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<b>Funder</b>	What Works for Children's Social Care (WWCSC)
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<b>Version</b>	This is the first iteration.

## Summary

Care-experienced young people (CEYP) are disproportionately affected by mental health difficulties than their non-care experienced peers. Although there is no current prevalence data from a nationally representative sample of those who have 'aged out' from care, data is available for children currently in care, with recent estimates suggesting an eight-fold increase in diagnosable-level mental health problems than the general population (Department for Education, 2020).

Research by NSPCC found the support for the emotional wellbeing of CEYP is inconsistent and insufficient (Bazalgette, Rahilly, & Trevelyan, 2015). With a transition out of care, young people have found that they are no longer eligible for support from mental health services, despite research showing a clear deterioration in mental health in their first year of leaving care. Over the last decade, there has been an emergence of co-designed innovations in youth mental health care, including services which span a transitional age range from approximately 12-25 years (McGorry et al., 2022).

Using the Preferred Reporting Items for Systematic Review and Meta-analysis Protocols (PRISMA-P) guidelines, this review will identify programs and interventions that seek to improve mental health outcomes amongst CEYP that have been tested using robust controlled methods. Primary outcomes of interest are mental health outcomes, mental health symptoms and mental health service use.

The structure for this protocol template draws on the PRISMA-P (Preferred Reporting Items for Systematic review and Meta-Analysis Protocols) 2015 checklist

It will do so by building on a prior review that members of the review team undertook for WWCS (Taylor et al., 2021). We will use the same search strategy, which involves searching thirteen databases of published literature in multiple languages. Unpublished literature will also be searched. A meta-analysis will be undertaken if identified studies are suitably homogeneous. Risk of bias will be assessed using tools appropriate to the study methodology. Outcomes across studies will be assessed using the Grading of Recommendations, Assessment, Development and Evaluation (GRADE) methodology.

This review will be completed by October 2022.

## Part 1) Rationale and question formulation

### Rationale

Care-experienced young people (CEYP) are disproportionately affected by mental health difficulties than their non-care experienced peers. Although there is no current prevalence data from a nationally representative sample of those who have 'aged out' from care, data is available for children currently in care, with recent estimates suggesting an eight-fold increase in diagnosable-level mental health problems than the general population (Department for Education, 2020).

The psychopathology of care-experienced individuals is often highly complex, with high levels of co-morbidity, and is closely associated with exposure to traumatic life events (Greiner & Beal, 2017). Outcomes for CEYP care are also poor and recent longitudinal data found that young people who had been in care during childhood had a higher risk of mortality long after they had transitioned from care, and early death was more likely to be a result of suicide (Murray, Lacey, Maughan, & Sacker, 2020). Improving the life expectancy of care experienced people, by narrowing health inequalities with the wider population is a mission of the recent independent review of children's social care (MacAlister, 2022). Mental health services offer an opportunity to improve the poor outcomes and change this narrative, but young people need to be able to access effective, appropriate, and acceptable services.

Although the greatest incidence of mental health problems occurs between the ages of 12-25 years, access to mental health services is the least accessible for this age group (Kessler et al., 2007; Singh & Tuomainen, 2015). Care experienced young people often need emotional and mental health support when they 'leave' care, but many view this transition as "care leaving them, not them leaving care" (National Youth Advocacy Service, 2019). Even if a child in care has been successful in accessing mental health support prior to turning 18, the transition to adult mental health services often occurs within a period of considerable instability, including changes in social care support and a lack of permanence in living arrangements. As the young person and professionals involved in their care navigate these changes, issues can get overlooked or not followed up, appointments are more likely to be missed, and treatment might not continue at the same stage or with the same practitioner (Hiller, Halligan, Meiser-Stedman, Elliott, & Rutter-Eley, 2020). A study of CEYP found that young people feel abandoned, isolated, and disconnected from services at this junction (Butterworth et al., 2017).

Research by NSPCC found the support for the emotional wellbeing of CEYP is inconsistent and insufficient (Bazalgette et al., 2015). With a transition out of care, young people have found that they are no longer statutorily eligible for support from mental health services, despite

	<p>research showing a clear deterioration in mental health in their first year of leaving care. Over the last decade, there has been an emergence of co-designed innovations in youth mental health care, including services which span a transitional age range from approximately 12-25 years (McGorry et al., 2022).</p> <p>The NHS Long Term Plan also makes explicit reference to delivering an integrated 0-25 years approach to mental health which is universally accessible, and this shift in focus on need, rather than age could create a sense of safety and stability for CEYP (National Health Service, 2019). However, the mental health of CEYP is not just the responsibility of specialist mental health services – a whole system approach is needed across social care and health. So, whilst these innovative policy and service improvements show promise for youth mental health overall, these approaches are not always consistent and it remains unclear which interventions and programmes are most effective for care leavers, and whether and how any benefits can be sustained over time.</p>
<p>Research question(s)</p>	<p>The primary research question for this review will be:  <b>What is the impact of interventions for care-experienced young people (CEYP) on their mental health in high-income countries?</b></p> <p>Secondary research questions are:</p> <ul style="list-style-type: none"> <li>• What is the impact of mental health interventions for CEYP?</li> <li>• What is the evidence on the effectiveness of targeted services compared to universal services?</li> </ul> <p>The PICOS framework, presented below in summarised form, will be used to answer the aforementioned research questions:</p> <p><b>Population</b> — Young adults aged between 16 and 25 who:</p> <ul style="list-style-type: none"> <li>• were not living with their birth parents / family at the time they transitioned out of care; AND</li> <li>• have lived in foster care / out-of-home-care / public care / looked after (UK) / state care / government care / formal kinship care during the transition to adulthood; AND</li> <li>• have been placed in care due to concerns related to child abuse, neglect, parental capacity, family breakdown, or due to a family illness, disability, or death; AND</li> </ul> <p><b>Intervention</b> — Programs or interventions that:</p> <ul style="list-style-type: none"> <li>• are delivered in either inpatient or outpatient (i.e., community or home) settings, including digital interventions and peer-to-peer support;</li> <li>• have a focus on mental health or report mental health outcomes for young people transitioning from their country’s statutory out-of-home care systems (into adult living).</li> </ul> <p><b>Comparator</b> — treatment as usual, another intervention, no intervention, or wait-list control</p> <p><b>Outcome(s)</b> — we will explore four types of primary outcome:</p> <ul style="list-style-type: none"> <li>• <i>mental, behavioural or neurodevelopmental disorders</i> — as specified by ICD-11,</li> <li>• <i>self-reported mental health</i> using validated and non-validated tools, including measures of mood and affect and perceptions of mental health difficulties</li> <li>• <i>subjective well-being</i> — including measures of quality of life, self-worth, happiness and life satisfaction, resilience, coping skills</li> </ul>

