

Supplementary Information to the Article:

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**Telephone-Assisted Self-Help for Caregivers of Adolescents with Attention-Deficit/Hyperactivity Disorder: An Observational Proof-of-Concept Study**

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Table S1

*Parent Satisfaction with TASH Program Rated on Client Satisfaction Questionnaire*

Question	Completing families/ Per-protocol sample ( <i>n</i> = 28)				Non-completing families/ Drop-out sample ( <i>n</i> = 11)			
	<i>M</i>	<i>SD</i>	Range	%	<i>M</i>	<i>SD</i>	Range	%
	Satisfied				Satisfied			
Quality of the program	6.39	0.74	4–7	96	6.00	1.10	4–7	91
Support received as expected	6.07	1.02	4–7	93	5.27	1.49	3–7	73
Program met child's needs	5.64	1.13	3–7	89	4.18	1.33	2–7	36
Program met own needs	5.71	1.05	3–7	93	4.27	1.74	2–7	46
Amount of help received	6.29	0.85	5–7	100	6.18	0.87	5–7	100
Dealing more effectively with child's behavior	6.29	0.76	5–7	100	4.82	1.60	3–7	64
Dealing more effectively with family problems	5.61	1.03	3–7	93	4.64	1.36	3–7	55
Improvement of partnership <sup>a</sup>	4.22	1.73	1–7	44	3.13	1.55	1–5	25
Overall satisfaction with the program	6.32	0.77	5–7	100	5.70	1.06	4–7	90
Coming back to program in case of seeking help again	6.50	0.84	5–7	100	6.18	1.33	3–7	91
Newly developed skills applicable to other family members	6.46	0.95	4–7	92	4.70	2.41	1–7	60
Child's current behavior	5.68	1.47	1–7	89	4.40	2.01	1–7	60
Satisfaction with child's progress	5.39	1.26	2–7	89	4.70	2.00	1–7	60
Total score	5.90	0.68	4.36–		4.96	0.98	3.77–	
			7.00				6.69	

*Note.* *n* = sample size, *M* = mean (items rated on a 7-point Likert scale ranging from 1 to 7); *SD* = standard

deviation; % satisfied = percentage of parents reporting satisfaction with the intervention (rating  $\geq 5$ ; i.e., “rather good to very good”).

<sup>a</sup> *n* = 23.

Table S2

*Physician Satisfaction with TASH Program*

Question	Completing families/ Per-protocol sample ( <i>n</i> = 24)					Non-completing families/ Drop-out sample ( <i>n</i> = 12)				
	<i>n</i>	<i>M</i>	<i>SD</i>	Range	% satisfied	<i>n</i>	<i>M</i>	<i>SD</i>	Range	% satisfied
Treatment success within the referred family										
Reduced burden within the family since beginning of the intervention	21	2.48	0.81	1–4	57	10	2.10	0.57	1–3	20
Child symptom reduction since the beginning of the intervention	21	1.95	0.87	1–4	24	10	2.00	0.82	1–3	30
Improvement of medication compliance since beginning of the intervention	19	1.84	1.07	1–4	26	10	2.30	0.95	1–4	40
Reduced burden for own practice with the referred family	23	3.26	0.86	1–4	83	10	2.40	0.97	1–4	30
Overall satisfaction with the program										
Overall satisfaction with the program	23	3.30	0.64	2–4	91	11	2.91	0.83	2–4	64
Quality of the program	23	3.43	0.59	2–4	96	11	3.27	0.91	2–4	73
Advance information about the program sufficient	24	3.25	0.94	1–4	83	11	3.00	1.10	1–4	82
Information about the treatment process (of a family) sufficient	24	3.04	0.81	2–4	71	12	2.58	0.90	1–4	67
Information about the treatment process (of a family) helpful for own practice	23	2.91	0.79	2–4	65	11	2.09	0.94	1–3	46
Wish for continuation of the program for further referral of families	24	3.50	0.83	1–4	88	11	3.18	0.75	2–4	82
Total	23	3.26	0.52	2.50– 4.00		10	2.91	0.64	1.50– 3.67	

*Note.* *n* = sample size, *M* = mean (items rated on a 4-point Likert scale ranging from 1 to 4); *SD* = standard deviation; % satisfied = percentage of physicians reporting satisfaction with the intervention (rating  $\geq 3$ , i.e. “largely satisfied to particularly satisfied”).

Table S3

*Clinical Significance of the Changes during the Telephone-Assisted Self-Help Intervention for Parents of Adolescents with ADHD (Per-Protocol Sample)*

Measure	Sample	N	Improved and in a normal range <i>n</i> (%)	Improved and in a clinical range <i>n</i> (%)	Unchanged and in a normal range <i>n</i> (%)	Unchanged and in a clinical range <i>n</i> (%)	Worsened <i>n</i> (%)
FBB-ADHS	Total per-protocol sample	43	13 (30)	3 (7)	15 (35)	12 (28)	0 (0)
	Participants with symptoms in a clinical range at baseline	29	13 (45)	3 (10)	2 (7)	11 (38)	0 (0)
FBB-SSV	Total per-protocol sample	43	11 (26)	3 (7)	14 (33)	13 (30)	2 (5)
ODD	Participants with symptoms in a clinical range at baseline	26	6 (23)	3 (12)	3 (12)	13 (50)	1 (4)
SDQ	Total per-protocol sample	43	12 (28)	2 (5)	14 (33)	15 (35)	0 (0)
	Participants with symptoms in a clinical range at baseline	32	11 (34)	2 (6)	5 (16)	14 (44)	0 (0)
KINDL	Total per-protocol sample	43	10 (23)	5 (12)	15 (35)	12 (28)	1 (2)
	Participants with symptoms in a clinical range at baseline	31	8 (26)	5 (16)	5 (16)	12 (39)	1 (3)

