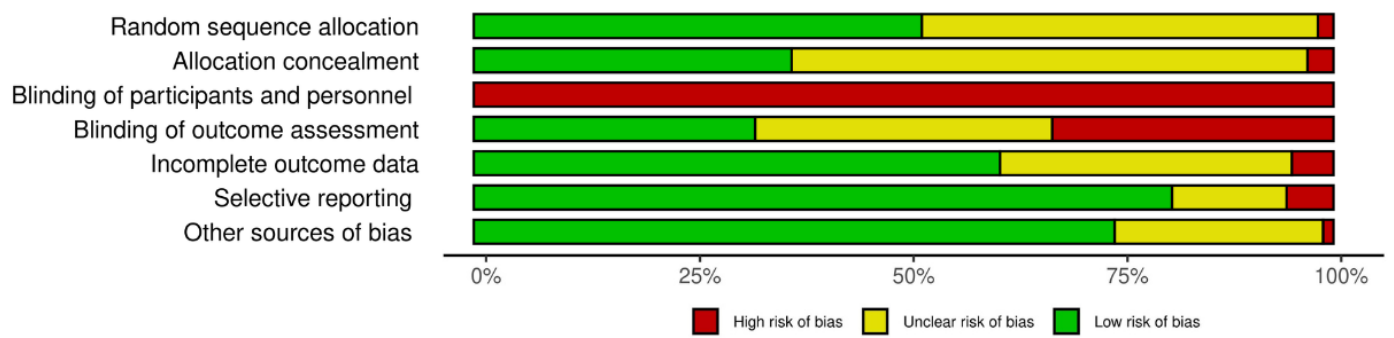


Online Supplementary Material

Figures

Figure S1

Summary of Risk of Bias Assessment Across Studies (n = 162)



## Tables

Table S1

*Program Characteristics of Included Studies (N=162)*

Author	Year	N	Country	Intervention	Child Mean Age	Delivery Format	Outcome of Interest
<b>Abikoff</b>	2015	164	USA	Helping the Noncompliant Child	3.57	Individual	Child behavior management; parenting stress
<b>Abrahamse</b>	2022	20	Netherlands	Parent-Child Interaction Therapy	5.70	Individual	Child behavior management
<b>Aghebati</b>	2014	30	Iran	Triple P	8	Group	Parenting stress; depressive symptoms
<b>Altafim</b>	2019	81	Brazil	ACT Raising Safe Kids	4.23	Group	Child behavior management
<b>Anastopoulos</b>	1993	34	USA	Barkley's parent training	8.14	Group	Parenting Stress
<b>Arrubarrena</b>	2022	146	Spain	Incredible Years	6.60	Group	Child behavior management; parenting stress; depressive symptoms
<b>Bagner</b>	2010	28	USA	Parent-Child Interaction Therapy	3.20	Individual	Child behavior management; parenting stress
<b>Bakermans-Kranenburg</b>	2008	157	Netherlands	Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline	2.30	Individual	Child behavior management
<b>Barkley</b>	2000	81	USA	Behavior parenting training	4.80	Group	Parenting stress
<b>Behan</b>	2001	26	Ireland	Parents Plus Programme	7.60	Group	Child behavior management; parenting stress
<b>Bernal</b>	1980	36	USA	Behavioral Parent Training	8.44	Individual	Child behavior management
<b>Bjørknes</b>	2013	96	Norway	Coaching Our Acting-out Children: Heightening Essential Skills	5.90	Individual	Child behavior management
<b>Bjørseth</b>	2016	81	Norway	Parent-Child Interaction Therapy	5.70	Individual	Child behavior management
<b>Braet</b>	2009	64	Belgium	Parent Management Training	5.58	Group	Child behavior management; parenting stress