	<ul style="list-style-type: none"> <li>● <i>self-harm, suicidal ideation or suicide,</i></li> <li>● <i>utilisation of inpatient or outpatient mental health services or programmes.</i></li> </ul> <p>Measures may use dichotomous, categorical, or continuous variables. Outcomes may be ascertained through clinical assessment, self-report, or report by another informant (e.g., teacher).</p> <p><b>Study design(s)</b> — studies using experimental and quasi-experimental designs will be included.</p>
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## Part 2) Identifying relevant work

### Search Strategy

<b>Electronic databases</b>	<p>The following databases will be searched for studies published between 1990 and July 2022:</p> <ul style="list-style-type: none"> <li>● Campbell Library</li> <li>● Cinahl via EBSCO</li> <li>● Cochrane Register of Trials via Ovid</li> <li>● ERIC via Proquest</li> <li>● Libris</li> <li>● PsycINFO via Ovid</li> <li>● MEDLINE via Ovid</li> <li>● EMBASE via Ovid</li> <li>● Sociological Abstracts via Proquest</li> <li>● Social Services Abstracts via ProQuest</li> <li>● SocIndex via EBSCO</li> <li>● NHS Economic Evaluation Database via Ovid</li> <li>● Health Technology Assessment via Ovid</li> </ul>
<b>Other sources</b>	<p>A selection of clearinghouses, government agencies and organisations known (by the researchers) to be undertaking research in this area will be examined for unpublished additional grey literature material. These include:</p> <ul style="list-style-type: none"> <li>● Social Care Online (SCIE)</li> <li>● International Research Network on Transitions to Adulthood from Care (INTRAC)</li> <li>● Australian Institute of Family Studies</li> <li>● Chapin Hall at the University of Chicago</li> <li>● California Evidence-Based Clearinghouse for Child Welfare</li> <li>● National Society for the Protection of Children against Cruelty (NSPCC)'s Library and Information Service</li> <li>● National Children's Bureau (NCB)'s library of research reports and resources</li> </ul> <p>References from included studies will be reviewed.</p> <p>Key authors — of either relevant primary studies or of systematic reviews — will be identified during the search process and will be contacted by email to ascertain if they are aware of any supplemental and/or additional literature.</p>
<b>Key search terms</b>	<p>See attached search strategy (Part 5)</p>
<b>Draft search strategy</b>	<p>See attached search strategy (Part 5).</p>

## Study selection criteria

### Inclusion criteria

Inclusion criteria organised by PICO domain are included below:

#### Study design

- Randomised Controlled Trials (RCT) including:
  - individual RCTs,
  - cluster RCTs,
- Stepped-wedge designs with random time allocation
- Non-equivalent control group designs using parallel cohorts that adjust for baseline equivalence
- Difference-in-Difference estimation
- Synthetic control group methods
- Studies based on:
  - covariate matching,
  - propensity score-based methods,
  - doubly robust methods,
  - regression adjustment,
  - regression discontinuity designs, and
  - instrumental variable estimation.

Qualitative studies and economic evaluations will be included if they are conducted as part of a qualifying study and will be used only to generate hypotheses, inform us about the interventions and populations, and inform or deepen our understanding of the quantitative findings.

#### Population

Young adults aged between 16 and 25

Young adults in OOHC for reasons of child maltreatment or risk of child maltreatment, including:

- foster care
- guardianship
- formal kinship care (i.e., where carers are paid)
- group care
- residential care
- semi-independent care
- congregate care

#### Intervention

Programmes or interventions that are delivered in the home, community, in inpatient settings, or online that have a focus on mental health or report mental health outcomes for young people transitioning from their country's statutory out-of-home care systems into adult living.

#### Comparison

Treatment as usual, another intervention, no intervention, or wait-list control.

#### Outcomes

- Mental, behavioural or neurodevelopmental disorders
- Self-report mental health
- Subjective well-being
- Self-harm, suicidal ideation or suicide
- *Utilisation of inpatient or outpatient mental health services or programmes*

#### Setting

High-income countries where a statutory care system for child maltreatment exists.

