

Supplementary table 5. Summary of the results obtained in pre-specified subgroups in terms of statistical significance (asterisks) and clinical relevance, expressed as effect size.

|                                                      | Parents |         |         |         | Age of the children |         |           |         | Use of AID |         |        |         |
|------------------------------------------------------|---------|---------|---------|---------|---------------------|---------|-----------|---------|------------|---------|--------|---------|
|                                                      | Fathers |         | Mothers |         | ≤ 10 years          |         | >10 years |         | AID Yes    |         | AID No |         |
|                                                      | BEM     | Control | BEM     | Control | BEM                 | Control | BEM       | Control | BEM        | Control | BEM    | Control |
| <i>PSI-SF (total)</i>                                |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            | *       | *       |         |         |                     |         | *         |         | *          |         |        |         |
|                                                      | (0.19)  | (0.29)  |         |         |                     |         | (0.35)    |         | (0.21)     |         |        |         |
| <i>T6</i>                                            | **      | ***     | ***     |         | *                   |         | ***       | ***     | ***        | *       |        | **      |
|                                                      | (0.37)  | (0.52)  | (0.50)  |         | (0.17)              |         | (0.74)    | (0.42)  | (0.51)     | (0.32)  |        | (0.42)  |
| <i>PSI-SF parental distress</i>                      |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            |         | *       | **      |         |                     |         | **        |         | **         |         |        |         |
|                                                      |         | (0.22)  | (0.38)  |         |                     |         | (0.49)    |         | (0.31)     |         |        |         |
| <i>T6</i>                                            |         |         | ***     |         | *                   |         | ***       | *       | ***        |         |        | **      |
|                                                      |         |         | (0.65)  |         | (0.26)              |         | (0.74)    | (0.36)  | (0.50)     |         |        | (0.43)  |
| <i>PSI-SF dysfunctional parent-child interaction</i> |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T6</i>                                            |         |         |         |         |                     |         |           |         | *          |         |        |         |
|                                                      |         |         |         |         |                     |         |           |         | (0.13)     |         |        |         |
| <i>PSI-SF difficult child</i>                        |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            | ***     | **      |         |         | *                   |         | *         | *       | **         |         |        |         |
|                                                      | (0.36)  | (0.39)  |         |         | (0.14)              |         | (0.29)    | (0.31)  | (0.22)     |         |        |         |
| <i>T6</i>                                            | ***     | ***     | *       | *       |                     |         | ***       | ***     | ***        | **      |        | **      |
|                                                      | (0.50)  | (0.65)  | (0.22)  | (0.31)  |                     |         | (0.63)    | (0.51)  | (0.45)     | (0.45)  |        | (0.56)  |
| <i>PHQ9</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            |         |         | **      | *       |                     |         | *         |         |            |         |        |         |
|                                                      |         |         | (0.34)  | (0.25)  |                     |         | (0.35)    |         |            |         |        |         |
| <i>T6</i>                                            |         |         | **      | *       |                     |         | *         | *       |            | *       |        |         |
|                                                      |         |         | (0.36)  | (0.32)  |                     |         | (0.31)    | (0.32)  |            | (0.33)  |        |         |
| <i>GAD-7</i>                                         |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            |         | *       | ***     | **      |                     | **      | **        | *       | **         | ***     |        |         |
|                                                      |         | (0.47)  | (0.34)  | (0.38)  |                     | (0.47)  | (0.41)    | (0.33)  | (0.34)     | (0.47)  |        |         |
| <i>T6</i>                                            |         | **      | **      | **      |                     | *       | *         | **      | **         | ***     |        |         |
|                                                      |         | (0.56)  | (0.41)  | (0.33)  |                     | (0.34)  | (0.30)    | (0.39)  | (0.29)     | (0.45)  |        |         |
| <i>B-PSQI C1 Subjective sleep quality</i>            |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            | *       |         | *       |         |                     |         | **        |         | *          |         | **     |         |
|                                                      | (0.34)  |         | (0.33)  |         |                     |         | (0.44)    |         | (0.21)     |         | (0.74) |         |
| <i>T6</i>                                            | *       |         | **      |         | *                   |         | **        |         | **         |         | *      |         |
|                                                      | (0.38)  |         | (0.46)  |         | (0.39)              |         | (0.44)    |         | (0.34)     |         | (0.63) |         |
| <i>B-PSQI C2 Latency</i>                             |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            |         |         |         |         |                     |         |           |         |            |         | *      |         |
|                                                      |         |         |         |         |                     |         |           |         |            |         | (0.49) |         |
| <i>T6</i>                                            |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>B-PSQI C3 Sleep duration</i>                      |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                            |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T6</i>                                            |         |         |         |         |                     | *       |           |         |            |         |        |         |
|                                                      |         |         |         |         |                     | (0.44)  |           |         |            |         |        |         |
| <i>B-PSQI C4 Sleep efficiency</i>                    |         |         |         |         |                     |         |           |         |            |         |        |         |

