

## Supplementary file

**Table 1: Characteristics of the included home-visiting programs**

REVIEW/YEAR	NAME PROGRAM	COUNTRY	PROGRAM AIMS	TARGET GROUP	ENROLLMENT TIME	VISITOR QUALIFICATION	MARYLAND SCALE
1	Anzman-Frasca et al. 2018	United States	Improving negative child behavior linked to obesity risks.	All women in a certain area giving birth.	Birth until 1 year old.	Research nurses.	Level 5
2	Baziyants et al. 2023	United States	Support families at birth and provide families with community resources based on identified family needs.	All women in a community giving birth.	Birth until 12 weeks old.	Registered public health nurse.	Level 3
3	Berlin et al. 2018	United States	Improve infant attachment and sensitive caregiving behaviors.	Latino families with children who experienced early adversities.	Infant age between 6 and 18 months.	Staff members of Early Head Start programs.	Level 5
4	Brekke et al. 2023	Norway	Strengthen and support families in the transition to parenthood and enhance coping with the parenting role.	All women expecting their first child.	28 weeks pregnant until 2 years old.	Registered public health nurses.	Level 4
5	Catherine et al. 2020	Canada	Improve child and maternal health outcomes.	Socioeconomic, disadvantaged, pregnant women.	Less than 28 weeks pregnant until 2 years old.	Trained nurses.	Level 5

6	Catherine et al. 2023	Nurse-Family Partnership (NFP)	Canada	Improving pregnancy outcomes, stimulating positive maternal health behaviors, improve child health and development, and promoting maternal self-economic sufficiency.	Socioeconomic, disadvantaged, pregnant women.	Less than 28 weeks pregnant until 2 years old.	Trained nurses.	Level 5
7	Cooper et al. 2014	Index intervention	Great Britain	Prevent postnatal depression by improving the mother-infant relationship.	Pregnant women with a high risk for postpartum depression.	Early postpartum period until 18 months postpartum.	Trained National Health Service (NHS) visitors.	Level 5
8	Çorapçı et al. 2023	Reach Up Early Childhood Parenting Program	Turkey	Foster early child development.	Low-income pregnant women living in rural areas.	Third trimester until 18 months old.	Trained, female municipality staff.	Level 5
9	Dew & Breakey. 2014	Healthy Start Program Hawaii	United States	Prevent child maltreatment through early perinatal screening and intensive home visiting services.	Families with an elevated risk of severe maltreatment.	Perinatal period until 2 years old.	Home visitors with at least a high school degree + experience with working with parents and children.	Level 5
10	Dodge et al. 2014	Durham Connects	United States	Promoting positive parenting to prevent the use of emergency healthcare services.	Families with assessed higher needs.	Birth until 12 weeks old.	Qualified healthcare professionals with specific training.	Level 5
11	Doyle et al. 2014	Preparing for Life (PFL)	Ireland	Improve perinatal outcomes by enhancing healthy prenatal behavior.	Socially disadvantaged, pregnant women.	Pregnancy until birth.	Several trained professionals with different backgrounds.	Level 5

12	Goldfeld et al. 2021	Right@Home	Australia	Promoting maternal mental health and child well-being.	Pregnant women experiencing adversity.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
13	Goldfeld et al. 2019	Right@Home	Australia	Improve maternal and child related health outcomes.	Pregnant women experiencing adversity.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
14	Goodman et al. 2019	Family Connects	United States	Improve child health and well-being for the entire community by reducing community rates of maltreatment.	All families with newborns in the community.	Birth until 2 years old.	Trained and qualified nurses.	Level 5
15	Gourevitch et al. 2023	Nurse-Family Partnership (NFP)	United States	Support pregnant women by offering guidance, education and resources during pregnancy and improve maternal and child health outcomes.	Low-income, pregnant women.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
16	Green et al. 2018	Healthy Families Oregon	United States	Supporting families with young children and promoting healthy child development.	High-risk families with young children.	Birth until 2 years old.	Home visitors with at least a bachelor's degree and intensive training.	Level 5
17	Guterman et al. 2023	Dads Matter-HV	United States	Reduce physical child abuse risk by mothers and fathers.	All new parents who are geographically accessible for service staff.	Third trimester of pregnancy until 2 years old.	Professional and paraprofessional trained home visitors.	Level 5

