0.1 (-2;2.1)	0.96	17.6 (16;19.2)	-1.5 (-2.9;-0.1)	0.04		24.4 (21.8;26.9)	-0.4 (-2.8;2.1)	0.75	20.1 (17.8;22.4)	-0.9 (-3.1;1.3)	0.39	
PSI-SF difficult child	T0	28.9 (25.3;32.4)			26.4 (24.3;28.6)			0.09	31.9 (28.8;35)			27.2 (24.4;29.9)			0.52
	T3	27.2 (23.6;30.8)	-1.7 (-3.9;0.6)	0.14	24.3 (22.1;26.5)	-2.1 (-3.5;-0.7)	0.003		29.7 (26.5;32.8)	-2.2 (-4.5;0.1)	0.06	25.6 (22.8;28.4)	-1.6 (-3.6;0.5)	0.14	

		BEM							TRADITIONAL						
Endpoint	Time	AID no			AID yes				AID no			AID yes			
		Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Between n-group p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Between n-group p-value*
	T6	27.7 (24.4;31)	-1.2 (-3.7;1.3)	0.33	22.1 (20;24.3)	-4.3 (-6;-2.7)	<.0001		28.0 (25.1;31)	-3.8 (-6.4;-1.3)	0.004	22.9 (20.2;25.5)	-4.3 (-6.6;-2)	0.001	
PHQ9	T0	5.3 (3.6;7.1)			5.0 (3.9;6.1)			0.79	5.1 (3.7;6.4)			6.3 (5;7.5)			0.55
	T3	4.2 (2.4;5.9)	-1.2 (-2.8;0.5)	0.17	4.5 (3.4;5.6)	-0.5 (-1.5;0.6)	0.37		4.5 (3.1;5.9)	-0.6 (-1.7;0.6)	0.33	5.3 (4.1;6.5)	-1.0 (-2;0.1)	0.07	
	T6	4.1 (2.4;5.7)	-1.3 (-2.8;0.2)	0.09	4.2 (3.1;5.3)	-0.8 (-1.8;0.2)	0.12		4.7 (3.5;6)	-0.3 (-1.6;1)	0.62	5.0 (3.9;6.2)	-1.2 (-2.4;-0.1)	0.04	
GAD-7	T0	5.7 (3.7;7.7)			5.5 (4.3;6.8)			0.53	5.7 (4.1;7.4)			7.9 (6.4;9.3)			0.11
	T3	4.9 (3.2;6.7)	-0.8 (-2.3;0.7)	0.29	3.9 (2.8;5)	-1.6 (-2.6;-0.7)	0.001		4.8 (3.3;6.3)	-1.0 (-2.2;0.3)	0.13	5.5 (4.2;6.9)	-2.3 (-3.5;-1.2)	<.0001	
	T6	4.4 (2.6;6.2)	-1.3 (-3;0.3)	0.11	4.0 (2.8;5.2)	-1.5 (-2.6;-0.4)	0.008		4.9 (3.4;6.5)	-0.8 (-2;0.4)	0.17	5.4 (4;6.8)	-2.5 (-3.5;-1.4)	<.0001	
B-PSQI C1_Subjective sleep quality	T0	1.3 (1;1.6)			1.4 (1.2;1.6)			0.24	1.0 (0.7;1.3)			1.4 (1.1;1.6)			0.28
	T3	0.8 (0.5;1.2)	-0.5 (-0.8;-0.2)	0.001	1.2 (1;1.4)	-0.2 (-0.4;0)	0.03		1.1 (0.8;1.4)	0.1 (-0.2;0.4)	0.46	1.2 (0.9;1.5)	-0.2 (-0.4;0)	0.11	
	T6	0.9 (0.6;1.3)	-0.4 (-0.7;-0.1)	0.02	1.1 (0.9;1.3)	-0.3 (-0.5;-0.1)	0.008		1.1 (0.8;1.3)	0.1 (-0.2;0.3)	0.64	1.2(1;1.5)	-0.1 (-0.4;0.1)	0.26	
B-PSQI C2_Latency	T0	0.8 (0.4;1.3)			0.8 (0.6;1.1)			0.07	0.6 (0.3;0.9)			0.9 (0.7;1.2)			0.85
	T3	0.4 (0;0.9)	-0.4 (-0.8;0)	0.04	1.0 (0.7;1.2)	0.1 (-0.1;0.4)	0.27		0.4 (0.1;0.8)	-0.1 (-0.4;0.2)	0.37	0.9 (0.6;1.2)	0.0 (-0.3;0.2)	0.87	

