

Supplementary table 2. Study results for the primary endpoint and secondary parent-related endpoints by children/adolescent's age.

Endpoint	Time	BEM							CONTROL						
		≤10 years			>10 years			Between-group p-value*	≤10 years			>10 years			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)	<i>T0</i>	72.7 (66.7;78.6)			75.1 (69.1;81.1)			0.34	81.7 (71.3;92.1)			80.2 (73.6;86.8)			0.36
	<i>T3</i>	69.8 (63.2;76.4)	-2.9 (-7.5;1.8)	0.22	69.8 (63.1;76.4)	-5.3 (-9.9;-0.7)	0.02		80.2 (69.6;90.8)	-1.5 (-8.2;5.2)	0.66	76.7 (70;83.4)	-3.5 (-7.8;0.8)	0.11	
	<i>T6</i>	67.0 (60.6;73.3)	-5.7 (-10.9;-0.5)	0.03	64.2 (58;70.3)	-10.9 (-15.8;-6)	<.0001		77.9 (67.8;87.9)	-3.9 (-11.5;3.8)	0.32	70.9 (64.6;77.3)	-9.3 (-14.1;-4.4)	0.0003	
PSI-SF parental distress	<i>T0</i>	27.3 (24.4;30.1)			27.6 (24.7;30.5)			0.54	31.6 (27.2;36)			27.6 (24.8;30.3)			0.69
	<i>T3</i>	25.6 (23;28.2)	-1.6 (-4;0.7)	0.17	24.3 (21.6;26.9)	-3.4 (-5.7;-1)	0.007		29.7 (25.6;33.8)	-1.9 (-4.9;1.1)	0.21	26.3 (23.7;28.9)	-1.3 (-3.2;0.6)	0.19	
	<i>T6</i>	24.3 (21.6;27)	-2.9 (-5.6;-0.3)	0.03	22.6 (20;25.2)	-5.0 (-7.6;-2.4)	0.0003		29.0 (24.8;33.1)	-2.7 (-6.1;0.8)	0.13	24.4 (21.8;27)	-3.1 (-5.3;-0.9)	0.01	
PSI-SF dysfunctional parent-child interaction	<i>T0</i>	18.3 (16.5;20.1)			20.3 (18.5;22.1)			0.54	21.1 (17.6;24.5)			23.3 (21.1;25.5)			0.27
	<i>T3</i>	19.4 (17;21.7)	1.1 (-0.8;3)	0.27	20.4 (18.1;22.7)	0.1 (-1.8;1.9)	0.94		21.8 (18.2;25.4)	0.8 (-1.7;3.2)	0.54	23.4 (21.2;25.7)	0.1 (-1.4;1.7)	0.87	
	<i>T6</i>	18.0 (16;19.9)	-0.4 (-2.1;1.4)	0.69	18.7 (16.9;20.6)	-1.6 (-3.2;0.1)	0.06		22.3 (18.9;25.6)	1.2 (-1.8;4.2)	0.43	21.9 (19.8;24)	-1.4 (-3.3;0.5)	0.14	
PSI-SF difficult child	<i>T0</i>	27.1 (24.4;29.7)			27.1 (24.5;29.8)			0.2	29.1 (25;33.1)			29.3 (26.8;31.9)			0.43