18	Haire-Joshu et al. 2019	Parents as Teachers + Lifestyle	United States	Minimize excessive weight gain through 12 months postpartum and to stimulate a healthy lifestyle for mother and child.	Socioeconomically disadvantaged African American Women with overweight or obesity at the start of the pregnancy.	Pregnancy until 1 year old.	Trained parent educators overseen by study coordinators.	Level 5
19	Hans et al. 2018	Doula home-visiting	United States	Improve maternal and infant health outcomes by providing support in education, breastfeeding, pregnancy health, and newborn health.	Multi-risk women.	Pregnancy until 3 months old.	Trained home-visitor and qualified doula.	Level 5
20	Ichikawa et al. 2015	Home-visit program	Japan	Prevent adverse birth outcomes by providing support, information, and assistance.	High-risk pregnant women.	Mid- or late-term pregnancy until birth.	Trained public health nurses.	Level 5
21	Ingalls et al. 2019	Family Spirit Nurture (FSN)	United States	Prevent early childhood obesity by improving feeding behavior and healthy diets.	High-risk, young, native American Mothers.	Pregnancy until 2 years old.	Locally hired, native American family health coaches.	Level 5
22	Kanda et al. 2022	Right@Home	Australia	Promoting maternal mental health and child well-being.	Pregnant women with 2 or more sociodemographic risk factors.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
23	Kliem & Sandner 2021	ProKind	Germany	Improve child development, life satisfaction, and reduce adverse parenting practices.	Pregnant, low-income women facing economic and social risks.	Between 21 and 28 weeks pregnant until 2 years old.	Family midwives and social pedagogues.	Level 4
24	Leung et al. 2020	3T's Home Visiting	United States	Promote cognitive and language development.	Families with a low SES.	13 to 16 months old.	Paraprofessionals with at most a bachelor's degree.	Level 5

25	McConnell et al. 2023	Nurse-Family Partnership (NFP)	United States	Support and empower pregnant women by offering guidance, education, and resources during pregnancy and improve maternal and child health outcomes.	Low-income families.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
26	Mersky et al. 2022	Family Connects (FC)	United States	Improve maternal and family outcomes, by providing support in assessing the health of the baby, addressing family needs, educate, and making referrals to other care providers in the community.	All families with newborns in the community.	Birth until 6 months old.	Trained and qualified nurses.	Level 4
27	Olds et al. 2019	Nurse-Family Partnership (NFP)	United States	Improve maternal and child health during pregnancy and in the first 2 years of life by enhancing prenatal help and educating pregnant women.	Low-income pregnant women.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
28	Olds et al. 2014	Nurse-Family Partnership (NFP)	United States	Improve maternal and child health during pregnancy and in the first 2 years of life by enhancing prenatal help and educating pregnant women.	Low-income, at-risk pregnant women.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
29	Olds, Kitzman, et al. 2014	Nurse-Family Partnership (NFP)	United States	Improve maternal and child health during pregnancy and in the first 2 years of life by enhancing prenatal help and educating pregnant women.	Low-income, African American mothers who are expecting their first child.	Pregnancy until 2 years old.	Trained and qualified nurses.	Level 5
30	Ordway et al. 2018	Minding The Baby (MTB)	United States	Develop and enhance parent-child attachment, maternal reflective functioning, and positive parenting behaviors.	Historically marginalized families.	Third trimester of the pregnancy until 2 years old.	Master's-level social worker and pediatric nurse.	Level 5