*Note.* *n* = sample size; FBB-ADHS = Symptom Checklist for Attention-Deficit/Hyperactivity Disorder, FBB-SSV = Symptom Checklist for Disruptive Behavior Disorders, SDQ = Strengths and Difficulties Questionnaire, KINDL = German questionnaire on health-related quality of life. Improved and in a normal range: reliable change index (RCI) indicates reliable improvement and normative comparisons at post-assessment indicate normal functioning (for the FBB-ADHS and FBB-SSV, defined as an age- and gender-adjusted Stanine value < 8; for the SDQ, defined as a total mean score ≤ 0.80; for the KINDL, defined as values larger than one standard deviation below the age- and sex-specific mean of a norm sample); improved and in a clinical range: RCI indicates reliable improvement and

normative comparisons at post-assessment indicate symptoms/impairments in quality of life in the clinical range; unchanged and in a normal range: RCI indicates no reliable change and normative comparisons at post-assessment indicate normal functioning; unchanged and in a clinical range: RCI indicates no reliable change and normative comparisons at post-assessment indicate symptoms/impairments in quality of life in the clinical range; worsened: RCI indicates reliable deterioration.

Table S4

*Mean Scores at Baseline and 12 Months and T-Test Results for Comparisons between Baseline and Post-Assessment Scores (Intention-to-Treat Sample)*

Measure	Baseline <i>M (SD)</i>	12 months <i>M (SD)</i>	<i>t</i>	<i>df</i>	<i>p</i>	$\alpha'$	<i>d</i>	95% CI for <i>d</i>
<b>FBB-ADHS</b>								
Inattention	1.99 (0.79)	1.40 (0.89)	3.03*	16	.008	.050	0.70	[0.37, 1.05]
Hyperactivity/Impulsivity	1.21 (0.65)	0.93 (0.63)	2.97*	43	.005	.025	0.43	[0.17, 0.68]
Total symptom score	1.56 (0.49)	1.14 (0.51)	4.15*	13	.001	.050	0.84	[0.42, 1.25]
FBB-SSV – ODD	1.49 (0.73)	1.02 (1.16)	2.17	11	.053	.050	0.56	[0.21, 0.90]
Functional impairment	1.54 (0.44)	1.29 (0.61)	2.59*	72	.012	.050	0.49	[0.16, 0.85]
FSW	1.76 (0.49)	1.89 (0.46)	-1.68	96	.096	.050	-0.28	[-0.58, 0.01]
<b>SDQ</b>								
Hyperactivity	1.36 (0.39)	1.10 (0.45)	3.26*	21	.004	.017	0.58	[0.27, 0.94]
Emotional symptoms	0.79 (0.50)	0.58 (0.49)	2.94*	453	.003	.013	0.42	[0.15, 0.69]
Conduct problems	0.89 (0.41)	0.65 (0.42)	4.05*	174	< .001	.010	0.58	[0.32, 0.86]
Peer problems	0.75 (0.49)	0.58 (0.49)	2.02	21	.056	.025	0.35	[0.07, 0.63]
Prosocial behavior	1.31 (0.43)	1.37 (0.45)	-0.96	311	.337	.050	-0.15	[-0.43, 0.13]
Total difficulties score	0.95 (0.28)	0.72 (0.31)	5.01*	333	< .001	.050	0.76	[0.48, 1.06]
KINDL total score	3.34 (0.45)	3.62 (0.49)	-3.35*	33	.002	.050	-0.59	[-0.89, -0.27]

*Note.* Sample size  $n = 66$ . The degrees of freedom vary as the computations are based on a data set in which missing values were imputed by the use of multiple imputation (for further information, see Heymans & Eekhout, 2019).

FBB-ADHS = Symptom Checklist for Attention-Deficit/Hyperactivity Disorder, FBB-SSV = Symptom Checklist for Disruptive Behavior Disorders, FSW = Parenting Self-Efficacy Questionnaire, SDQ = Strengths and Difficulties Questionnaire, KINDL = German questionnaire on health-related quality of life. *M* = mean, *SD* = standard deviation, *t* = empirical *t*-value, *df* = degrees of freedom, *p* = significance value,  $\alpha'$  = significance level corrected by Bonferroni-Holm procedure, *d* = Cohen's *d* (effect size).

\* significant at Bonferroni-corrected  $\alpha'$  (global significance level:  $\alpha = .05$ ).

## References

Heymans, M. W., & Eekhout, I. (2019). *Applied missing data analysis with SPSS and R(Studio)*

(First draft 20-1-2019). <https://bookdown.org/mwheyman/bookmi/>