Supplemental Materials, Table 1

Demographic information

|  |  |  |  |
| --- | --- | --- | --- |
|   | Intervention (*n* = 37) | Waitlist Control (n = 37) | Comparison between intervention and waitlist control groups |
|   | *M* | *SD* | *M* | *SD* |  |
| Age, parents (years)a | 37.81 | 4.43 | 38.82 | 4.04 | t(68) = 1.00, *p* = .319 |
| Age, target child (years) | 6.78 | 2.07 | 6.49 | 1.89 | t(72) = 0.64, *p* = .521 |
| Age, sibling (years) | 5.11 | 1.81 | 5.49 | 1.80 | t(72) = 0.90, *p* = .370 |
| Number of children at home | 2.41 | 0.53 | 2.54 | 0.73 | t(72) = 0.90, *p* = .372 |
| How well children get along | 3.49 | 1.44 | 3.59 | 1.44 | t(72) = 0.29, *p* = .772 |
|   | *n* | % | *n* | % |  |
| Gender, parent |  |  |  |  | χ2 (1, N = 72) = 3.31, *p* = .069 |
| Male | 0 | 0% | 3 | 8% |  |
| Female | 37 | 100% | 32 | 86% |  |
| Not specified | 0 | 0% | 2 | 5% |  |
| Gender, target child |  |  |  |  | χ2 (1, N = 73) = 4.94, *p* = .026 |
| Male | 12 | 32% | 21 | 57% |  |
| Female | 25 | 68% | 15 | 41% |  |
| Not specified | 0 | 0% | 1 | 3% |  |
| Gender, sibling |  |  |  |  | χ2 (1, N = 73) = 0.41, *p* = .524 |
| Male | 22 | 60% | 24 | 65% |  |
| Female | 15 | 41% | 12 | 32% |  |
| Not specified | 0 | 0% | 1 | 3% |  |
| Relationship to target child |  |  |  |  | χ2 (3, N = 74) = 5.36, *p* = .147 |
| Mother | 37 | 100% | 32 | 87% |  |
| Father | 0 | 0% | 3 | 8% |  |
| Step-mother | 0 | 0% | 1 | 3% |  |
| Other | 0 | 0% | 1 | 3% |  |
| Relationship to sibling |  |  |  |  | χ2 (2, N = 74) = 3.13, *p* = .209 |
| Mother | 37 | 100% | 34 | 92% |  |
| Father | 0 | 0% | 2 | 5% |  |
| Step-mother | 0 | 0% | 1 | 3% |  |
| Child with a physical disability |  |  |  |  | χ2 (1, N = 74) = 0.00, *p* = 1.000 |
| Yes | 1 | 3% | 1 | 3% |  |
| No | 36 | 97% | 36 | 97% |  |
| Relationship status |  |  |  |  | χ2 (4, N = 74) = 12.35, *p* = .015 |
| Single | 0 | 0% | 1 | 3% |  |
| Married | 34 | 92% | 21 | 57% |  |
| Divorced/separated | 2 | 5% | 7 | 19% |  |
| De facto | 1 | 3% | 7 | 19% |  |
| Widowed | 0 | 0% | 1 | 3% |  |
| Family setup |  |  |  |  | χ2 (3, N = 74) = 11.89, *p* = .008 |
| Original family | 31 | 84% | 25 | 68% |  |
| Step family | 1 | 3% | 4 | 11% |  |
| Sole parent family | 1 | 3% | 8 | 22% |  |
| Other | 4 | 11% | 0 | 0% |  |
|  |  |  |  |  |  |
| *Supplementary Materials, Table 1 (continued)* |  |  |
|   | Intervention (*n* = 39) | Waitlist Control (*n* = 37) | Comparison between intervention and waitlist control |
|   | *n* | % | *n* | % |  |
| Ethnicity |  |  |  |  | χ2 (7, N = 74) = 5.08, *p* = .651 |
| Australian | 25 | 68% | 27 | 73% |  |
| Chinese | 3 | 8% | 1 | 3% |  |
| Indian | 1 | 3% | 0 | 0% |  |
| European | 1 | 3% | 0 | 0% |  |
| New Zealand | 2 | 5% | 2 | 5% |  |
| North American | 1 | 3% | 1 | 3% |  |
| Venezuelan | 1 | 3% | 0 | 0% |  |
| Not specified | 3 | 8% | 6 | 16% |  |
| Highest Education Level |  |  |  |  | χ2 (5, N = 74) = 2.66, *p* = .753 |
| Year 10/11 | 1 | 3% | 0 | 0% |  |
| Year 12 | 3 | 8% | 1 | 3% |  |
| Trade/apprenticeship | 2 | 5% | 1 | 3% |  |
| TAFE/college certificate | 5 | 14% | 6 | 16% |  |
| Bachelor degree | 18 | 49% | 21 | 57% |  |
| Higher Degree (e.g. Masters, Ph.D.) | 8 | 22% | 8 | 22% |  |
| Employment Status |  |  |  |  | χ2 (3, N = 74) = 4.41, *p* = .220 |
| Full-time | 9 | 24% | 16 | 43% |  |
| Part-time | 14 | 38% | 14 | 38% |  |
| Homemaker | 11 | 30% | 5 | 14% |  |
| Student | 3 | 8% | 2 | 5% |  |
| Income Level |  |  |  |  | χ2 (3, N = 74) = 7.82, *p* = .050 |
| $60 000 or less | 1 | 3% | 7 | 19% |  |
| $60 000 - $120 000 | 13 | 35% | 17 | 46% |  |
| $120 000 - $180 000 | 12 | 32% | 7 | 19% |  |
| $180 000 or more | 11 | 30% | 6 | 16% |  |
| Difficulty paying bills |  |  |  |  | χ2 (1, N = 74) = 0.35, *p* = .556 |
| Yes | 2 | 5% | 1 | 3% |  |
| No | 35 | 95% | 36 | 97% |  |
| Money left over |  |  |  |  | χ2 (2, N = 74) = 1.57, *p* = .457 |
| Enough to live comfortably | 16 | 43% | 11 | 30% |  |
| Enough for essentials | 17 | 46% | 22 | 60% |  |
| Not enough | 4 | 11% | 4 | 11% |  |
| Past participation in a parenting program |  |  |  |  | χ2 (1, N = 74) = 0.07, *p* = .790 |
| Yes | 9 | 24% | 10 | 27% |  |
| No | 28 | 76% | 27 | 73% |  |

