**Instruction of supplementary materials**

**Brief summary of this document:** this document was an instruction about Excel tables. Each Excel file included a special batch of extracted data. The following noted the content of each Excel file.

**Table 1. "data extraction\_ALL":**

Information of all the articles which were used for analysis.

**Table 2. "data extraction\_MedMod":**

The extracted information about articles that adopted statistical mediation or moderation model(s). There were three worksheets in the file. The 1st worksheet included articles that adopted mediation analysis. The 2nd sheet included articles that adopted moderation analysis. The final one included articles adopting both mediation and moderation analysis.

**Table 3. "data extraction\_T1\_back":**

This file focused on the first theme of family-related variables, demographic background. All the articles in this file could extract demographic background related factors. The first three worksheets included articles that can extract a certain type of demographic data, for instance, SES. The 4th worksheet was a synthesis of all the articles including demographic data.

**Table 4. "data extraction\_T1\_HouseCom":**

All the articles in this file can extract the household composition data. As described in the paper, the household composition was one of the measurements of family structure, which belonged to the theme "demographic background".

**Table 5. "data extraction\_T1\_SES\_Edu":**

This file included articles adopting parental or personal education level to measure SES, which was one of the factors belonging to the main theme "demographic background".

**Table 6. "data extraction\_T1\_SES\_FAS":**

All the articles in this file can extract SES factor measured by Family Affluence Scale (FAS).

**Table 7. "data extraction\_T1\_SES\_OSC":**

This file was a synthesis of articles adopting parental occupational social class to measure SES.

**Table 8. "data extraction\_T2\_GeneralPsySocio":**

This file was a synthesis of articles that can extract the second main theme, the general family's psychosocial functions. This file included five worksheets, and articles in each worksheet can extract a certain type of family general psychosocial factor, such as family support and family communications. The final worksheet was the synthesis of all articles that can extract the second theme.

**Table 9. "data extraction\_T3\_parenting":**

All the articles in this file measured the relationship between parenting behaviours (the third theme) and adolescents' health outcomes. Each worksheet in the file included a certain type of parenting behaviours, for example, parent-child communications and parental monitoring. The final worksheet was the synthesis of all articles that can extract the third theme.

**Table 10. "data extraction\_T4\_ParentHealthBehav":**

This file synthesized the fourth theme of family variables that may influence adolescents' health outcomes. The theme included four types of parental health behaviours: parental smoking (1st worksheet), parental substance use (2nd worksheet), parental drinking (3rd worksheet), and parental physical activities (4th worksheet). The 5th worksheet was the synthesis of all articles that can extract the fourth theme.

**Table 11. "data extraction\_T5\_FamilyActivity":**

Articles synthesized in this file were focusing on the fifth theme of family factors: family activity. Worksheets in the file noted the articles that can extract global family activities, family meals, and family physical activity. The final worksheet was the synthesis of all articles that can extract the fifth theme.

**Table 12. "data extraction\_T6\_sibling":**

Articles synthesized in this file were focusing on the sixth theme of family factors: siblings. The final sheet was the whole synthesis. The 1st sheet noted the articles that can extract sibling(s) communication data. The 2nd worksheet addressed the number of siblings.