		BEM							CONTROL						
Endpoint	Time	≤10 years			>10 years				≤10 years			>10 years			
		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-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-group p-value*
	T3	25.1 (22.4;27.8)	-2.0 (-3.7;-0.3)	0.02	25.2(22.4;27.9)	-2.0 (-3.7;-0.3)	0.02		28.7 (24.7;32.7)	-0.4 (-3.2;2.5)	0.81	26.9 (24.3;29.4)	-2.4 (-4.3;-0.6)	0.01	
	T6	25.0 (22.4;27.7)	-2.0 (-4.1;0.1)	0.06	22.9 (20.3;25.4)	-4.3 (-6.3;-2.3)	<.0001		26.7 (22.8;30.5)	-2.4 (-5.6;0.8)	0.14	24.6 (22.2;27)	-4.7(-6.8;-2.7)	<.0001	
PHQ9	T0	5.3 (4;6.6)			4.9 (3.5;6.2)			0.28	6.0 (4.3;7.7)			5.6 (4.5;6.7)			0.14
	T3	5.3 (4;6.6)	0.0 (-1.2;1.3)	0.98	3.5 (2.3;4.8)	-1.3 (-2.6;-0.1)	0.04		5.3 (3.6;7)	-0.7 (-2.1;0.7)	0.34	4.8 (3.7;5.9)	-0.8 (-1.7;0.1)	0.08	
	T6	4.6 (3.3;5.9)	-0.7 (-1.9;0.5)	0.26	3.6 (2.4;4.9)	-1.2 (-2.4;-0.1)	0.04		6.2 (4.7;7.7)	0.2 (-1.4;1.8)	0.80	4.4 (3.4;5.4)	-1.2 (-2.3;-0.2)	0.02	
GAD-7	T0	5.6 (4.1;7)			5.6 (4.1;7.1)			0.17	7.6 (5.5;9.6)			6.7 (5.4;8)			0.21
	T3	4.7 (3.4;6)	-0.9 (-2.1;0.2)	0.12	3.8 (2.5;5.1)	-1.9 (-3;-0.7)	0.002		5.0 (3.1;6.9)	-2.6 (-4.1;-1)	0.002	5.3 (4.1;6.5)	-1.4 (-2.4;-0.4)	0.01	
	T6	4.0 (2.5;5.4)	-1.6 (-2.9;-0.3)	0.02	4.2 (2.8;5.6)	-1.4 (-2.7;-0.2)	0.03		5.7 (3.8;7.6)	-1.9 (-3.3;-0.4)	0.02	5.0 (3.8;6.2)	-1.7(-2.6;-0.7)	0.001	
B-PSQI C1_Subjective sleep quality	T0	1.4 (1.2;1.7)			1.3(1.1;1.5)			0.63	1.4 (1;1.7)			1.2 (0.9;1.4)			0.94
	T3	1.2 (1;1.5)	-0.2 (-0.4;0)	0.07	0.9 (0.7;1.2)	-0.4 (-0.6;-0.1)	0.002		1.3 (0.9;1.6)	-0.1 (-0.4;0.2)	0.55	1.1 (0.9;1.3)	0.0 (-0.3;0.2)	0.65	
	T6	1.1 (0.9;1.4)	-0.3 (-0.5;0)	0.03	0.9 (0.7;1.2)	-0.4 (-0.6;-0.1)	0.005		1.3 (0.9;1.6)	-0.1 (-0.4;0.2)	0.56	1.1 (0.9;1.3)	0.0 (-0.2;0.2)	0.78	
B-PSQI C2_Latency	T0	0.8 (0.5;1.1)			0.9(0.5;1.2)			0.47	0.9(0.5;1.2)			0.8(0.5;1)			0.78

		BEM							CONTROL						
Endpoint	Time	≤10 years			>10 years				≤10 years			>10 years			
		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-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-group p-value*
	T3	0.9 (0.6;1.2)	0.1 (-0.2;0.4)	0.45	0.7 (0.4;1)	-0.1 (-0.4;0.1)	0.33		0.8 (0.3;1.2)	-0.1 (-0.5;0.3)	0.59	0.7 (0.4;1)	-0.1 (-0.3;0.2)	0.61	
	T6	0.8 (0.5;1.1)	0.0 (-0.3;0.3)	0.88	0.7 (0.4;1)	-0.2 (-0.4;0.1)	0.21		0.8 (0.4;1.1)	-0.1 (-0.4;0.2)	0.57	0.8 (0.5;1)	0.0 (-0.2;0.3)	0.77	
B-PSQI C3_Sleep duration	T0	1.4 (1.1;1.7)			1.5 (1.2;1.8)			0.72	1.3 (1;1.6)			1.5 (1.3;1.8)			0.08
	T3	1.1 (0.8;1.5)	-0.3 (-0.5;0)	0.06	1.4 (1;1.7)	-0.1 (-0.4;0.1)	0.26		1.3 (1;1.6)	0.0 (-0.3;0.3)	1	1.6 (1.4;1.8)	0.0 (-0.2;0.2)	0.8	
	T6	1.3 (0.9;1.7)	-0.1 (-0.4;0.2)	0.51	1.4 (1;1.7)	-0.2 (-0.4;0.1)	0.23		1.7 (1.3;2)	0.4 (0;0.7)	0.04	1.5 (1.3;1.8)	0.0 (-0.2;0.2)	0.95	
B-PSQI C4_Sleep efficiency	T0	0.6 (0.3;0.9)			0.6 (0.3;0.9)			0.57	0.6 (0.1;1)			0.5 (0.2;0.7)			0.93
	T3	0.7 (0.3;1)	0.0 (-0.3;0.4)	0.85	0.7 (0.3;1)	0.1 (-0.3;0.4)	0.66		0.6 (0.2;1)	0.1 (-0.3;0.4)	0.8	0.4 (0.2;0.7)	0.0 (-0.3;0.2)	0.86	
	T6	0.5 (0.2;0.8)	-0.2 (-0.5;0.2)	0.37	0.2 (0;0.5)	-0.4 (-0.7;-0.1)	0.02		0.7 (0.3;1.1)	0.2 (-0.3;0.6)	0.51	0.5 (0.3;0.8)	0.1 (-0.2;0.3)	0.71	
B-PSQI C5_Sleep disturbances	T0	1.1 (0.9;1.3)			1.3(1.1;1.5)			0.003	1.2 (1;1.4)			1.3 (1.2;1.4)			0.69
	T3	1.2 (1;1.4)	0.1 (-0.2;0.3)	0.49	1.0 (0.8;1.1)	-0.4 (-0.6;-0.1)	0.003		1.2 (1;1.4)	0.0 (-0.2;0.2)	1	1.2 (1;1.4)	-0.1 (-0.2;0)	0.12	
	T6	1.3 (1.1;1.4)	0.1 (-0.1;0.3)	0.17	1.0 (0.8;1.1)	-0.4 (-0.6;-0.2)	0.0004		1.1 (0.9;1.3)	-0.1 (-0.3;0.1)	0.31	1.1 (1;1.3)	-0.2 (-0.3;0)	0.01	
B-PSQI C6_Use of sleep medications	T0	0.3 (0.1;0.5)			0.1 (-0.2;0.3)			0.34	0.2 (0;0.4)			0.0 (-0.1;0.2)			0.11