*Note.* Participants reported the data in this table in the Family Background Questionnaire. Percentages may not sum to 100% due to rounding. a*n* (intervention) = 36, *n* (waitlist control) = 34

Supplemental Materials, Table 2

*Means and Standard Deviations of Outcome Measures*

|  |  |  |
| --- | --- | --- |
|   | Intervention | Waitlist Control |
|   | T1 | T2 | T3 | T1 | T2 | T3 |
| **Sibling conflict** |  |  |  |  |  |  |
| PEPC-SRQ, agonism, frequency | 6.59 (1.03) | 5.50 (1.06) | 5.46 (1.60) | 6.91 (1.20) | 6.02 (1.77) | 5.93 (1.75) |
| PEPC-SRQ, rivalry, frequency | 6.55 (2.02) | 5.69 (1.34) | 5.46 (1.84) | 5.88 (2.06) | 5.40 (1.92) | 5.91 (2.63) |
| PEPC-SRQ, agonism, problem | 5.83 (1.78) | 3.85 (1.75) | 3.93 (1.94) | 6.05 (1.70) | 4.84 (2.31) | 5.01 (2.46) |
| PEPC-SRQ, rivalry, problem | 4.53 (3.02) | 3.00 (2.08) | 2.71 (1.94) | 3.84 (2.41) | 3.30 (2.55) | 4.13 (2.59) |
| **Sibling warmth** |  |  |  |  |  |  |
| PEPC-SRQ, sibling warmth, frequency | 4.61 (1.45) | 4.95 (1.09) | 5.39 (1.48) | 4.70 (1.28) | 5.12 (1.53) | 4.98 (1.83) |
| PEPC-SRQ, sibling warmth, problem | 2.95 (2.18) | 1.67 (1.39) | 1.51 (1.46) | 2.22 (1.59) | 1.85 (1.56) | 1.99 (1.52) |
| **Child behavior problems** |  |  |  |  |  |  |
| CAPES, behavioral, target child | 36.91 (10.06) | 30.19 (7.63) | 29.11 (12.96) | 34.11 (10.01) | 28.91 (11.65) | 30.53 (13.64) |
| CAPES, behavioral, sibling | 26.76 (11.02) | 22.1 (9.22) | 19.17 (8.96) | 28.35 (9.06) | 25.30 (9.33) | 28.79 (11.49) |
| CAPES, emotional, target child | 3.24 (2.19) | 2.95 (1.70) | 3.32 (2.33) | 3.27 (2.10) | 3.05 (2.26) | 2.90 (2.20) |
| CAPES, emotional, sibling | 3.24 (2.34) | 3.33 (2.65) | 2.39 (1.91) | 2.51 (1.92) | 2.25 (2.29) | 2.05 (1.99) |
| **Parenting practices** |  |  |  |  |  |  |
| HMCC, frequency, CCS | 1.94 (0.33) | 2.10 (0.24) | 2.14 (0.34) | 2.02 (0.35) | 1.95 (0.42) | 1.93 (0.37) |
| HMCC, frequency, PC | 2.19 (0.28) | 2.04 (0.23) | 1.98 (0.28) | 2.20 (0.29) | 2.07 (0.33) | 2.06 (0.38) |
| HMCC, frequency, PNI | 1.77 (0.43) | 1.87 (0.45) | 1.76 (0.42) | 1.73 (0.50) | 1.70 (0.3) | 1.81 (0.34) |
| PAFAS, practices, target child | 17.92 (6.16) | 15.24 (6.03) | 13.78 (7.02) | 15.97 (5.10) | 13.91 (4.8) | 13.90 (5.88) |
| PAFAS, practices, sibling | 15.58 (5.97) | 14.25 (5.88) | 11.83 (4.57) | 14.7 (4.84) | 13.42 (5.18) | 13.26 (5.12) |