## GROUP-BASED VERSUS INDIVIDUAL PARENTING PROGRAMS

<b>Breitenstein</b>	2012	2185	USA	Chicago Parent Program	2.81	Group	Child behavior management
<b>Brotman</b>	2003	30	USA	Incredible Years	3.66	Group	Child behavior management
<b>Caserta</b>	2018	67	USA	Coaching Our Acting-out Children: Heightening Essential Skills	3.80	Group	Child behavior management
<b>Chacko</b>	2009	120	USA	Strategies to Enhance Positive Parenting	8.00	Group	Parenting stress; depressive symptoms
<b>Chacko</b>	2018a	322	Denmark	Caring in Chaos	7.04	Group	Parenting stress; depressive symptoms
<b>Chacko</b>	2018b	126	USA	Fathers Supporting Success in Preschoolers	4.59	Group	Parenting stress; depressive symptoms
<b>Chan</b>	2016	89	Hong Kong	Triple P	4.26	Group	Parenting stress
<b>Chesterfield</b>	2021	60	Australia	1-2-3 Magic Parenting	8.10	Group	Parenting stress
<b>Coard</b>	2007	30	USA	Black Parenting Strengths and Strategies Program	5.25	Group	Child behavior management
<b>Cowan</b>	2009	371	USA	Supporting Father Involvement	2.25	Group	Parenting stress
<b>Cunningham</b>	1995	150	Canada	Parent training	4.43	Group	Depressive symptoms
<b>Dawe</b>	2007	64	Australia	Parents Under Pressure	3.82	Individual	Parenting stress
<b>Day</b>	2012	116	UK	Empowering Parents, Empowering Communities	4.81	Group	Parenting stress
<b>Douglas</b>	2019	249	UK	Solihull Approach	–	Group	Depressive symptoms
<b>DuPaul</b>	2018	32	USA	Behavior parent training	4.43	Group	Parenting stress
<b>Eddy</b>	2013	359	USA	Parenting Inside Out	8	Group	Parenting stress; depressive symptoms
<b>El Khani</b>	2021	119	Lebanon	Teaching Recovery Techniques + Parenting training	8.10	Group	Depressive symptoms
<b>Euser</b>	2021	202	Netherlands	Video-feedback Intervention to Promote Positive Parenting and Sensitive Discipline	3.60	Individual	Child behavior management
<b>Eyberg</b>	1995	13	USA	Parent-Child Interaction Therapy	4.50	Individual	Child behavior management; parenting stress
<b>Fabiano</b>	2012	55	USA	Coaching Our Acting-out Children: Heightening Essential Skills	8.50	Group	Child behavior management
<b>Fabiano</b>	2022	61	USA	Coaching Our Acting-out Children: Heightening Essential Skills	8.18	Group	Child behavior management

