

Article meta-data

1. Please state the surnames and first initials of **all** authors of the article in the box below (e.g. Smith, J. A., Jones, A. C.);

2. Please state the year the article was first available or published;

3. What is the publication status of the article: Published
 Unpublished (move to Q4)

- 3.1. Please state the name of the journal the article was published in below;

- 3.2. Please state the journals most recent impact factor;

Nature of the focal sample

4. Stage the mean age of the intervention group to the nearest whole year;

5. State the rounded percentage of the total sample who are female;

6. What is the clinical status of the mental health related problems of participants included in the study;

Clinical status Non-clinical status Mixed status

7. What is the clinical status of the sleep related problems of participants included in the study;

Clinical status Non-clinical status Mixed status

Nature of the focal sample

8. Record the type of mental health problems and experiences that the authors measure. Where there are multiple mental health difficulties/problems, record all that are mentioned in the text;

- Depression Anxiety Stress Psychosis Eating disorder OCD
 Phobias Wellbeing/distress PTSD
 Other (provide details in 8.1)

8.1. Please use the box below to provide further details regarding mental health problems/symptoms if necessary;

9. Record the type of sleep problems and experiences that the authors measure. Where there are multiple sleep problems, record all that are mentioned in the text;

- Insomnia Parasomnia Hypersomnia Circadian rhythm
 Narcolepsy Sleep apnoea Nightmares Restless-legs
 Other (if other, provide details in 9.1)

9.1. Please use the box below to provide further details regarding sleep problems/symptoms if necessary;

10. Do participants have any additional problems/difficulties that are comorbid to the target problem (e.g. alcohol dependency, physical disability etc.)

- Yes (move to Q10.1) No (move to Q12)

10.1. Please list any comorbidities stated by the authors;

Nature of the focal sample

11. Were participants allowed to take medication for a mental health difficulty/problem that is different to the intervention being tested whilst taking part in the research?

 Yes No

12. Were participants allowed to take medication for a sleep difficulty that is different to the intervention being tested whilst taking part in the research?

 Yes No

13. Were participants receiving psychological help for a mental health difficulty/problem that is different to the intervention being tested whilst taking part in the research?

 Yes No

14. Were participants receiving psychological help for a sleep difficulty that is different to the intervention being tested whilst taking part in the research?

 Yes No**Research design**

15. Select the method of recruitment used in the study;

Health professional referral Self-referral/voluntary Mixed Other

16. Please state the nature of the comparison group;

16.1. Comparator 1

Wait-list TAU Placebo Active control

16.2. Comparator 2

Wait-list TAU Placebo Active control NA

16.3. Comparator 3

Wait-list TAU Placebo Active control NA

16.4. Comparator 4

Wait-list TAU Placebo Active control NA

Research design

17. State the level of attrition from the intervention group as well as the total attrition rate of all groups as a percentage (see coding manual for more details);

17.1. The attrition rate of the intervention group only is:

17.2. The attrition rate across all groups is:

18. Record all points where data collection has occurred after the intervention has ended in months (e.g., post-intervention, 3 months, 12 months);

19. Please record the outcome measure(s) used to measure sleep quality and indicate whether the measures are self-reported, clinician rated, or objective;

Self-report Clinician rated Objective

Self-report Clinician rated Objective

Self-report Clinician rated Objective

Self-report Clinician rated Objective

20. Please record the outcome measure(s) used to record outcomes pertaining to mental health and indicate whether the measures are self-reported or rated by a clinician rated;

Self-report Clinician rated

Self-report Clinician rated

Self-report Clinician rated

Self-report Clinician rated

Research design

21. Please state the type of analysis conducted;

Intention to treat (ITT) Per protocol Not stated Other 

22. State whether adjusted or unadjusted data has been used to compute an effect size;

Adjusted Unadjusted

23. Please use the Jadad quality scale to score the study in terms of randomization, blinding and the account of participants. Use the 'Score given' column, placing your score in the box provided. Examples and guidance on the interpretation of each item are provided in the coding manual;

| Item | Min/max score | Description | Score |
|-------------------------|---------------|--|--------------------------|
| Randomization | 0 to 2 | 1 point if randomization is mentioned at all 1 additional point if the method of randomization is appropriate Deduct 1 point if method of randomization is inappropriate | <input type="checkbox"/> |
| Blinding | 0 to 2 | 1 point if blinding is mentioned 1 additional point if the method of blinding is appropriate Deduct 1 point if the method of blinding is inappropriate | <input type="checkbox"/> |
| Account of participants | 0 to 1 | The fate of all participants in the trial is known. If there are no data the reason is stated | <input type="checkbox"/> |
| Total score | 0 to 5 | Sum total of all domains | <input type="checkbox"/> |

Intervention characteristics

24. Please indicate the size of the effect on sleep quality (Hedges g) of the intervention at the first statistically significant follow-up;

Small (≤ 0.33) Medium ($> 0.33, \leq 0.66$) Large (> 0.66)

25. Please state the duration of the intervention(s) to the nearest week;

26. Do the authors specify the theoretical basis of the intervention? If so, provide the broad theoretical category;

Psychological Pharmacological Medical device

27. State the approach to intervention that the study describes (tick all that apply);

CBTi Psychoeducation Sleep hygiene
 Mindfulness Relaxation Exercise/activity increase
 Exposure Image rehearsal Alternative medicine
 Medication Paradoxical intention Sleep restriction
 Behavioural Other (if other, provide more detail in 22.1)

27.1. Please use the box below to provide more details if required;

28. Please state the mode of delivery of the intervention (tick all that apply);

Face-to-face Self-help/self-administration

28.1. If self-help/self-administration, please state how the intervention was delivered (tick all that apply);

Internet Video Pen/paper Bibliotherapy
 Other (other, provide more detail in 28.2)

Intervention characteristics

28.2. Please provide more detail if necessary below;

29. Please record adherence to the intervention where possible. If no adherence data is available, please state "not reported";

Notes and comments

END OF FORM