	<p>Publication status No restrictions are placed on the type of publication to be included.</p> <p>Language No language restrictions will be applied<sup>1</sup>.</p>
<p>Exclusion criteria</p>	<p>Exclusion criteria organised by PICO domain are included below:</p> <p><b>Study design</b></p> <ul style="list-style-type: none"> <li>• Non-primary studies <ul style="list-style-type: none"> <li>• Literature reviews</li> <li>• Systematic reviews</li> <li>• Meta-analysis</li> </ul> </li> <li>• Studies without a valid counterfactual, including designs that do not include a parallel cohort that establish or adjust for baseline equivalence <ul style="list-style-type: none"> <li>• Single group pre-post designs</li> <li>• Control group designs without matching in time and establishing baseline equivalence</li> <li>• Cross-sectional designs</li> <li>• Non-controlled observational (cohort) designs</li> <li>• Case-control designs</li> <li>• Case studies / series</li> <li>• Surveys</li> </ul> </li> <li>• Qualitative designs and economic evaluations not undertaken in the context of an included quantitative study</li> </ul> <p><b>Population</b></p> <ul style="list-style-type: none"> <li>• Young people in OOHC settings for reasons other than abuse, neglect, parental capacity, family breakdown, or due to a family illness, disability, or death (including for reasons of special educational needs and disabilities)</li> <li>• Young people that have returned to the care of their parents prior to (and at the time of) their exit from the OOHC system</li> <li>• Young people that are currently incarcerated, including in youth justice settings</li> <li>• Young people aged less than 16 and greater than 25 at the time of delivery</li> </ul> <p><b>Intervention</b> Programs or interventions delivered in settings other than the home or community.</p> <p><b>Comparison</b> Studies using comparators other than <b>treatment as usual</b>, <b>another intervention</b>, <b>no intervention</b>, or <b>wait-list control</b>.</p> <p><b>Outcome</b> Studies looking at outcomes other than the outcomes specified above.</p> <p><b>Setting</b> Countries where a statutory care system for child maltreatment does not exist.</p>
<p>Process of study selection</p>	<p>Title and abstracts will be reviewed independently by two review authors, with a third reviewer resolving conflicts when they arise. Two review authors will independently read the full-text versions of all potentially eligible studies that they have selected, and a third reviewer will resolve conflicts when necessary.</p>

<sup>1</sup> If deemed relevant, full text screening and data extraction will be undertaken by a reviewer proficient in that language. In the event that any additional studies are identified in additional languages, the review team will endeavour to locate reviewers proficient in that language to screen and extract data.



## Study records

Data collection	For included studies, data will be extracted independently by two reviewers (with one reviewer checking the work of the other) into an online form developed for this review.
Data management process	Citations identified from the search strategy will be imported into the online systematic review application Covidence for screening.
Data items	The following information will be obtained: study design, study outcomes, sample size, location, study timeframe, study population, population demographics, intervention details (including targeted vs. universal, summary of the delivery approach, type of delivery staff) as well as information required to conduct risk of bias assessments and a meta-analysis (if feasible).
Outcomes and prioritisation	<p>Outcomes of interest include the following, at least three months following the age at which eligibility for out of home care terminates in the jurisdiction in which the study takes place. We will also measure outcomes at the point at which any policy, programme or intervention ceases.</p> <ul style="list-style-type: none"> <li>• <b>Mental behavioural or neurodevelopmental disorders</b> — we will include any outcome of that reports mental health outcomes as specified by the ICD-11</li> <li>• <b>Self-reported mental health</b> – we will include any outcome from a validated or non-validated tool, including self-report measures of mood and affect, mental health difficulties</li> <li>• <b>Subjective wellbeing</b> — we will include any outcome that reports subjective wellbeing, including quality of life, self-worth, happiness and life satisfaction, resilience, coping skills</li> <li>• <b>Self-harm, suicidal ideation or suicide</b></li> <li>• <b>Mental health service utilisation</b> — we will include any outcome that reports if an individual received services from a medical or accredited professional (i.e., psychiatrist, psychologist, counsellor) in either an in-patient or out-patient setting or via an online app/programme.</li> </ul>

## Part 3) Risk of bias assessment

Risk of bias assessment criteria	<p>Risk of bias of included randomised control trials will be assessed using the updated Cochrane Risk of Bias 2.0 tool (Higgins, Savović, Page, Sterne, &amp; RoB2 Development Group, 2019).</p> <p>Non-randomised studies will be assessed using the ROBINS-I tool (Sterne et al., 2016).</p> <p>The quality of any economic evaluations will be assessed using guidelines suggested by the Cochrane and Campbell Economics Methods Group.</p>
Purpose of risk of bias assessment	Risk of bias assessments will be used to explore heterogeneity and informing decisions regarding suitability of meta-analysis and in assessing the strength of inferences supporting GRADE recommendations.

## Part 4) Summarising the evidence

### Data synthesis

In accordance with Campbell and Cochrane guidelines, we will try to maximise the likelihood of being able to quantitatively synthesise primary and secondary outcomes across studies using a meta-analysis.

If more than one study with suitable data can be identified, we intend to perform a meta-analysis if the population, intervention, comparison, and outcomes are similar enough to reasonably combine or standardise for comparison.

This analysis will be conducted using the R Project for Statistical Computing.