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Endpoint	Time	AID no			AID yes				AID no			AID yes			
		Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Between n-group p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Between n-group p-value*
	T6	0.6 (0.3;1)	-0.2 (-0.6;0.1)	0.23	0.8 (0.5;1)	0.0 (-0.3;0.2)	0.69		0.5 (0.2;0.9)	0.0 (-0.3;0.2)	0.82	1.0 (0.7;1.2)	0.0 (-0.2;0.3)	0.9	
B-PSQI C3_Sleep duration	T0	1.3 (0.9;1.7)			1.5 (1.3;1.7)			0.74	1.4 (1.1;1.7)			1.5 (1.3;1.8)			0.9
	T3	1.1 (0.7;1.6)	-0.2 (-0.5;0.2)	0.32	1.3 (1;1.6)	-0.2 (-0.4;0)	0.07		1.5 (1.2;1.7)	0.1 (-0.2;0.3)	0.65	1.5 (1.3;1.7)	0.0 (-0.3;0.2)	0.86	
	T6	1.1 (0.6;1.6)	-0.2 (-0.5;0.1)	0.20	1.4 (1.1;1.7)	-0.1 (-0.3;0.1)	0.48		1.5 (1.3;1.8)	0.1 (-0.1;0.4)	0.36	1.6 (1.3;1.8)	0.1 (-0.2;0.3)	0.58	
B-PSQI C4_Sleep efficiency	T0	0.5 (0;0.9)			0.7 (0.4;0.9)			0.87	0.4 (0;0.7)			0.6 (0.3;0.9)			0.93
	T3	0.5 (0;0.9)	0.0 (-0.5;0.5)	0.99	0.7 (0.4;1)	0.0(-0.2;0.4)	0.59		0.4 (0.1;0.7)	0.0 (-0.3;0.3)	0.91	0.5 (0.3;0.8)	0.0 (-0.3;0.3)	0.92	
	T6	0.3 (-0.1;0.6)	-0.2 (-0.6;0.2)	0.32	0.4 (0.1;0.6)	-0.3 (-0.6;0)	0.04		0.5 (0.2;0.8)	0.1 (-0.2;0.5)	0.48	0.6 (0.3;0.9)	0.0 (-0.3;0.4)	0.79	
B-PSQI C5_Sleep disturbances	T0	1.2 (0.9;1.5)			1.2 (1.1;1.4)			0.26	1.2 (1.1;1.4)			1.3 (1.2;1.5)			0.77
	T3	0.9 (0.6;1.1)	-0.3 (-0.7;0)	0.05	1.2 (1;1.3)	0.0(-0.3;0.1)	0.55		1.2 (1;1.4)	0.0 (-0.2;0.1)	0.72	1.2 (1;1.4)	-0.1 (-0.3;0)	0.15	
	T6	1.1 (0.8;1.3)	-0.2 (-0.4;0.1)	0.27	1.1 (1;1.3)	-0.1 (-0.3;0.1)	0.26		1.1 (0.9;1.3)	-0.1 (-0.3;0)	0.10	1.1 (1;1.3)	-0.2 (-0.3;0)	0.02	
B-PSQI C6_Use of sleep medications	T0	0.4 (0.1;0.7)			0.1 (-0.1;0.3)			0.08	0.0 (-0.1;0.2)			0.1 (0;0.3)			0.44
	T3	0.0 (-0.1;0.1)	-0.4 (-0.7;-0.1)	0.006	0.1 (0;0.2)	0.0 (-0.2;0.2)	0.72		0.0 (-0.1;0.1)	0.0 (-0.1;0.1)	0.82	0.1 (0;0.2)	0.0 (-0.1;0)	0.47	

