

Supplementary File 2: Data extraction instrument

Study Information			
Date form completed	Identify the date that the form was completed (dd/mm/yyyy).		
Name of person extracting data	Identify the reviewer who extracted the data for this form.		
Study title	Identify the full title and subtitle.		
Authors	Identify all authors as follows: "last name, initial of first name."		
Author affiliations	List affiliations of all authors (e.g., program, department, institution).		
Country	Identify the country where the study was conducted.		
Study funding source	Describe the funding source for the study and role of funders.		
Possible conflicts of interest	Identify possible conflicts of interest declared by authors.		
Population and Setting			
Participant inclusion criteria	Describe the participant inclusion criteria.		
Participant exclusion criteria	Describe the participant exclusion criteria.		
Participant characteristics	Total number	Number of males	Number of females
	Age (years)		
	Education level		
	Race/ethnicity		
	Diagnosis of participant's siblings		
Methods of participant recruitment	Identify the different methods of participant recruitment (e.g., social media, word of mouth, participant referral).		
Setting context	Describe the environment that the program was implemented (e.g., community, college, university, after school).		
Methods			
Study aim	Identify the study aims.		

Type of methodology	Describe the methodology that was used.
Data collection methods	Identify the methods used for data collection (e.g., self-reports, assessment tools, surveys, interviews).
Analysis methods	Identify the methods of analysis (e.g., statistical analyses, qualitative analytic techniques).
Program Characteristics	
Name	Identify the full name and/or abbreviation.
Objective(s)	State the objectives of the program.
Duration and frequency	Identify the number and length of sessions, as well as the frequency of sessions.
Mode of delivery	Identify the mode of delivery (e.g., online, in-person).
Start date	Provide the specific start date of the program (month, year).
End date	Provide the specific end date of the program (month, year).
Activities	Identify the activities that were provided in the programs (e.g., weekly meetings, educational workshops, training activities).
Developers	Describe the people who developed the program (e.g., number of developers, background, qualifications, skill level).
Facilitators	Describe the people who facilitated the program (e.g., number of facilitators, background, qualifications, education level).
Participants' needs	Describe the needs of participants in their roles as a sibling while participating in the program.
Participants' goals	Describe the goals of participants in the program and the progress towards achieving these goals.
Outcomes	Report on the outcomes of participants after participating in the program (e.g., satisfaction with the program, knowledge acquisition, skill development, empowerment).
Evaluation	Describe the methods, instruments, and frequency of evaluation assessments.
Sustainability	Describe how the program will be sustained.

Study reference	Provide the full reference for the study.
Other studies of interest	Identify other studies of interest based on the reference list.