| **Parenting confidence** |  |  |  |  |  |  |
| PEPC-SRQ, agonism, ease of fix | 2.77 (1.06) | 3.69 (1.32) | 4.26 (2.18) | 2.97 (1.61) | 3.16 (1.98) | 3.19 (1.59) |
| PEPC-SRQ, rivalry, ease of fix | 7.48 (1.73) | 4.75 (2.60) | 3.95 (2.94) | 7.73 (1.56) | 6.23 (2.90) | 6.28 (2.68) |
| PEPC-SRQ, warmth, ease of fix | 3.29 (1.50) | 4.44 (1.48) | 4.80 (1.90) | 4.05 (1.91) | 4.20 (1.90) | 3.71 (1.76) |
| PEPC-SRQ, agonism, help wanted | 5.99 (3.13) | 3.97 (3.31) | 3.14 (2.42) | 5.18 (2.96) | 4.46 (2.69) | 5.00 (3.07) |
| PEPC-SRQ, rivalry, help wanted | 4.54 (1.51) | 5.39 (1.21) | 5.70 (1.96) | 4.98 (1.25) | 5.33 (1.72) | 4.92 (1.52) |
| PEPC-SRQ, warmth, help wanted | 4.62 (2.69) | 2.52 (2.36) | 1.69 (1.95) | 3.50 (1.91) | 2.93 (1.96) | 3.28 (2.20) |
| HMCC, efficacy, CCS | 1.87 (0.26) | 2.09 (0.21) | 2.07 (0.31) | 1.93 (0.37) | 2.04 (0.51) | 1.92 (0.46) |
| HMCC, efficacy, PC | 1.98 (0.29) | 2.08 (0.22) | 2.07 (0.26) | 1.97 (0.30) | 2.07 (0.33) | 2.00 (0.36) |
| HMCC, efficacy, PNI | 1.52 (0.48) | 1.64 (0.50) | 1.54 (0.41) | 1.51 (0.39) | 1.72 (0.45) | 1.50 (0.39) |
| CAPES, confidence, target child | 115.64 (34.40) | 138.13 (25.41) | 148.13 (25.75) | 118.55 (28.47) | 139.08 (30.14) | 127.60 (32.30) |
| CAPES, confidence, sibling | 104.18 (27.08) | 128.35 (25.95) | 129.00 (32.38) | 117.30 (25.31) | 121.05 (32.72) | 120.95 (27.83) |
| **Family Adjustment** |  |  |  |  |  |  |
| PAFAS, adjustment | 5.93 (2.89) | 5.24 (1.99) | 5.85 (2.00) | 5.68 (2.32) | 5.50 (3.43) | 5.20 (3.08) |
| PAFAS, family relationship | 3.58 (1.92) | 3.29 (2.19) | 3.19 (1.90) | 3.85 (2.34) | 3.23 (2.32) | 3.25 (2.70) |
| PAFAS, parental teamwork | 2.43 (1.69) | 2.53 (1.22) | 2.57 (1.24) | 2.98 (1.86) | 2.07 (1.90) | 2.06 (2.26) |

*Note.* The means and standard deviations are calculated from the raw data, not imputed values. Standard deviations are in parentheses, confidence intervals are in brackets; T1 = pre-intervention; T2 = 6-week follow-up; T3 = 6-month follow-up; PEPC-SRQ = Parental Expectations and Perceptions of Children’s Sibling Relationship Questionnaire; HMCC = How Do You Manage Children’s Conflict questionnaire; CCS = Child-centered involvement; PC = Parental control; PNI = Passive non-intervention; CAPES = Child Adjustment and Parent Efficacy Scale; PAFAS = Parenting and Family Adjustment Scale