

Comparison 1: Couples education compared with no intervention or usual care

Source: Baguiya A, Portela A, Moyvisan A, Gerlach N, Gopal P, Sauvé C, et al. Effectiveness of male involvement intervention on maternal and newborn health outcomes (in preparation).

Certainty assessment							No of participants		Effect		Certainty (GRADE)	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Couples education	No intervention or usual care	Relative (95% CI)	Absolute (95% CI)		
Postnatal visits for women – at least one within 2 weeks of childbirth												
1 (Mullany et al., 2007)	randomized trial	serious ^a	not serious	not serious	serious ^b	none	81/133 (60.9%)	60/128 (46.9%)	RR 1.29 (1.04 to 1.60)	136 more per 1000 (from 19 more to 281 more)	⊕⊕○○ LOW	CRITICAL
Postnatal visits for women – two or more within 6 weeks of childbirth												
1 (Daniele et al., 2018)	randomized trial	not serious	not serious	not serious	not serious	none	342/560 (61.1%)	265/541 (49.0%)	RR 1.23 (1.11 to 1.37)	113 more per 1000 (from 54 more to 181 more)	⊕⊕⊕⊕ HIGH	CRITICAL
Family planning – timely initiation of a modern contraceptive method												
1 (Daniele et al., 2018)	randomized trial	not serious	not serious	not serious	not serious	none	249/329 (75.7%)	188/281 (66.9%)	RR 1.11 (1.00 to 1.24)	74 more per 1000 (from 0 fewer to 161 more)	⊕⊕⊕⊕ HIGH	CRITICAL
Family planning – use of any contraceptive method at 3 months after childbirth												
1 (Daniele et al., 2018)	randomized trial	not serious	not serious	not serious	not serious	none	315/553 (57.0%)	262/532 (49.2%)	RR 1.16 (1.04 to 1.30)	79 more per 1000 (from 20 more to 148 more)	⊕⊕⊕⊕ HIGH	CRITICAL
Family planning – use of a modern contraceptive method at 6 months after childbirth												
1 (Kunene et al., 2004)	(cluster) randomized trial	serious ^a	not serious	not serious	not serious	none	466/526 (88.6%)	352/395 (89.1%)	RR 1.01 (0.90 to 1.12)	9 fewer per 1000 (from 45 fewer to 27 more)	⊕⊕⊕○ MODERATE	CRITICAL

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Breastfeeding initiation within 1 hour of childbirth												
1 (Kunene et al., 2004)	(cluster) randomized trial	serious ^a	not serious	not serious	serious ^c	none	107/630 (17.0%)	95/592 (16.0%)	RR 1.06 (0.82 to 1.36)	10 more per 1000 (from 29 fewer to 58 more)	⊕⊕○○ LOW	CRITICAL
Exclusive breastfeeding up to 3 months of age												
4 (Abbass-Dick et al., 2015; Daniele et al., 2018; Turan et al., 2018 Sakkaki, 2013) ^d	randomized trials	not serious	not serious	not serious	serious ^c	none	70/104 (67.3%)	63/105 (60.0%)	RR 1.12 (0.91 to 1.38)	72 more per 1000 (from 54 fewer to 228 more)	⊕⊕⊕○ MODERATE	CRITICAL
							232/535 (43.4%)	161/511 (31.5%)	RR 1.35 (1.15 to 1.59)	110 more per 1000 (from 47 more to 186 more)		
							48/53 (90.6%)	40/52 (76.9%)	RR 1.18 (0.99 to 1.41)	138 more per 1000 (from 8 fewer to 315 more)		
							23/34 (67.6%)	12/33 (36.4%)	RR 1.86 (1.12 to 3.09)	313 more per 1000 (from 44 more to 760 more)		
Breastfeeding at 6 months of age												
1 (Kunene et al., 2004)	(cluster) randomized trial	serious ^a	not serious	not serious	not serious	none	496/671 (73.9%)	458/627 (73.0%)	RR 1.01 (0.87 to 1.19)	7 more per 1000 (from 37 fewer to 58 more)	⊕⊕⊕○ MODERATE	CRITICAL

