**Supplementary material**

Search Terms

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| **Concepts** | **Search terms** |
| Dementia | Dementia OR Frontotemporal dementia OR Vascular dementia OR Multi-infarct dementia OR Alzheimer’s disease OR Lewy Body disease OR memory disorder OR memory problem OR cognitive dysfunction OR cognition disorder OR neurocognitive disorder OR confusion OR forgetfulness |
| Help seeking | help-seeking behaviour OR help seeking OR help-seeking OR seeking OR access OR delay OR avoid OR barrier OR obstacle OR facilitator OR enabler OR trigger |
| Timing of Diagnosis | Diagnosis OR delayed diagnosis OR early diagnosis OR late diagnosis OR undiagnosed OR undetected |

Database search for Medline

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| Search no. | Search terms |
| S1 | (MH "Dementia/DI") OR (MH "Frontotemporal Dementia/DI") OR (MH "Dementia, Vascular/DI") OR (MH "Dementia, Multi-Infarct/DI") OR (MH "Alzheimer Disease/DI") OR (MH "Lewy Body Disease/DI") OR (MH "Memory Disorders/DI") OR (MH "Cognitive Dysfunction/DI") OR (MH "Cognition Disorders/DI") OR (MH "Neurocognitive Disorders/DI") OR (MH "Confusion/DI") |
| S2 | AB dement\* OR AB Alzheimer\* OR AB "vascular dement\*" OR AB "multi infarct dement\*" OR AB "lewy bod\*" OR AB "memory disorder\*" OR AB "memory problem" OR AB "cognit\* disorder\*" OR AB "neurocognit\* disorder\*" OR AB confus\* OR AB forgetful\* |
| S3 | (MH "Help-Seeking Behavior") |
| S4 | AB "help seeking" OR AB "help-seeking" OR AB seek\* OR AB access\* OR AB delay\* OR AB avoid\* OR AB barrier\* OR AB facilitat\* OR AB enable\* OR AB trigger\* OR AB obstacle\* |
| S5 | (MH "Diagnosis") OR (MH "Delayed Diagnosis") OR (MH "Early Diagnosis") |
| S6 | AB diagnosis OR AB "early diagnosis" OR AB "delay\* diagnosis" OR AB "late diagnosis" OR AB undiagnosed OR AB undetected |
| S7 | S1 OR S2 |
| S8 | S3 OR S4 |
| S9 | S5 OR S6 |
| S10 | S7 AND S8 AND S9 |

Data Extraction Form Categories

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| Title Author Year Country |
| Study aim/ research question |
| Study design/ method (inc philosophical approach if appropriate) |
| Sampling approach |
| Sample size and participant type |
| Participant characteristics |
| Confirmation of diagnosis |
| Data collection method (including relevant questions asked if included) |
| Analysis approach |
| Key themes related to barriers with quotes/ examples |
| Key themes related to facilitators and quotes/ examples |
| Author interpretation of data |
| Recommendations by authors |