31	Pan et al. 2020	Baby Love Program	United States	Improving perinatal health outcomes by providing support and education to enhance wellbeing.	Pregnant and postpartum women with socioeconomically risk factors.	Pregnancy until 6 months old.	Licensed, master's-prepared social workers paired with community health workers.	Level 5
32	Rosenstock et al. 2021	Family Spirit Nurture	United States	Promote optimal infant growth and development and reduce early childhood obesity. This is done by improving feeding practices and responsive parenting.	Navajo first-time mothers.	Between 3 and 6 months postpartum until 2 years old.	Trained Navajo paraprofessional health coaches.	Level 5
33	Sabo et al. 2021	Health Start Program	United States	Improve health outcomes for child and family through education and referrals to community resources.	medically and socially high risk, racially and ethnically diverse, rural and urban mothers with children aged 0-2 years.	Pregnancy until 2 years old.	Community health workers.	Level 4
34	Samankasikorn et al. 2016	Resource Mothers Program (RMP)	United States	Improve maternal health outcomes by enhancing self-esteem, improving parenting skills, and improve overall wellbeing during pregnancy and postpartum.	Pregnant teenagers.	Pregnancy until 1 year old.	Community health workers.	Level 5
35	Sandner. 2019	ProKind	Germany	Improve child health, child development, and maternal outcomes (like economic self-sufficiency, employment, family planning).	Disadvantaged, first-time mothers.	Pregnancy until 2 years old.	Family midwives and social pedagogues.	Level 5
36	Sandner et al. 2018	ProKind	Germany	Improve child health, child development, and maternal outcomes (like economic self-sufficiency, employment, family planning).	Financially and socially disadvantaged first-time mothers.	Between 12 and 28 weeks pregnant until 2 years old.	Family midwives and social pedagogues.	Level 5

37	Sawyer et al. 2014	South Australian Family Home Visiting (SA-FHV) program	Australia	Improve quality of mother-infant relationship, educate about infant health, safety and development, and provide connections to community healthcare.	Socially disadvantaged mothers and their children.	Birth until 2 years old.	Trained and qualified nurses.	Level 5
38	Sharps et al. 2016	Domestic Violence Enhanced Perinatal Home Visits (DOVE).	United States	Empowering women through tailored safety strategies for themselves and their children.	Low-income, perinatal women experiencing violence.	Pregnancy until 2 years old.	Several trained professionals (like nurses and community health workers).	Level 5
39	Tandon et al. 2018	Mothers and Babies 1-on-1 (MB 1-on-1)	United States	Prevent the onset and worsening of depressive symptoms during the perinatal phase.	Low-income, vulnerable pregnant women.	Pregnancy until 1 year old.	Lay, trained health workers.	Level 5
40	Tereno et al. 2022	Parental competences and attachment in early childhood (CAPEDP-program)	France	Increase maternal sensitivity and mentalizing skills, decrease disruptive maternal communication.	Multi-risk families.	27 weeks pregnant until 2 years old.	Female psychologists.	Level 5
41	Thomson et al. 2014	Parents as Teachers (PaT)	United States	Increase parental knowledge of child development, improve parenting practices, and provide early detection of developmental delays.	Socioeconomically disadvantaged women.	Pregnancy until 1 year old.	Trained parent educators overseen by study coordinators.	Level 3
42	Thomson et al. 2017	Parents as Teachers (PaT)	United States	Educate mothers about a healthy lifestyle during and after pregnancy.	African American women living in rural areas.	Pregnancy until 1 year old.	Trained parent educators overseen by study coordinators.	Level 5

<b>43</b>	Tobón et al., 2020	Minding The Baby (MTB)	United States	Improve attachment, development, and health outcomes of mother and child.	Young mothers and their children who are exposed to significant adversity.	Second/third trimester of pregnancy until 2 years old.	Nurses are paired with licensed social workers.	Level 5
<b>44</b>	Van Horne et al. 2021	The Problem-Solving Tools for PPD (PST4PPD) intervention	United States	Decrease postpartum depression (PPD) symptoms among new mothers.	Racially diverse, marginalized mothers with PDD symptoms.	Infant age of 4 months or younger.	Master's-level social worker.	Level 3