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No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Couples education	No intervention or usual care	Relative (95% CI)	Absolute (95% CI)		
Breastfeeding at 6 months of age												
3 (Su, 2016; Susin, 2008; Lovera et al., 2010) ^e	quasi-experimental pre-post with a control, non-randomized controlled trial, and analytic cohort	serious ^f	serious ^g	not serious	very serious ^{b,c}	none	14/35 (40.0%)	6/34 (17.6%)	OR 3.11 (1.02 to 9.45)	223 more per 1000 (from 3 more to 493 more)	⊕○○○ VERY LOW	CRITICAL
							90/180 (50.0%)	87/187 (46.4%)	OR 1.15 (0.76 to 1.73)	35 more per 1000 (from 67 fewer to 136 more)		
							19/101 (18.8%)	20/99 (20.2%)	OR 0.92 (0.46 to 1.84)	13 fewer per 1000 (from 98 fewer to 116 more)		
Breastfeeding initiation before discharge												
1 (Su, 2016)	quasi-experimental with a control	serious ^f	not serious	not serious	very serious ^{b,c}	none	14/36 (38.9%)	12/36 (33.3%)	OR 1.27 (0.49 to 3.34)	55 more per 1000 (from 137 fewer to 393 more)	⊕○○○ VERY LOW	CRITICAL
Exclusive breastfeeding up to 4–6 weeks												
2 (Abbass-Dick et al., 2015; Sakkaki, 2013) ^h	randomized trials	very serious ⁱ	not serious	not serious	very serious ^{b,c}	none	28/34 (82.4%)	19/33 (57.6%)	RR 1.43 (1.03 to 1.99)	248 more per 1000 (from 17 more to 570 more)	⊕○○○ VERY LOW	CRITICAL
							75/104 (72.1%)	62/102 (60.8%)	RR 1.19 (0.98 to 1.44)	115 more per 1000 (from 12 fewer to 267 more)		
Exclusive breastfeeding at 1 month of age												
1 (Su, 2016)	quasi-experimental pre-post with a control	serious ^f	not serious	not serious	very serious ^{b,c}	none	22/36 (61.1%)	21/34 (61.8%)	OR 0.97 (0.37 to 2.55)	7 fewer per 1000 (from 244 fewer to 187 more)	⊕○○○ VERY LOW	CRITICAL

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Exclusive breastfeeding at 2 months of age												
1 (Sakkaki, 2013)	randomized trial	very serious ⁱ	not serious	not serious	serious ^b	none	25/34 (73.5%)	14/33 (42.4%)	RR 1.73 (1.11 to 2.71)	310 more per 1000 (from 47 more to 752 more)	⊕○○○ VERY LOW	CRITICAL
Exclusive breastfeeding at 4 months of age												
1 (Sakkaki, 2013)	randomized trial	very serious ⁱ	not serious	not serious	serious ^b	none	18/34 (52.9%)	8/33 (24.2%)	RR 2.18 (1.11 to 4.32)	286 more per 1000 (from 27 more to 805 more)	⊕○○○ VERY LOW	CRITICAL
Exclusive breastfeeding at 4 months of age												
1 (Su, 2016)	quasi-experimental pre-post with a control	serious ^f	not serious	not serious	serious ^b	none	18/35 (51.4%)	9/34 (26.5%)	OR 2.94 (1.07 to 8.07)	249 more per 1000 (from 13 more to 479 more)	⊕○○○ VERY LOW	CRITICAL
Exclusive breastfeeding at 6 months of age												
1 (Sakkaki, 2013)	randomized trial	very serious ⁱ	not serious	not serious	serious ^b	none	15/34 (44.1%)	6/33 (18.2%)	RR 2.43 (1.07 to 5.49)	260 more per 1000 (from 13 more to 816 more)	⊕○○○ VERY LOW	CRITICAL
Exclusive breastfeeding discontinuation in the first 6 months after childbirth												
1 (Susin, 2008)	non-randomized controlled trial	serious ^f	not serious	not serious	not serious	none	180	187	HR 0.80 (0.65 to 0.98)	-	⊕○○○ VERY LOW	CRITICAL
Co-parenting at 6 weeks after childbirth (as perceived by mothers)												
1 (Abbass-Dick et al., 2015)	randomized trial	not serious	not serious	not serious	very serious ^{b,c}	none	91	98	-	SMD 0.17 higher (0.12 lower to 0.45 higher)	⊕⊕○○ LOW	CRITICAL