		BEM							CONTROL						
Endpoint	Time	≤10 years			>10 years				≤10 years			>10 years			
		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-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-group p-value*
	T3	0.1 (0;0.2)	-0.2 (-0.5;0)	0.06	0.0 (-0.1;0.1)	-0.1 (-0.3;0.2)	0.61		0.1 (-0.1;0.3)	-0.1 (-0.2;0)	0.03	0.1 (0;0.2)	0.0 (0;0.1)	0.59	
	T6	0.1 (-0.1;0.3)	-0.2 (-0.5;0)	0.09	0.1 (-0.1;0.3)	0.0 (-0.2;0.3)	0.76		0.1 (0;0.1)	-0.2 (-0.3;0)	0.12	0.0 (0;0)	0.0 (-0.2;0.1)	0.51	
B-PSQI C7_Dysfunction during the day	T0	0.8 (0.5;1)			0.6 (0.3;0.8)			0.2	0.7 (0.3;1.1)			0.8 (0.6;1)			0.25
	T3	0.9 (0.6;1.1)	0.1 (-0.1;0.3)	0.4	0.4 (0.2;0.7)	-0.2 (-0.4;0.1)	0.19		0.9 (0.5;1.2)	0.2 (-0.2;0.5)	0.39	0.7 (0.5;0.9)	-0.1 (-0.3;0.1)	0.35	
	T6	0.6 (0.4;0.9)	-0.1 (-0.4;0.1)	0.34	0.5 (0.3;0.7)	-0.1 (-0.3;0.2)	0.48		0.9 (0.5;1.2)	0.2 (-0.2;0.5)	0.44	0.6 (0.3;0.8)	-0.2 (-0.5;0)	0.06	
PSES DM	T0	32.8 (31.1;34.4)			31.4 (29.8;33.1)			0.01	29.1 (27;31.2)			30.4 (29.1;31.8)			0.61
	T3	31.8 (29.9;33.8)	-0.9 (-2.8;0.9)	0.31	34.0 (32;35.9)	2.5 (0.7;4.4)	0.007		30.1 (27.5;32.7)	1.0 (-1.2;3.2)	0.38	30.2 (28.6;31.9)	-0.2 (-1.6;1.3)	0.79	
	T6	34.7 (32.5;36.8)	1.9 (-0.2;4)	0.08	32.4 (30.4;34.4)	1.0 (-1;2.9)	0.34		31.3 (28.8;33.7)	2.2 (-0.1;4.4)	0.06	31.4 (29.8;32.9)	0.9 (-0.5;2.4)	0.19	
COPE Social support	T0	27.0 (24.7;29.3)			27.3 (24.9;29.6)			0.93	27.8 (24.1;31.4)			27.5 (25.2;29.8)			0.9
	T3	26.7 (23.9;29.4)	-0.3 (-2.7;2)	0.77	27.6 (24.8;30.3)	0.3 (-2.1;2.7)	0.81		26.3 (22.7;29.8)	-1.5 (-4.8;1.8)	0.36	26.2 (23.9;28.4)	-1.3 (-3.4;0.7)	0.2	
	T6	26.1 (23.4;28.9)	-0.9 (-3.2;1.5)	0.46	26.8 (24.1;29.4)	-0.5 (-2.7;1.7)	0.66		25.8 (22.4;29.2)	-2.0 (-5.3;1.4)	0.24	25.2 (23;27.4)	-2.3 (-4.4;-0.2)	0.03	
COPE Avoidance strategies	T0	19.9 (18.4;21.5)			20.9 (19.4;22.5)			0.98	22.0 (19.8;24.1)			22.0 (20.6;23.4)			0.48