GROUP-BASED VERSUS INDIVIDUAL PARENTING PROGRAMS

<b>Fanning</b>	2007	28	USA	Success in Parenting Preschoolers	4.50	Group	Parenting Stress
<b>Farzad Fard</b>	2008	51	Iran	Early childhood parenting skills	5.40	Group	Parenting stress
<b>Feinfield</b>	2004	47	USA	Project Team	6.60	Group	Child behavior management; parenting stress
<b>Flaherty</b>	2010	38	Australia	1-2-3 Magic Parenting	–	Group	Depressive symptoms
<b>Foley</b>	2016	44	USA	Group Parent-Child Interaction Therapy	6.45	Group	Parenting stress
<b>Forgatch</b>	1999	238	USA	Parent Management Training, the Oregon model	7.80	Group	Child behavior management
<b>Gallart</b>	2005	32	Australia	Triple P	5.40	Group	Depressive symptoms
<b>Gardner</b>	2006	76	UK	Incredible Years	5.90	Group	Depressive symptoms
<b>Gardner</b>	Unpublished	120	Thailand	Parenting for Lifelong Health	5.22	Group	Child behavior management
<b>Gewirtz</b>	2016	608	USA	ADAPT	8.39	Group	Depressive symptoms
<b>Gross</b>	1995	46	USA	Incredible Years	2.50	Group	Parenting stress; depressive symptoms
<b>Gross</b>	2003	208	USA	Incredible Years	–	Group	Child behavior management; depressive symptoms
<b>Gross</b>	2009	253	USA	Incredible Years	2.91	Group	Child behavior management
<b>Guterman</b>	2013	138	USA	Parent Aide	–	Individual	Parenting stress; depressive symptoms
<b>Hand</b>	2013	75	Ireland	Parents Plus Children's Programme	–	Group	Parenting stress
<b>Haslam</b>	2013	107	Australia	Triple P	7.40	Group	Depressive symptoms
<b>Herbert</b>	2013	31	USA	Parenting Your Hyperactive Preschooler	4.50	Group	Child behavior management
<b>Hoath</b>	2002	21	Australia	Triple P	7.75	Group	Depressive symptoms
<b>Homem</b>	2014	83	Portugal	Incredible Years	4.55	Group	Depressive symptoms
<b>Hutchings</b>	2007	153	UK	Incredible Years	4.20	Group	Parenting stress; depressive symptoms
<b>Javier</b>	2016	28	USA	The Filipino Family Initiative	8.45	Group	Child behavior management; parenting stress
<b>Joachim</b>	2010	46	Australia	Hassle-free shopping	3.30	Group	Depressive symptoms
<b>Johnson</b>	2015	106	USA	Making our Moms Stronger	–	Group	Parenting stress
<b>Karjalainen</b>	2019	102	Finland	Incredible Years	5.30	Group	Child behavior management; parenting stress

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<b>Keown</b>	2018	70	New Zealand	Te Whānau Pou Toru	4.50	Group	Depressive symptoms
<b>Khademi</b>	2019	94	Iran	Triple P	4.15	Group	Depressive symptoms
<b>Kim</b>	2008	33	USA	Incredible Years	5.58	Group	Child behavior management
<b>Kirby</b>	2014	54	Australia	Grandparents Triple P	4.40	Group	Depressive symptoms
<b>Kjøbli</b>	2013a	137	Norway	Parent Management Training, the Oregon model	8.56	Group	Child behavior management
<b>Kjøbli</b>	2013b	216	Norway	Parent Management Training, the Oregon model	7.28	Individual	Child behavior management; parenting stress
<b>Kleefman</b>	2014	209	Netherlands	Triple P	9.78	Individual	Parenting stress
<b>Knox</b>	2013	149	USA	ACT Raising Safe kids	3.35	Group	Child behavior management
<b>Lachman</b>	2017	68	South Africa	Sinovuyo Caring Families Program for Young Children	5.40	Group	Child behavior management; parenting stress; depressive symptoms
<b>Lachman</b>	2021	120	Philippines	Parenting for Lifelong Health Kids	3.80	Group	Parenting stress
<b>Larsson</b>	2009	81	Norway	Incredible Years	6.60	Group	Child behavior management; parenting stress
<b>Lau</b>	2011	54	USA	Incredible Years	8.40	Group	Parenting stress
<b>Lefever</b>	2017	258	USA	SafeCare Model- Parent Child Interaction Modul	4.60	Group	Depressive symptoms
<b>Leijten</b>	2017	154	Netherlands	Incredible Years	5.59	Group	Child behavior management; parenting stress
<b>Lessard</b>	2016	50	Canada	Incredible Years	8.20	Group	Child behavior management
<b>Lester</b>	2014	80	South Africa	Positive Parenting Skills Training Programme	8.36	Group	Child behavior management
<b>Leung</b>	2013	81	Hong Kong	Triple P	4.20	Group	Parenting stress
<b>Leung</b>	2015	111	Hong Kong	Parent-Child Interaction Therapy	4.50	Individual	Child behavior management; parenting stress
<b>Leung</b>	2017a	173	Hong Kong	HOPE-20	2.50	Group	Parenting stress
<b>Leung</b>	2017b	64	Hong Kong	Parent-Child Interaction Therapy	5.50	Individual	Parenting stress
<b>Leung</b>	2020	154	China	The Happy Parenting: Round-the-Clock Parenting Program	4.40	Individual	Parenting stress
<b>Leung</b>	2022	276	Hong Kong	Parent-Child Interaction Therapy	3.46	Group	Parenting stress

