**Supplemental Table 1. Principal Axis Factor Analysis of Zarit Burden Inventory**

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| --- | --- | --- | --- |
| Construct | Factor 1 “Role Strain” | Factor 2 “Personal Strain” | Factor 3 “Performance Strain” |
| Loading | Mean (SD) | Loading | Mean (SD) | Loading | Mean (SD) |
| Time for self | .778 | 2.59 (1.0) |  |  |  |  |
| Social life | .750 | 2.98 (1.1) |  |  |  |  |
| Stressed | .747 | 2.83 (1.0) |  |  |  |  |
| Health | .733 | 2.30 (1.1) |  |  |  |  |
| Angry |  |  | .845 | 1.47 (0.9) |  |  |
| Strain |  |  | .798 | 1.90 (1.1) |  |  |
| Relationships |  |  | .666 | 1.79 (1.2) |  |  |
| Burdened |  |  | .576 | 2.37 (1.1) |  |  |
| Do more |  |  |  |  | .859 | 2.14 (1.1) |
| Could do a Better job |  |  |  |  | .846 | 1.82 (1.1) |
| Fear of future |  |  |  |  | .527 | 3.27 (0.9) |
| Uncertainty |  |  |  |  | .522 | 2.34 (1.1) |
| Factor Mean | 2.67 |  | 1.88 |  | 2.39 |  |
| Eigenvalue | 4.52 |  | 1.61 |  | 1.22 |  |
| Variance, % | 37.7 |  | 13.4 |  | 10.2 |  |
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