For each outcome, we will explore heterogeneity by preparing box plots, forest plots and examining the  $I^2$  statistic. If limited heterogeneity is found using the  $I^2$  statistic, we will use a fixed effects model. If there is significant heterogeneity, we will use a random effects model. These models will allow us to estimate the pooled effect size and its 95% confidence interval for each outcome. For both approaches we will perform a meta-analysis using the longest follow-up period possible for each outcome.

Data from randomised and non-randomised trial designs will not be pooled. Nor will we pool data from non-randomised studies of different study designs.

If the conditions for a meta-analysis are not met, we will describe and synthesise trial findings narratively and/or use descriptive measures (median effect size and range) to describe their effects.

We will synthesise data around each of our primary outcomes (homelessness, health, education, employment, exposure to violence and risky behaviour).

For binary outcomes — we will calculate a risk ratio and a 95% confidence interval.

For continuous data — if a consistent outcome measure is used, we will calculate the mean difference.

Where different measures are used to examine primary outcomes, we will calculate the standardised mean difference if possible.

Where data from the same outcome are reported in different studies as dichotomous or continuous data, we will transform these (if appropriate) to enable pooled estimates of effect.

If effect sizes are missing or displayed in ways that do not allow us to determine a pooled estimate, we will use the Campbell Collaboration effect size calculator<sup>2</sup>. If we are not able to calculate an effect size in this manner, we will contact the authors and seek to obtain the information required for us to do so.

We do not anticipate any subgroup analysis due to the scope of literature published in this area. However, if it is possible, we will undertake a subgroup analysis by gender.

### Meta-bias(es)

The presence of publication bias arising due to missing results will be assessed by examining the distribution of results in a funnel plot.

<sup>2</sup> <https://campbellcollaboration.org/research-resources/effect-size-calculator.html>



<b>Confidence in cumulative evidence</b>	Outcomes across studies will be assessed using the Grading of Recommendations, Assessment, Development and Evaluation (GRADE) methodology.
<b>Reporting and interpreting findings</b>	<p>Results will be presented in a ‘summary of findings’ table, that includes the results of the GRADE assessment.</p> <p>The discussion section will detail the effect, mechanism, moderators, implementation and economic impact of included programmes or interventions.</p>

## Registration

This review will be registered with PROSPERO.

## Personnel

The members of the review team and their roles are outlined below:

- **Arild Bjørndal** — Associate Director, Centre for Evidence and Implementation — will be the project director
- **David Taylor** — Senior Advisor, Centre for Evidence and Implementation — will be the lead reviewer
- **Eleanor Ott** — Senior Advisor, Centre for Evidence and Implementation — will provide methodological expertise
- **Stephanie Smith** — Senior Advisor, Centre for Evidence and Implementation — will provide content expertise related to mental health
- **Emma Willis** — Research Assistant, Centre for Evidence and Implementation — will provide research assistance
- **Sarah McEnhill** — Head of Practice, The Fostering Network — will provide policy and practice expertise

## Timeline

Date	Activity	Staff responsible/leading
<b>21 July 2022</b>	Submission of draft protocol to WWCS	SS
<b>28 July 2022</b>	Submission of updated protocol to WWCS following receipt of comments	SS
<b>1 Aug 2022</b>	Submission of PROSPERO registration	DT & EW
<b>19 Aug 2022</b>	Completion of title and abstract screening of electronic search results	DT & EW
<b>26 Aug 2022</b>	Completion of full text screening of electronic search results	DT & EW
<b>Sep 2022</b>	Contact authors of included studies to identify unpublished work	EW, EO, SS
<b>Sep 2022</b>	Search & contact experts to identify unpublished work	EW, EO, SS

<b>23 Sep 2022</b>	Complete data extraction from studies which meet inclusion criteria	DT & EW
<b>31 Oct 2022</b>	Synthesise results (either quantitatively or narratively)	DT & EW
<b>30 Nov 2022</b>	Complete assessment of outcomes for risk of bias	DT & EW
<b>14 Dec 2022</b>	Complete assessment of outcomes using GRADE	DT & EW
<b>23 Dec 2022</b>	Submission of draft review to WWCS	DT & EW
<b>Jan 2023</b>	Submission of final review to WWCS	DT & EW
<b>Feb 2023</b>	Submission of manuscript to peer reviewed journal	DT & EW

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## Part 5) Search Terms

### Cochrane Controlled Register of Trials via Ovid

1. child welfare/ or foster home care/
2. (foster adj2 (youth or child\* or care)).ti.
3. (foster adj2 (youth or child\* or care)).ab
4. Independent Living/
5. independent living.ti.
6. independent living.ab
7. Self Care/
8. (extend\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
9. (leav\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
10. (transit\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
11. (ag\* out adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
12. (emancipat\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
13. 1 or 2 or 3
14. 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12
15. 13 and 14
16. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or Propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ti.
17. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or Propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ab
18. Clinical Trial or Empirical Study or Experimental Replication or Followup Study or Longitudinal Study or Prospective Study or Retrospective Study or Quantitative Study or Treatment Outcome or Field Study or Mathematical Modeling).mp.
19. 16 or 17 or 18
20. 15 and 19

