

Table 1. Study characteristics of included studies

Study	Patients	Intervention		Comparison		Outcomes of interest reported	Follow-up
		Characteristics	Type	Characteristics	Type		
Gordon, 2015	Children (9-14 years) with a diagnosis of ASD meeting the criteria for ASD on the Developmental, Dimensional and Diagnostic Interview short version	n = 24 with ASD <u>Mean age (SD): 11.7 (1.7) years</u> <u>Male (%)</u> : 75% <u>Mean time since diagnosis (SD)</u> : 4.5 (3.6) months <u>Mean IQ (SD)</u> : 105.0 (17.6)	Psychoeducational intervention: PEGASUS consisting of six parallel young person and parent weekly sessions of 1.5 hour. Participants were allowed to continue any existing interventions.	N = 24 with ASD <u>Mean age (SD)</u> : 11.2 (1.4) years <u>Male (%)</u> : 92% <u>Mean time since diagnosis (SD)</u> : 4.6 (2.8) months <u>Mean IQ (SD)</u> : 104.1 (16.0)	Control condition: no intervention, participants were allowed to continue any existing interventions.	ASD knowledge Patient satisfaction	12.5 weeks
Smith, 2018	Families of adolescents (aged 14-17 years) with an independent medical or educational diagnosis of ASD confirmed using the Social Communication Questionnaire	n = 16 with ASD <i>Adolescents</i> <u>Mean age (SD)</u> : 15.6 (0.7) years <u>Male (%)</u> : 81% <u>Mean age at diagnosis (SD)</u> : 8.4 (4.3) years <u>Mean IQ (SD)</u> : 109.4 (14.3) <i>Parents</i> Female (%): 94% White (%): 96% College (%): 81% Employed (%): 75%	Psychoeducational intervention: Transitioning Together consisting of eight weekly parent and teen group sessions and two individual family joining sessions.	n = 25 with ASD <i>Adolescents</i> <u>Mean age (SD)</u> : 15.4 (1.2) years <u>Male (%)</u> : 76% <u>Mean age at diagnosis (SD)</u> : 6.2 (4.3) years <u>Mean IQ (SD)</u> : 94.2 (15.9) <i>Parents</i> Female (%): 84% White (%): 94% College (%): 74% Employed (%): 88%	Waitlist control: opportunity to participate in the psychoeducational program after completion of postintervention data collection.	Patient satisfaction Expressions of stress/disease in parents	3 months

Abbreviations: ASD = autism spectrum disorder; IQ = intelligence quotient; PEGASUS = psychoeducation group for autism spectrum understanding and support; SD = standard deviation