|                                                    | Parents |         |         |         | Age of the children |         |           |         | Use of AID |         |        |         |
|----------------------------------------------------|---------|---------|---------|---------|---------------------|---------|-----------|---------|------------|---------|--------|---------|
|                                                    | Fathers |         | Mothers |         | ≤ 10 years          |         | >10 years |         | AID Yes    |         | AID No |         |
|                                                    | BEM     | Control | BEM     | Control | BEM                 | Control | BEM       | Control | BEM        | Control | BEM    | Control |
| <i>T3</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T6</i>                                          |         |         |         |         |                     |         | *         |         |            |         |        |         |
|                                                    |         |         |         |         |                     |         | (0.41)    |         |            |         |        |         |
| <b><i>B-PSQI C5_Sleep disturbances</i></b>         |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         | **        | *       |            |         |        |         |
|                                                    |         |         |         |         |                     |         | (0.67)    | (0.22)  |            |         |        |         |
| <i>T6</i>                                          |         |         |         |         |                     |         | ***       |         |            | *       |        |         |
|                                                    |         |         |         |         |                     |         | (0.67)    |         |            | (0.33)  |        |         |
| <b><i>B-PSQI C6_Use of sleep medications</i></b>   |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     | *       |           |         |            |         | **     |         |
|                                                    |         |         |         |         |                     | (0.14)  |           |         |            |         | (1.20) |         |
| <i>T6</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <b><i>B-PSQI C7_Dysfunction during the day</i></b> |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T6</i>                                          |         |         |         |         |                     |         |           |         |            | **      |        |         |
|                                                    |         |         |         |         |                     |         |           |         |            | (0.48)  |        |         |
| <b><i>PSESDM</i></b>                               |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         | **        |         |            |         | *      |         |
|                                                    |         |         |         |         |                     |         | (0.42)    |         |            |         | (0.41) |         |
| <i>T6</i>                                          |         |         |         |         |                     |         |           |         |            | **      |        |         |
|                                                    |         |         |         |         |                     |         |           |         |            | (0.45)  |        |         |
| <b><i>COPE Social support</i></b>                  |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T6</i>                                          |         |         |         |         |                     |         |           |         |            |         |        | *       |
|                                                    |         |         |         |         |                     |         |           |         |            |         | (0.40) |         |
| <b><i>COPE Avoidance strategies</i></b>            |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T6</i>                                          |         |         |         | **      |                     |         |           |         |            | **      |        |         |
|                                                    |         |         |         | (0.15)  |                     |         |           |         |            | (0.37)  |        |         |
| <b><i>COPE Positive attitude</i></b>               |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T6</i>                                          |         |         |         |         |                     |         |           |         |            |         |        |         |
| <b><i>COPE Problem orientation</i></b>             |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         |           |         |            | **      |        |         |
|                                                    |         |         |         |         |                     |         |           |         |            | (0.36)  |        |         |
| <i>T6</i>                                          |         |         |         |         |                     |         |           |         |            | *       |        |         |
|                                                    |         |         |         |         |                     |         |           |         |            | (0.31)  |        |         |
| <b><i>COPE Transcendent orientation</i></b>        |         |         |         |         |                     |         |           |         |            |         |        |         |
| <i>T3</i>                                          |         |         |         |         |                     |         |           |         |            |         | *      |         |
|                                                    |         |         |         |         |                     |         |           |         |            |         | (0.15) |         |
| <i>T6</i>                                          |         | *       |         |         |                     |         |           |         |            |         |        |         |
|                                                    |         | (0.10)  |         |         |                     |         |           |         |            |         |        |         |

\* <0.05 \*\* <0.01 \*\*\* <0.001 \*\*\*\* <0.0001