GROUP-BASED VERSUS INDIVIDUAL PARENTING PROGRAMS

<b>Maaskant</b>	2016	88	Netherlands	Parent Management Training, the Oregon model	7.70	Individual	Parenting stress
<b>MacKenzie</b>	2000	46	USA	Computer Assisted Parenting Program	4.26	Individual	Parenting stress
<b>Martinez</b>	2001	238	USA	Parent Management Training, the Oregon model	7.80	Group	Child behavior management
<b>Masiran</b>	2022	70	Malaysia	Incredible Years	8.51	Group	Parenting stress; depressive symptoms
<b>Matos</b>	2009	32	Puerto Rico (USA)	Parent-Child Interaction Therapy	–	Individual	Depressive symptoms
<b>Matsumoto</b>	2007	50	Australia	Triple P	4.90	Group	Depressive symptoms
<b>Matsumoto</b>	2010	54	Japan	Triple P	5.80	Group	Depressive symptoms
<b>McCabe</b>	2009	58	USA	Parent-Child Interaction Therapy	4.40	Individual	Parenting stress
<b>McCormick</b>	2014	101	USA	Triple P	4.80	Individual	Child behavior management
<b>McGilloway</b>	2012	149	Ireland	Incredible Years	5.00	Group	Depressive symptoms
<b>Miller-Heyl</b>	1998	796	USA	DARE To Be You	3.15	Group	Child behavior management
<b>Moharrerri</b>	2008	60	Iran	Triple P	8.83	Group	Depressive symptoms
<b>Ni Mhaille</b>	2013	33	Ireland	Incredible Years	4.75	Group	Parenting stress
<b>Niccols</b>	2009	79	Canada	Coping Modeling Problem Solving Approach	2.00	Group	Parenting stress; depressive symptoms
<b>Nicholson</b>	2002	26	USA	STAR Parenting Program	–	Group	Parenting stress
<b>Nixon</b>	2003	63	Australia	Parent-Child Interaction Therapy	3.90	Individual	Child behavior management; parenting stress
<b>Nogueira</b>	2022	134	Portugal	Triple P	7.10	Group	Parenting stress; depressive symptoms
<b>Ogden</b>	2008	112	Norway	Parent Management Training, the Oregon model	8.44	Individual	Child behavior management
<b>Olivares</b>	1997	60	Spain	Parent training	7.50	Group	Child behavior management
<b>Parra-Cardona</b>	2017	68	USA	CAPAS	9.30	Group	Child behavior management
<b>Patterson</b>	2002	116	UK	Incredible Years	–	Group	Parenting stress; depressive symptoms
<b>Peterson</b>	2002	119	USA	Parent Training	3.00	Group	Child behavior management
<b>Pisterman</b>	1992a	107	Canada	Behavior parent training	4.10	Group	Parenting stress
<b>Pisterman</b>	1992b	57	Canada	Behavior parent training	4.04	Group	Child behavior management

