Appendix1. Standardized Assessment Tools Used in the CARERS Study

| **Scales** | **Description** | **Reference** | **Reliability** **(Cronbach’s alpha)**  |
| --- | --- | --- | --- |
| Perceived Stress Scale (PSS) | The 10-item, 5-point scale measures perceived stress in response to situations encountered by an individual in the past month. Score ranges from 0 to 40: higher scores indicating higher level of stress.  | (Cohen, 1988) | .84-.86 |
| Zarit Caregiver Burden Scale | This abbreviated 12-item, 5-point scale measures subjective burden related to personal and role strain, and perceptions of social, health, financial, and emotional distress related to caregiving. Score ranges from 0 to 48: higher scores indicating more severe burden. | (Bédard et al., 2001) | .88 |
| Pearlin Mastery Scale | This 7-item scale assesses the extent to which individual’s self-efficacy and mastery over important life outcomes. Score ranges from 7 to 28: higher scores indicating greater self-perceived mastery.  | (Pearlin et al., 1990) | .75- .79 |
| Pearlin Caregiving Competence Scale | This 4-item scale assesses the caregivers’ evaluation of the adequacy of their own performance in the job of caregiver. Score ranges from 4 to 16: higher scores indicating greater competence.  | (Pearlin et al., 1990) | .74  |
| Pearlin Overload Scale | This 4-item scale is a “secondary” measure of the experience of stress and measures feelings of being “trapped” in their caregiving role. Score ranges from 3 to 12, with higher scores indicating greater level of perceived overload.  | (Pearlin et al., 1990) | .78 |
| Pearlin Role Captivity Scale | This 3-item scale evaluates the extent to which caregivers feel “trapped” in their caregiving role. Score ranges from 3 to 12, with higher scores indicating more perceived restriction. | (Pearlin et al., 1990) | .83 |
| Center for Epidemiologic studies Depression Scale (CES-D) | This 20-item, 4-point scale serves as a general measure for depression. It measures depressive feelings and behaviour over the past week. Score range is 0 to 60, higher scores indicate greater perception of depression.  | (Radloff, 1977) | .9 |
| Coping Inventory for Stressful Situation | This 21-item scale assesses coping strategies used by an individual across different types of stressful situations. It distinguishes three main coping styles: task oriented, emotion-oriented and avoidance-oriented coping. Score ranges from 7 to 35 on each subscale with higher scores indicating preference for certain coping strategies. | (Endler, Parker, 1990, Han et al., 2009) | .82-.92 |
| Revised Memory and Behavioural Problems Checklist | This 24-item scale assess the frequency of cognitive, emotional and behavioural problems exhibited by persons with dementia and caregivers’ reaction to these problems. | (Teri et al., 1992) | .67-.90 |
| Lawton Functional Activities Questionnaire | This scale assesses complex instrumental skills in 8 areas of function. Score ranges from 0 to 8 with higher scores indicating higher function or level of independence. | (Lawton, Brody, 1969) | .70 |
| Katz Index of Independence in Activities of Daily Living | This 6-item scale assesses functional status for basic activities of daily living. Score ranges from 0 to 6 with high scores indicating higher level of independence in these activities. | (Katz, 1983, Arik et al., 2015) | .84 |

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