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		Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Between n-group p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Between n-group p-value*
	T6	0.2 (-0.1;0.4)	-0.3 (-0.6;0)	0.09	0.1 (-0.1;0.2)	0.0 (-0.2;0.2)	0.88		0.0 (0;0.1)	0.0 (-0.2;0.2)	1	0.0 (0;0)	-0.1 (-0.3;0)	0.07	
B-PSQI C7_Dysfunction during the day	T0	0.8 (0.5;1.1)			0.6 (0.4;0.8)			0.58	0.5 (0.2;0.8)			1.0 (0.7;1.2)			0.001
	T3	0.8 (0.4;1.2)	0.0 (-0.3;0.3)	0.97	0.6 (0.4;0.8)	0.0 (-0.2;0.2)	0.69		0.7 (0.4;1)	0.2 (-0.1;0.5)	0.17	0.8 (0.5;1)	-0.2 (-0.5;0)	0.09	
	T6	0.6 (0.3;0.9)	-0.2 (-0.5;0.1)	0.18	0.6 (0.4;0.8)	0.0 (-0.3;0.2)	0.62		0.8 (0.5;1.1)	0.3 (0;0.6)	0.05	0.5 (0.3;0.8)	-0.5 (-0.7;-0.2)	0.001	
PSESDM	T0	30.8 (28.5;33)			32.6 (31.2;34)			0.21	29.7 (28;31.4)			30.3 (28.8;31.8)			0.11
	T3	33.5 (30.8;36.2)	2.7 (0.2;5.2)	0.04	32.7 (31.1;34.4)	0.1 (-1.5;1.7)	0.9		29.8 (27.7;31.9)	0.0 (-1.8;1.9)	0.96	30.5 (28.7;32.4)	0.3 (-1.4;1.9)	0.76	
	T6	32.2 (29.6;34.8)	1.4 (-1.1;4)	0.27	34.0 (32.2;35.8)	1.4 (-0.3;3.2)	0.11		29.9 (28;31.8)	0.2 (-1.6;1.9)	0.85	32.5 (30.8;34.3)	2.3 (0.7;3.8)	0.006	
COPE Social support	T0	27.0 (23.9;30.1)			27.2 (25.3;29.1)			0.57	27.3 (24.4;30.2)			27.8 (25.2;30.4)			0.48
	T3	26.2 (22.5;29.9)	-0.8 (-3.9;2.4)	0.62	27.5 (25.2;29.8)	0.3 (-1.7;2.3)	0.76		24.8 (22;27.6)	-2.5 (-5.1;0.1)	0.06	27.3 (24.8;29.8)	-0.5 (-2.8;1.8)	0.67	
	T6	25.1 (21.7;28.5)	-1.9 (-4.7;0.9)	0.18	27.1 (24.8;29.4)	-0.1 (-2;1.8)	0.93		24.4 (21.7;27.1)	-2.9 (-5.6;-0.2)	0.03	26.1 (23.7;28.6)	-1.7 (-4.1;0.7)	0.17	
COPE Avoidance strategies	T0	19.7 (17.6;21.8)			20.7 (19.4;22)			0.72	21.1 (19.4;22.8)			22.7 (21.1;24.2)			0.41
	T3	19.9 (17.6;22.3)	0.3 (-2.4;2.9)	0.84	21.7 (20.2;23.2)	1.0 (-0.6;2.7)	0.23		21.0 (19.2;22.8)	-0.1 (-2;1.7)	0.91	21.7 (20.1;23.3)	-1.0 (-2.7;0.6)	0.22	

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		Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*		Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	Estimated mean levels (95%CI)	Estimated mean difference from T0 and 95% CI	p-value*	
	T6	20.2 (17.4;23)	0.5 (-2.6;3.6)	0.74	21.3 (19.4;23.2)	0.6 (-1.5;2.6)	0.57		20.4 (18.9;21.9)	-0.7 (-2.3;0.8)	0.36	20.6 (19.2;22)	-2.1 (-3.5;-0.7)	0.004	
COPE Positive attitude	T0	31.1 (28.5;33.7)			33.7 (32.1;35.3)			0.81	32.9 (30.7;35.1)			32.7 (30.8;34.7)			0.75
	T3	30.8 (28.2;33.4)	-0.3 (-2.9;2.4)	0.84	34.1 (32.5;35.8)	0.4 (-1.2;2.1)	0.62		32.5 (30.6;34.4)	-0.4 (-2.5;1.7)	0.69	31.5 (29.8;33.1)	-1.3 (-3.1;0.6)	0.18	
	T6	31.2 (28;34.4)	0.1 (-3;3.2)	0.95	33.7 (31.5;35.8)	0.0 (-2.2;2.1)	0.97		32.3 (30.2;34.3)	-0.6 (-2.4;1.2)	0.50	32.0 (30.1;33.9)	-0.7 (-2.4;0.9)	0.39	
COPE Problem orientation	T0	31.7 (29;34.4)			33.8 (32.2;35.5)			0.65	31.5 (29.1;33.9)			32.5 (30.3;34.6)			0.14
	T3	31.3 (28.1;34.6)	-0.3 (-3.1;2.4)	0.81	33.6 (31.5;35.6)	-0.2 (-2;1.5)	0.76		31.7 (29.2;34.2)	0.2 (-2;2.4)	0.85	29.8 (27.5;32)	-2.7 (-4.7;-0.8)	0.007	
	T6	30.1 (26.8;33.3)	-1.6 (-4.8;1.5)	0.30	33.6 (31.4;35.8)	-0.2 (-2.4;1.9)	0.81		30.6 (28.3;33)	-0.9 (-2.9;1.2)	0.39	30.0 (27.9;32.2)	-2.4 (-4.3;-0.6)	0.01	
COPE Transcendent orientation	T0	21.8 (19.5;24.2)			21.2 (19.7;22.6)			0.09	23.0 (21.3;24.7)			23.7 (22.2;25.2)			0.67
	T3	20.2 (18;22.5)	-1.6 (-2.9;-0.3)	0.02	21.2 (19.8;22.7)	0.0 (-0.8;0.9)	0.89		22.2 (20.4;23.9)	-0.8 (-2.4;0.7)		23.8 (22.2;25.4)	0.1 (-1.3;1.5)		
	T6	20.0 (17.8;22.2)	-1.8 (-3.3;-0.4)	0.01	20.8 (19.4;22.2)	-0.4 (-1.4;0.6)	0.44		22.9 (21.1;24.6)	-0.1 (-1.6;1.3)		24.3 (22.7;25.8)	0.6 (-0.7;1.9)		

* Paired t-test derived from linear mixed models for repeated measures. Statistically significant p-values (p < 0.05) are shown in bold.