GROUP-BASED VERSUS INDIVIDUAL PARENTING PROGRAMS

<b>Portwood</b>	2011	271	USA	ACT Raising Safe Kids	–	Group	Parenting stress
<b>Porzig-Drummond</b>	2014	84	Australia	1-2-3 Magic Parenting	5.50	Group	Parenting stress; depressive symptoms
<b>Pruett</b>	2019	284	USA	Supporting Father Involvement	2.90	Group	Parenting stress
<b>Reedtz</b>	2011	186	Norway	Incredible Years	3.89	Group	Child behavior management
<b>Rincón</b>	2018	332	Chile	Day by Day Program	3.80	Group	Child behavior management; depressive symptoms
<b>Ruiz Zaldibar</b>	2018	23	Spain	PUEDES infancia	–	Group	Child behavior management
<b>Runze</b>	2022	243	Netherlands	Video-feedback Intervention to Promote Positive Parenting and Sensitive Discipline	7.94	Individual	Child behavior management
<b>Sampaio</b>	2015	759	Sweden	Triple P	–	Group	Depressive symptoms
<b>Sanders</b>	2011	121	Australia	Triple P	6.60	Group	Depressive symptoms
<b>Santini</b>	2017	40	Brasil	Projeto Parceria	–	Individual	Child behavior management; depressive symptoms
<b>Scavenius</b>	2020	126	Denmark	Parent Management Training, the Oregon model	8.00	Individual	Parenting stress; depressive symptoms
<b>Scavenius</b>	2021	322	Denmark	Caring in Chaos	6.70	Group	Depressive symptoms
<b>Schappin</b>	2013	67	Netherlands	Triple P	3.70	Individual	Parenting stress
<b>Schuhmann</b>	1998	64	USA	Parent-Child Interaction Therapy	4.93	Individual	Child behavior management; parenting stress; depressive symptoms
<b>Scott</b>	2010a	174	UK	Incredible Years	5.70	Group	Child behavior management
<b>Scott</b>	2010b	112	UK	Incredible Years	5.21	Group	Child behavior management
<b>Scott</b>	2014	109	UK	Incredible Years	6.00	Group	Child behavior management
<b>Self-Brown</b>	2018	99	USA	SafeCare	3.30	Individual	Child behavior management
<b>Sheeber</b>	1994	40	USA	Temperament-focused psychoeducational intervention	4.00	Group	Depressive symptoms
<b>Shimabukuro</b>	2020	52	Japan	Well Parent Japan	8.40	Group	Parenting stress; depressive symptoms
<b>Sigmarsdóttir</b>	2013	102	Iceland	Parent Management Training, the Oregon model	8.02	Individual	Child behavior management; depressive symptoms
<b>Silovsky</b>	2011	105	USA	SafeCare	–	Individual	Child behavior management; depressive symptoms
<b>Silovsky</b>	2022	562	USA	SafeCare	–	Individual	Depressive symptoms

GROUP-BASED VERSUS INDIVIDUAL PARENTING PROGRAMS

<b>Sim</b>	2014	270	Liberia	Parents Make the Difference	5.16	Group	Child behavior management
<b>Simkiss</b>	2013	286	UK	Family Links Nurturing Programme	–	Group	Parenting stress
<b>Smith</b>	2010	60	USA	The Role of a Father	–	Group	Child behavior management
<b>Solís-Cámara</b>	2004	40	Mexico	Programa de Crianza Estandarizado	3.70	Group	Child behavior management; parenting stress
<b>Solís-Cámara</b>	2015	60	Mexico	Programa de Crianza Estandarizado	3.68	Group	Parenting stress
<b>Somech</b>	2012	209	Israel	Hitkashrut	4.00	Group	Parenting stress
<b>Spaccarelli</b>	1992	37	USA	Incredible Years	6.20	Group	Parenting stress
<b>Stallman</b>	2014	204	Australia	Triple P	8.15	Group	Depressive symptoms
<b>Stattin</b>	2015	366	Sweden	Comet	7.70	Group	Child behavior management; parenting stress; depressive symptoms
<b>Stolk</b>	2008	237	Netherlands	Video-feedback Intervention to Promote Positive Parenting and Sensitive Discipline	2.25	Individual	Child behavior management
<b>Sumargi</b>	2015	143	Indonesia	Triple P	6.34	Group	Parenting stress
<b>Sze-To</b>	Unpublished	242	Hong Kong	Happy Parenting Program	4.10	Group	Parenting stress
<b>Taylor</b>	1998	36	Canada	Incredible Years	5.60	Group	Depressive symptoms
<b>Thomas</b>	2011	150	Australia	Parent-Child Interaction Therapy	5.00	Individual	Child behavior management; parenting stress
<b>Thompson</b>	2009	41	UK	New Forest Parenting Program	4.00	Individual	Child behavior management; depressive symptoms
<b>Tully</b>	2017	45	Australia	Triple P	2.60	Group	Depressive symptoms
<b>Turan</b>	2021	46	Turkey	Parents Plus Children's Programme	8.40	Group	Parenting stress
<b>Turner</b>	2006	30	Australia	Triple P	3.35	Individual	Depressive symptoms
<b>Turner</b>	2007	51	Australia	Triple P	5.85	Group	Depressive symptoms
<b>Van den Hoofdakker</b>	2007	96	Netherlands	Behavior parent training	7.40	Group	Parenting stress
<b>Villodas</b>	2021	55	USA	Home-based Parent-Child Interaction Therapy	4.78	Individual	Child behavior management; parenting stress
<b>Wahler</b>	1997	24	USA	Parent training	7.45	Individual	Child behavior management