### Cinahl via EBSCO

21. (MH "Foster Home Care") OR (MH "Foster Parents") OR (MH "Child, Foster")
22. (MH "Child Welfare+")
23. TI foster n2 child\* OR TI foster n2 youth OR TI foster n2 parent\* OR TI foster n2 care\* OR TI foster n2 home
24. AB foster n2 child\* OR AB foster n2 youth OR AB foster n2 parent\* OR AB foster n2 care\* OR AB foster n2 home
25. (TI (extend\* n2 care or foster\*)) OR (AB (extend\* n2 care or foster\*))
26. (TI (leav\* n2 care or foster\*)) OR (AB (leav\* n2 care or foster\*))
27. (TI (transit\* n2 care or foster\*)) OR (AB (transit\* n2 care or foster\*))
28. (TI (ag\* out n2 care or foster\*)) OR (AB (ag\* out n2 care or foster\*))
29. 1 OR 2 OR 3 OR 4
30. 5 OR 6 or 7 or 8
31. 9 AND 10
32. (MH "Randomized Controlled Trials") OR (MH "Clinical Trials")
33. (MH "Evaluation" OR ("MH Program Evaluation"))
34. TI "Randomized Controlled Trials" OR TI "Clinical Trials"
35. (MH "Quasi-Experimental Studies+")

36. (MH "Quasi-Experimental Studies") OR (MH "Nonequivalent Control Group") OR (MH "Time Series") OR (MH "Repeated Measures") OR (MH "Retrospective Design") OR (MH "Time and Motion Studies")
37. (quasi-experiment\* OR quasiexperiment\* OR "propensity score\*" OR "control\* group\*" OR "control condition\*" OR "treatment group\*" OR "comparison group\*" OR "wait-list\*" OR "waiting list\*" OR "intervention group\*" OR "experimental group\*" OR "matched control\*" OR "matched groups" OR "matched comparison" OR "experimental trial" OR "experimental design" OR "experimental method\*" OR "experimental stud\*" OR "experimental evaluation" OR "experimental test\*" OR "experimental assessment" OR "comparison sample" OR "propensity matched" OR "control sample" OR "control subject\*" OR "intervention sample" OR OR "no treatment group" OR "nontreatment control" OR "pseudo experimental" OR "pseudo randomi?ed" OR "quasi-RCT" OR "quasi-randomi?ed" OR "compared with control\*" OR "compared to control\*" OR "compared to a control\*" OR "non-randomi?ed controlled stud\*" OR "nonrandom\* assign\*")
38. 12 or 13 or 14 or 15 or 16 or 17
39. 11 and 18

## ERIC via Proquest

1. MAINSUBJECT.EXACT("Child Safety") OR MAINSUBJECT.EXACT("Child Welfare") OR MAINSUBJECT.EXACT("Foster Care")
2. ti(foster N/2 child\*) OR ti(foster N/2 parent\*) OR ti(foster N/2 care\*) OR ti(foster N/2 home\*)) OR (ab(foster N/2 child\*) OR ab(foster N/2 parent\*) OR ab(foster N/2 care\*) OR ab(foster N/2 home))
3. MAINSUBJECT.EXACT("Independent living") OR MAIN SUBJECT.EXACT("Daily living") OR ((extend\* NEAR/2 (care OR foster\*)) OR (leav\* NEAR/2 (care OR foster\*)) OR (transit\* NEAR/2 (care OR foster\*)) OR (ag\* out NEAR/2 (care OR foster\*))) OR su("Transitional programs")
4. S1 OR S2
5. S3 AND S4
6. RCT OR Trial\* OR randomi\* OR "random\* allocat\*" OR "random\* assign\*" OR (control\* n/1 intervention\*) OR (treatment\* n/1 control\*) OR "evaluat\* study" OR "control group\*" OR "control condition\*" OR "comparison group\*" OR "comparison condition\*" OR "time series" OR "before after") OR ("pre post" OR longitudinal OR "repeated measures" OR "effect size\*" OR "comparative effective\*" OR experiment\* OR pre-experiment\* OR "difference?in?difference\*" OR "instrumental variable\*" OR "propensity score\*" OR (control\* n/1 treat\*) OR "wait\* list" OR "quasi ex\*" or quasiexperiment\* OR "matched control" OR "matched comparison"
7. (MAINSUBJECT.EXACT("Control Groups") OR MAINSUBJECT.EXACT("Matched Groups") OR MAINSUBJECT.EXACT("Quasiexperimental Design") OR MAINSUBJECT.EXACT("Randomized Controlled Trials") OR MAINSUBJECT.EXACT("Program Evaluation") OR MAINSUBJECT.EXACT("Outcomes of Treatment") OR MAINSUBJECT.EXACT("Medical Care Evaluation") OR MAINSUBJECT.EXACT("Replication (Evaluation)") OR MAINSUBJECT.EXACT("Evaluation Research") OR MAINSUBJECT.EXACT("Scientific Research") OR MAINSUBJECT.EXACT("Therapy") OR MAINSUBJECT.EXACT("Cost Effectiveness") OR MAINSUBJECT.EXACT("Medical Evaluation") OR MAINSUBJECT.EXACT("Program Effectiveness") OR MAINSUBJECT.EXACT("Outcome Measures") OR MAINSUBJECT.EXACT("Experimental Groups") OR MAINSUBJECT.EXACT("Experimental Programs") OR MAINSUBJECT.EXACT("Data Analysis") OR MAINSUBJECT.EXACT("Comparative Analysis") OR MAINSUBJECT.EXACT("Intervention"))
8. S6 OR S7