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Co-parenting at 12 weeks after childbirth (as perceived by mothers)												
1 (Abbass-Dick et al., 2015)	randomized trial	not serious	not serious	not serious	very serious ^{b, c}	none	100	96	-	SMD 0.18 higher (0.10 lower to 0.46 higher)	⊕⊕○○ LOW	CRITICAL
Quality of father-child interaction at 6 months after childbirth												
1 (Doherty et al., 2006)	randomized trial	serious ^j	not serious	not serious	serious ^b	none	95	70	-	SMD 0.46 higher (0.15 higher to 0.77 higher)	⊕⊕○○ LOW	CRITICAL
Father involvement at 4 weeks after childbirth												
1 (Bagheri et al., 2015)	randomized trial	very serious ^{a, j}	not serious	not serious	serious ^b	none	50	50	-	SMD 1.83 higher (1.36 higher to 2.30 higher)	⊕○○○ VERY LOW	CRITICAL
Father involvement at 8 weeks after childbirth												
1 (Bagheri et al., 2015)	randomized trial	very serious ^{a, j}	not serious	not serious	serious ^b	none	50	50	-	SMD 0.96 higher (0.55 higher to 1.38 higher)	⊕○○○ VERY LOW	CRITICAL
Paternal responsibility at 6 months after childbirth												
1 (Doherty et al., 2006)	randomized trial	serious ^j	not serious	not serious	very serious ^{b, c}	none	95	70	-	SMD 0.19 higher (0.12 lower to 0.50 higher)	⊕○○○ VERY LOW	CRITICAL

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Paternal engaged interaction at 6 months after childbirth

1 (Doherty et al., 2006)	randomized trial	serious ^j	not serious	not serious	very serious ^{b, c}	none	95	70	-	SMD 0.05 lower (0.36 lower to 0.26 higher) SMD 0.21 higher (0.10 lower to 0.52 higher)*	⊕○○○ VERY LOW	CRITICAL
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Paternal parallel interaction at 6 months after childbirth

1 (Doherty et al., 2006)	randomized trial	serious ^j	not serious	not serious	very serious ^{b, c}	none	95	70	-	SMD 0.08 higher (0.23 lower to 0.39 higher) SMD 0.39 higher (0.08 higher to 0.70 higher)*	⊕○○○ VERY LOW	CRITICAL
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Total accessibility at 6 months after childbirth

1 (Doherty et al., 2006)	randomized trial	serious ^j	not serious	not serious	very serious ^{b, c}	none	95	70	-	SMD 0.19 lower (0.50 lower to 0.12 higher) SMD 0.41 higher (0.10 higher to 0.72 higher)*	⊕○○○ VERY LOW	CRITICAL
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CI: confidence interval; HR: hazard ratio; OR: odds ratio; RR: risk ratio; SMD: standardized mean difference.

* The first estimate applies to involvement on a day at home and the second to involvement on a work day, as measured separately in the study.

a. Concerns with missing data.

b. Limited sample size and/or limited number of events.

c. Wide confidence interval crossing the line of no effect.

d. Data not meta-analysed due to heterogeneity in the interventions.

e. Data not meta-analysed due to variation in study designs and timing of the interventions.

f. Lack of appropriate accounting for confounders.

g. Inconsistent direction of effect in the body of evidence.

h. Data not meta-analysed because of differences in the study populations (nulliparous women regardless of the mode of birth in one study and caesarean birth only in the other).

i. Inappropriate randomization.

j. Lack of blinding (subjective self-reported outcome).