## GROUP-BASED VERSUS INDIVIDUAL PARENTING PROGRAMS

<b>Walz</b>	2011	43	Germany	Das Kompetenztraining für Eltern sozial auffälliger Kinder	8.60	Group	Parenting stress
<b>Ward</b>	2020	296	South Africa	Parenting for Lifelong Health	–	Group	Child behavior management; parenting stress; depressive symptoms
<b>Webster-Stratton</b>	1984	25	USA	Incredible Years	4.80	Group	Child behavior management
<b>Webster-Stratton</b>	1988	41	USA	Incredible Years	4.60	Group	Parenting stress
<b>Webster-Stratton</b>	1992	67	USA	Incredible Years	5.00	Individual	Parenting stress
<b>Webster-Stratton</b>	1997	48	USA	Incredible Years	5.70	Group	Parenting stress
<b>Weeland</b>	2017	387	Netherlands	Incredible Years	6.21	Group	Child behavior management
<b>Williams</b>	2020	58	Wales	Enhancing Parenting Skills Programme	3.46	Individual	Depressive symptoms
<b>Wolfe</b>	1988	53	Canada	Parent training	2.04	Individual	Child behavior management; depressive symptoms
<b>Wood</b>	2021	174	USA	PRICARE	3.40	Group	Parenting stress
<b>Yao</b>	2022	30	Japan	Behavior parent training	–	Group	Parenting stress
<b>Zangwill</b>	1983	15	USA	Behavior parent training	3.00	Group	Child behavior management

GROUP-BASED VERSUS INDIVIDUAL PARENTING PROGRAMS

**Table S2**

*Difference Between Prevention-Oriented Versus Treatment-Oriented Settings, Expressed in Cohen's d (95% CI)*

	Prevention-oriented		Treatment-oriented	
	Group-based	Individual	Group-based	Individual
Child behavior management	0.26 (0.12, 0.41)	0.41 (0.04, 0.79)	0.41 (0.13, 0.70)	0.74 (0.08, 1.39)
Parenting stress	-0.24 (-0.40, -0.07)	-0.28 (-0.44, -0.13)	-0.22 (-0.37, -0.06)	-0.41 (-0.74, -0.07)
Depressive symptoms	-0.18 (-0.31, -0.04)	-0.10 (-0.57, 0.36)	-0.23 (-0.42, -0.04)	-0.12 (-0.33, 0.09)

*Note.* There were no significant differences between the effect sizes of group-based and individual parenting programs in both prevention-oriented and treatment-oriented settings.

**Table S3**

*Impact of the Type of Measurement of Child Behavior Management (Observation or Self-reports) Used in the Individual Setting, Expressed in Cohen's d (95% CI)*

	Individual programs Observations
Child behavior management	0.72 (0.26, 1.17)

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