## 9. S5 AND S8

### PsycINFO via Ovid

1. foster care/ or child welfare/ or foster children/ or foster parents/ or protective services/
2. (foster adj2 (youth or child\* or care)).ti.
3. (foster adj2 (youth or child\* or care)).ab.
4. independent living programs/
5. independent living.ti.
6. independent living.ab.
7. self-care skills/
8. self-determination/
9. (extend\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
10. (leav\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
11. (transit\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
12. (ag\* out adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
13. (emancipat\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
14. 1 or 2 or 3
15. 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13
16. 14 and 15
17. (Clinical Trial or Empirical Study or Experimental Replication or Followup Study or Longitudinal Study or Prospective Study or Retrospective Study or Quantitative Study or Treatment Outcome or Field Study or Mathematical Modeling).md
18. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ti.
19. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ab.
20. 17 or 18 or 19
21. 16 and 20

### MEDLINE via Ovid

1. exp Foster Home Care/or exp Child Welfare/ or exp Child, Foster/ or foster care.mp
2. child protective services.mp or Child protective services/
3. (foster adj2 (youth or child\* or care)).ti
4. (foster adj2 (youth or child\* or care)).ab
5. exp Independent living/ or exp self care/ or exp self-neglect/ or exp social participation
6. independent living.ti
7. independent living.ab
8. (extend\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
9. (leav\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
10. (transit\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
11. (ag\* out adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
12. (emancipat\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
13. 1 or 2 or 3 or 4
14. 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12



15. 13 and 14
16. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or Propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ti.
17. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ab
18. clinical trial/ or observational study/ or comparative study/ or evaluation study/
19. case-control studies/ or cohort studies/ or follow-up studies/ or longitudinal studies/ or prospective studies/ or retrospective studies/ or controlled before-after studies/ or cross-sectional studies/ or historically controlled study/ or interrupted time series analysis/ or feasibility studies/
20. 16 or 17 or 18 or 19
21. 15 and 20

## EMBASE

1. foster care/ or foster child/
2. child welfare/ or child protection
3. (foster adj2 (youth or child\* or care)).ti.
4. (foster adj2 (youth or child\* or care)).ab.
5. independent living/ or independent living program.mp.
6. independent living.ti.
7. independent living.ab.
8. (extend\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
9. (leav\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
10. (transit\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
11. (ag\* out adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
12. (emancipat\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
13. self care/ or self care skills.mp.
14. 1 or 2 or 3 or 4
15. 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13
16. 14 and 15
17. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ti.
18. (RCT or Trial\* or randomi\* or random\* allocat\* or random\* assign\* or (control\* adj1 Intervention\*) or (treatment\* adj1 control\*) or evaluat\* study or control group\* or control condition\* or comparison group\* or comparison condition\* or time series or (before adj1 after) or pre post or longitudinal or repeated measures or effect size\* or comparative effective\* or experiment\* or pre-experiment\* or difference in difference\* or instrumental variable\* or propensity score or (control\* adj1 treat\*) or wait\* list or quasi ex\* or quasiexperiment\* or matched control or matched comparison).ab
19. clinical study/ or case control study/ or intervention study/ or longitudinal study/ or major clinical study/ or prospective study/ or retrospective study/ or comparative study/ or controlled study/ or experimental study/ or feasibility study/ or observational

- study/ or quasi experimental study/ or replication study/ or cross-sectional study/ or controlled clinical trial/ or pretest posttest control group design/ or static group comparison/ or cross-sectional study/ or outcome assessment/
20. 17 or 18 or 19
21. 16 and 20

## Sociological Abstracts

1. SU.EXACT.EXPLODE("Foster Children") OR SU.EXACT("Child Welfare Services") OR SU.EXACT.EXPLODE("Foster Care") OR SU.EXACT("Surrogate Parents")
2. (ti(foster N/2 child\*) OR ti(foster N/2 parent\*) OR ti(foster N/2 care\*) OR ti(foster N/2 home\*)) OR (ab(foster N/2 child\*) OR ab(foster N/2 parent\*) OR ab(foster N/2 care\*) OR ab(foster N/2 home\*))
3. S1 OR S2
4. MAINSUBJECT.EXACT("Self Care") OR MAINSUBJECT.EXACT("Deinstitutionalization") OR MAINSUBJECT.EXACT.EXPLODE("Independent Living") OR MAINSUBJECT.EXACT("Independence")
5. (extend\* NEAR/2 (care or foster\*))
6. (leav\* NEAR/2 (care OR foster\*))
7. (transit\* NEAR/2 (care OR foster\*))
8. (ag\* out NEAR/2 (care OR foster\*))
9. S4 OR S5 OR S6 OR S7 OR S8
10. S3 AND S9
11. MAINSUBJECT.EXACT("Empirical Methods") OR MAINSUBJECT.EXACT("Treatment") OR MAINSUBJECT.EXACT("Quantitative Methods") OR MAINSUBJECT.EXACT("Evaluation") OR MAINSUBJECT.EXACT("Statistical Significance") OR MAINSUBJECT.EXACT("Treatment Programs") OR MAINSUBJECT.EXACT("Placebo Effect") OR MAINSUBJECT.EXACT("Research Methodology") OR MAINSUBJECT.EXACT("Treatment Outcomes") OR MAINSUBJECT.EXACT("Effectiveness") OR MAINSUBJECT.EXACT("RANDOMNESS")
12. (quasi-experimental OR quasi-experiment or quasiexperiment OR "propensity score" OR "control group\*" OR "control condition\*" OR "treatment group\*" OR "comparison group\*" OR "wait-list\*" OR "waiting list\*" OR "intervention group\*" OR "experimental group\*" OR "matched control" OR "matched group\*" OR "matched comparison" OR "experimental trial" OR "experimental design" OR "experimental method\*" OR "experimental stud\*" OR "experimental evaluation" OR "experimental test\*" OR "experimental assessment" OR "comparison sample" OR "propensity matched" OR "control sample" OR "control subject\*" OR "intervention sample" OR "no treatment group" OR "nontreatment control" OR "pseudo experimental" OR "pseudo randomi?ed" OR "quasi-RCT" OR "quasi-randomi?ed" OR "compared with control\*" OR "compared to control\*" OR "compared to a control\*" OR "non-randomi?ed controlled stud\*" OR "nonrandomly assigned")
13. ti((RCT OR Trial\* OR randomi\* OR "random\* allocat\*" OR "random\* assign\*" OR (control\* n/1 intervention\*) OR (treatment\* n/1 control\*) OR "evaluat\* study" OR "control group\*" OR "control condition\*" OR "comparison group\*" OR "comparison condition\*" OR "time series" OR "before after") OR ("pre post" OR longitudinal OR "repeated measures" OR "effect size\*" OR "comparative effective\*" OR experiment\* OR pre-experiment\* OR "difference in difference\*" OR "instrumental variable\*" OR "propensity score" OR (control\* n/1 treat\*) OR "wait\* list" OR "quasi ex\*" OR quasiexperiment\* OR "matched control" OR "matched comparison"))
14. ab((RCT OR Trial\* OR randomi\* OR "random\* allocat\*" OR "random\* assign\*" OR (control\* n/1 intervention\*) OR (treatment\* n/1 control\*) OR "evaluat\* study" OR "control group\*" OR "control condition\*" OR "comparison group\*" OR "comparison condition\*" OR "time series" OR "before after") OR ("pre post" OR longitudinal OR "repeated measures" OR "effect size\*" OR "comparative effective\*" OR experiment\*

