

Supplementary materials

Table 1s Secondary outcome measures

Construct	Respondent	Measure
Communication	Adolescents & parents	Child-Parent Communication Apprehension scale, total score (1)
		Family Assessment Device-FAD, general functioning subscale (2)
Involved parenting	Adolescents & parents	Alabama Parenting Questionnaire (3), involved parenting and parental supervision/monitoring subscales.
Harsh parenting	Parents	Alabama Parenting Questionnaire (3), corporal punishment subscale.
Adolescent emotional problems	Adolescents	The Revised Child Anxiety and Depression Scales (RCADS), total score (4–6)
Adolescent behavior problems	Parents	Child Behavior Checklist 6-18, externalizing behavior (7)
Loneliness	Adolescents	UCLA-8 Loneliness scale, total score (8)
	Parents	Revised UCLA-6 Loneliness scale, total score (9)
Social support	Adolescents & parents	Medical Outcome Study Social Support Survey, emotional and affectionate sub-scales (10)
Parents wellbeing	Parents	WHO-5 Well-Being Index, total score (WHO-5) (11,12)
Parents psychological distress	Parents	The Patient Health Questionnaire – 9 (PHQ-9) , total score (13).
Parental stress	Parents	Parental Stress Scale, total score (14).

Table 2s. Other measures

Construct	Respondent	Measure
Enrolment		Percentage of participants who joined the study and have attended at least one group PLH session (individually for adolescents and caregivers, for both jointly at the dyad/family level)
Attendance	Facilitators	Percentage of group PLH sessions attended out of 6 (individually for adolescents and caregivers, for both jointly at the dyad/family level) Percentage of catch-up PLH contact out of 6 (individually for adolescents and caregivers)
Adolescent healthy weight	Adolescents & parents	Body mass index (not expected to change but assessed for sample description).
Alcohol use	Parents	The Alcohol Use Disorder Identification Test (15).
Posttraumatic stress	Parents	PTSD checklist for DSM-5 (PCL-5), short form, total score
	Adolescent	Children's Revised Impact of Event Scale (16), total score and subscales
Sexual risk behaviors	Adolescents	Health Behavior in School-aged Children Study Sexual health scale, total score (17).
Adolescent-defined problems	Adolescent	The Top Problem Assessment (18–20).
Demographics	Adolescent & parents	Parent and adolescent age, gender, education, economic status.

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