Endpoint	Time	BEM							CONTROL						
		≤10 years			>10 years			Between-group p-value*	≤10 years			>10 years			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*	
	T3	20.6 (18.8;22.4)	0.7 (-1.3;2.7)	0.49	21.8 (20;23.6)	0.9 (-1.1;2.9)	0.38		21.6 (19.4;23.8)	-0.4 (-2.6;1.9)	0.76	21.3 (19.9;22.7)	-0.7 (-2.2;0.7)	0.33	
	T6	20.3 (18.1;22.5)	0.4 (-2;2.8)	0.75	21.6 (19.5;23.8)	0.7 (-1.7;3.1)	0.56		21.4 (19.5;23.3)	-0.6 (-2.5;1.4)	0.57	20.1 (18.9;21.3)	-1.9 (-3.1;-0.6)	0.003	
<i>COPE Positive attitude</i>	T0	33.1 (31.1;35)			32.9 (30.9;34.9)			0.29	31.2 (28.5;33.8)			33.4 (31.7;35.1)			0.69
	T3	33.2 (31.2;35.3)	0.2 (-1.8;2.2)	0.87	33.2 (31.1;35.2)	0.2 (-1.8;2.3)	0.81		30.9 (28.5;33.2)	-0.3 (-2.9;2.3)	0.82	32.3 (30.8;33.8)	-1.1 (-2.8;0.5)	0.18	
	T6	34.2 (31.6;36.7)	1.1 (-1.4;3.6)	0.38	32.0 (29.5;34.4)	-0.9 (-3.3;1.5)	0.44		31.3 (28.7;33.9)	0.2 (-2.1;2.4)	0.89	32.4 (30.8;34.1)	-1.0 (-2.4;0.4)	0.17	
<i>COPE Problem orientation</i>	T0	33.5 (31.5;35.5)			33.0 (30.9;35)			0.12	31.5 (28.5;34.5)			32.2 (30.3;34.1)			0.29
	T3	32.6 (30.2;35.1)	-0.9 (-3;1.2)	0.42	33.1 (30.7;35.6)	0.2 (-1.9;2.3)	0.87		31.1 (27.9;34.2)	-0.5 (-3.2;2.3)	0.75	30.4 (28.4;32.4)	-1.8 (-3.6;0)	0.05	
	T6	33.7 (31.1;36.4)	0.3 (-2.3;2.8)	0.84	31.5 (28.9;34.1)	-1.5 (-3.9;0.9)	0.22		31.4 (28.5;34.3)	-0.1 (-2.6;2.4)	0.94	29.8 (28;31.7)	-2.4 (-4;-0.8)	0.004	
<i>COPE Transcendent orientation</i>	T0	20.5 (18.8;22.2)			22.3(20.6;24)			0.43	21.6 (19.5;23.7)			24.1 (22.8;25.4)			0.15
	T3	19.9 (18.3;21.5)	-0.6 (-1.6;0.4)	0.26	22.0 (20.4;23.7)	-0.3 (-1.3;0.8)	0.61		20.0 (18;22)	-1.6 (-3.5;0.3)	0.09	24.3 (23;25.6)	0.2 (-1;1.4)	0.7	
	T6	19.1 (17.5;20.7)	-1.4 (-2.6;-0.2)	0.02	21.9 (20.3;23.5)	-0.4 (-1.5;0.8)	0.53		21.3 (19.2;23.4)	-0.3 (-2.1;1.5)	0.74	24.1 (22.8;25.4)	0.5 (-0.7;1.6)	0.4	

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