- OR pre-experiment\* OR "difference in difference\*" OR "instrumental variable\*" OR "propensity score" OR (control\* n/1 treat\*) OR "wait\* list" OR quasi ex\* OR quasiexperiment\* OR "matched control" OR "matched comparison"))
15. S11 OR S12 OR S13 OR S14
16. S10 AND S15

## Social Services Abstracts

1. SU.EXACT.EXPLODE("Foster Children") OR SU.EXACT("Child Welfare Services") OR SU.EXACT.EXPLODE("Foster Care") OR SU.EXACT("Surrogate Parents")
2. (ti(foster N/2 child\*) OR ti(foster N/2 parent\*) OR ti(foster N/2 care\*) OR ti(foster N/2 home\*)) OR (ab(foster N/2 child\*) OR ab(foster N/2 parent\*) OR ab(foster N/2 care\*) OR ab(foster N/2 home\*))
3. S1 OR S2
4. MAINSUBJECT.EXACT("Self Care") OR MAINSUBJECT.EXACT("Deinstitutionalization") OR MAINSUBJECT.EXACT.EXPLODE("Independent Living") OR MAINSUBJECT.EXACT("Independence")
5. (extend\* NEAR/2 (care or foster\*))
6. (leav\* NEAR/2 (care OR foster\*))
7. (transit\* NEAR/2 (care OR foster\*))
8. (ag\* out NEAR/2 (care OR foster\*))
9. S4 OR S5 OR S6 OR S7 OR S8
10. S3 AND S9
11. MAINSUBJECT.EXACT("Empirical Methods") OR MAINSUBJECT.EXACT("Treatment") OR MAINSUBJECT.EXACT("Quantitative Methods") OR MAINSUBJECT.EXACT("Evaluation") OR MAINSUBJECT.EXACT("Statistical Significance") OR MAINSUBJECT.EXACT("Treatment Programs") OR MAINSUBJECT.EXACT("Placebo Effect") OR MAINSUBJECT.EXACT("Research Methodology") OR MAINSUBJECT.EXACT("Treatment Outcomes") OR MAINSUBJECT.EXACT("Effectiveness") OR MAINSUBJECT.EXACT("RANDOMNESS")
12. (quasi-experimental\* OR quasi-experiment OR quasiexperiment OR "propensity score\*" OR "control\* group\*" OR "control condition\*" OR "treatment group\*" OR "comparison group\*" OR "wait-list\*" OR "waiting list\*" OR "intervention group\*" OR "experimental group\*" OR "matched control\*" OR "matched groups" OR "matched comparison" OR "experimental trial" OR "experimental design" OR "experimental method\*" OR "experimental stud\*" OR "experimental evaluation" OR "experimental test\*" OR "experimental assessment" OR "comparison sample" OR "propensity matched" OR "control sample" OR "control subject\*" OR "intervention sample" OR "no treatment group" OR "nontreatment control" OR "pseudo experimental" OR "pseudo randomi?ed" OR quasi-RCT OR quasi-randomi?ed OR "compared with control\*" OR "compared to control\*" OR "compared to a control\*" OR "non-randomi?ed controlled stud\*" OR "nonrandomly assigned")
13. ti((RCT OR Trial\* OR randomi\* OR "random\* allocat\*" OR "random\* assign\*" OR (control\* n/1 Intervention\*) OR (treatment\* n/1 control\*) OR "evaluat\* study" OR "control group\*" OR "control condition\*" OR "comparison group\*" OR "comparison condition\*" OR "time series" OR "before after") OR ("pre post" OR longitudinal OR "repeated measures" OR "effect size\*" OR comparative effective\* OR experiment\* OR pre-experiment\* OR "difference in difference\*" OR "instrumental variable\*" OR "propensity score" OR (control\* n/1 treat\*) OR "wait\* list" OR "quasi ex\*" OR quasiexperiment\* OR "matched control" OR "matched comparison"))
14. ab((RCT OR Trial\* OR randomi\* OR "random\* allocat\*" OR "random\* assign\*" OR (control\* n/1 Intervention\*) OR (treatment\* n/1 control\*) OR "evaluat\* study" OR "control group\*" OR "control condition\*" OR "comparison group\*" OR "comparison condition\*" OR "time series" OR "before after") OR ("pre post" OR longitudinal OR repeated measures OR effect size\* OR comparative effective\* OR experiment\* OR

