Supplementary Material
Supplementary Figure 1. The SPIRIT schedule of enrolment, interventions, and assessments

| STUDY PERIOD | Enrolment | Allocation | Post-allocation |
|--------------|-----------|------------|-----------------|
| Timepoint(T) | $T_1$     | 0          | $T_2$           | $T_3$           |

ENROLMENT:

|                      |           |           |                 |
|----------------------|-----------|-----------|-----------------|
| Eligibility screen   | X         |           |                 |
| Informed consent     | X         |           |                 |
| Allocation           | X         |           |                 |

INTERVENTIONS:

|                      |           |           |                 |
|----------------------|-----------|-----------|-----------------|
| Intervention/early group | X         |           |                 |
| Waitlist-controlled/delayed group |           |           |                 |

ASSESSMENTS:

|                      |           |           |                 |
|----------------------|-----------|-----------|-----------------|
| Demographics of participants and their children and families | X         | X         | X               |
| Short version of the Zarit Caregiver Burden Interview (J-ZBI_8; 8 items) | X         | X         | X               |
| Awareness of social resource utilization | X         | X         | X               |
| Short form of the Japanese version of the Self-Compassion Scale (SCS-12; 12 items) | X         | X         | X               |
| QOL of primary caregiver (SF-8; 8 items) | X         | X         | X               |
| Japanese version of the Family Empowerment Scale (J-FES; 34 items) | X         | X         | X               |
| Feedback of program | X         |           |                 |
|                | (Early intervention group only) |
|----------------|---------------------------------|
| : Intervention period, X: At the time of collection |                                |
Supplementary Table 1. Direct opinions of participants about the family empowerment program after participation

| How did you feel after attending the program? | Total | Intervention group | Waitlist-controlled group |
|---------------------------------------------|-------|--------------------|--------------------------|
|                                             | n     | %                  | n  | %    | n  | %    |
| Very good                                   | 46    | 69.7               | 17 | 73.9 | 14 | 70.0 |
| Good                                        | 13    | 19.7               | 4  | 17.4 | 4  | 20.0 |
| Somewhat good                               | 6     | 9.1                | 2  | 8.7  | 1  | 5.0  |
| Not very good                               | 1     | 1.5                | 0  | 0.0  | 1  | 5.0  |
| Not good                                    | 0     | 0.0                | 0  | 0.0  | 0  | 0.0  |
| Not good at all                             | 0     | 0.0                | 0  | 0.0  | 0  | 0.0  |
| Did you tell your family about the content of the program and the information you learned? | | | | | | |
| I did                                       | 30    | 44.8               | 10 | 41.7 | 12 | 57.1 |
| A little                                    | 26    | 38.8               | 10 | 41.7 | 7  | 33.3 |
| Not much                                    | 4     | 6.0                | 1  | 4.2  | 0  | 0.0  |
| Not at all                                  | 7     | 10.4               | 3  | 12.5 | 2  | 9.5  |
| Would you recommend the program to your friends? | | | | | | |
| Yes                                         | 48    | 75.0               | 19 | 82.6 | 15 | 78.9 |
| Probably                                    | 13    | 20.3               | 4  | 17.4 | 1  | 5.3  |
| Not really                                  | 2     | 3.1                | 0  | 0.0  | 2  | 10.5 |
| No                                          | 1     | 1.6                | 0  | 0.0  | 1  | 5.3  |
| How could the program be expanded?          | | | | | | |
| People who want to take it should do so      | 49    | 69.0               | 15 | 57.7 | 15 | 68.2 |
| Everyone should take it *                   | 19    | 26.8               | 9  | 34.6 | 6  | 27.3 |
| There's no need                             | 3     | 4.2                | 2  | 7.7  | 1  | 4.5  |
| Opinion about the number of sessions        | | | | | | |
| Fewer is better                             | 0     | 0.0                | 0  | 0.0  | 0  | 0.0  |
| This amount is good                         | 51    | 76.1               | 16 | 69.6 | 20 | 95.2 |
| More is better                              | 16    | 23.9               | 7  | 30.4 | 1  | 4.8  |
Missing data were excluded.

*; To be precise, "It is basically good for everyone who has child with a disability to take this course, similar to what is done with health checks."