- pre-experiment\* OR "difference in difference\*" OR "instrumental variable\*" OR "propensity score" OR (control\* n/1 treat\*) OR "wait\* list" OR "quasi ex\*" or quasiexperiment\* OR "matched control" OR "matched comparison"))
15. S11 OR S12 OR S13 OR S14
  16. S10 AND S15

## SocIndex via EBSCO

1. ((DE "FOSTER home care") OR (DE "FOSTER mothers") OR (DE "FOSTER parents") OR (DE "FOSTER children") OR (DE "FOSTER grandparents") OR (DE "CHILD protection services"))
2. TI foster n2 child\* OR TI foster n2 youth OR TI foster n2 parent\* OR TI foster n2 care\* OR TI foster n2 home OR TI "foster famil\*" OR TI "fostering orphan\*" OR TI "looked after children" OR TI "out of home care" OR TI "out of home placement" OR TI "substitute care" OR TI "looked after youth"
3. AB foster n2 child\* OR AB foster n2 youth OR AB foster n2 parent\* OR AB foster n2 care\* OR AB foster n2 home OR AB "foster famil\*" OR AB "fostering orphan\*" OR AB "looked after children" OR AB "out of home care" OR AB "out of home placement" OR AB "substitute care" OR AB "looked after youth"
4. (extend\* n2 (care or foster\*))
5. (leav\* n2 (care or foster\*))
6. (transit\* n2 (care or foster\*))
7. (ag\* out n2 (care or foster\*))
8. DE "LIFE skills"
9. 1 or 2 or 3
10. 4 or 5 or 6 or 7 or 8
11. 9 and 10
12. DE "CLINICAL trials" OR DE "RANDOMIZED controlled trials" OR DE "OUTCOME assessment (Social services)" OR DE "SOCIAL services -- Evaluation" OR DE "FOLLOW-up studies (Medicine)" OR DE "PLACEBOS (Medicine)" OR DE "BLIND experiment" OR placebo\* OR random\* OR "comparative stud\*" OR clinical NEAR/3 trial\* OR research NEAR/3 design OR evaluat\* NEAR/3 stud\* OR prospectiv\* NEAR/3 stud\* OR (singl\* OR doubl\* OR trebl\* OR tripl\*) NEAR/3 (blind\* OR mask\*)
13. TI cohort\* OR AB cohort\* OR TI case-control\* OR AB case-control\* OR TI cross-section\* OR AB cross-section\* OR TI comparative\* OR AB comparative\* OR TI "validation stud\*" OR AB "validation stud\*" OR TI "evaluation stud\*" OR AB "evaluation stud\*" OR TI random\* OR TI longitudinal\* OR AB longitudinal\* OR TI follow-up OR AB follow-up OR TI prospective OR AB prospective OR TI retrospective OR AB retrospective OR TI experimental OR AB experimental OR AB random\*
14. (quasi-experimental OR quasi-experiment OR quasiexperiment\* OR "propensity score\*" OR "control group\*" OR "control condition\*" OR "treatment group\*" OR "wait-list\*" OR "waiting list\*" OR "intervention group\*" OR "experimental group\*" OR "matched control" OR "matched groups" OR "matched comparison" OR "experimental trial" OR "experimental design" OR "experimental method\*" OR "experimental stud\*" OR "experimental evaluation" OR "experimental test\*" OR "experimental assessment" OR "comparison sample" OR "propensity matched" OR "control sample" OR "control subject\*" OR "intervention sample" OR "no treatment group" OR "nontreatment control" OR "pseudo experimental" OR "pseudo randomi?ed" OR "quasi-RCT" OR "quasi-randomi?ed" OR "compared with control\*" OR "compared to control\*" OR "compared to a control\*" OR "non-randomized controlled stud\*" OR "nonrandomly assigned")
15. 13 or 14 or 15
16. 12 and 16

## NHS Economic Evaluation Database

1. Child welfare/
2. (foster adj2 (youth or child\* or care)).mp.
3. independent living.ti
4. self Care/
5. (extend\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
6. (leav\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
7. (transit\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
8. (ag\* out adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
9. (empancipat\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
10. 1 or 2
11. 3 or 4 or 5 or 6 or 7 or 8 or 9
12. 10 and 11

## Health Technology Assessment

1. Foster Home Care/
2. Child Welfare/
3. (foster adj2 (youth or child or care)).mp
4. independent living.mp
5. (extend\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
6. (leav\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
7. (transit\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
8. (ag\* out adj2 (care or foster\* or out of home care or OOHC or looked after)).mp.
9. (empancipat\* adj2 (care or foster\* or out of home care or OOHC or looked after)).mp
10. self care/
11. 1 or 2 or 3
12. 4 or 5 or 6 or 7 or 8 or 9 or 10
13. 11 and 12