**Appendix**

Appendix 1. *Baseline sociodemographic characteristics of informal caregivers and stroke survivors.*

|  |  |  |  |
| --- | --- | --- | --- |
| Caregiver characteristics | All participants(*n* = 20) | Intervention(*n* = 9) | Control(*n* = 11) |
| Female (%) | 65 | 67 | 64 |
| Age M (SD) | 62.9 (10.3) | 59.2 (10.8) | 65.9 (9.1) |
| Ethnic background (%) |  |  |  |
| White British  | 95 | 100 | 91 |
| Irish  | 5 | 0 | 9 |
| Relationships status (%) |  |  |  |
| Married/partner | 90 | 89 | 91 |
| Not in a relationship | 5 | 11 | 0 |
| Widowed  | 5 | 0 | 9 |
| Relationship to stroke survivor (%) |  |  |  |
| Spouse/partner | 85 | 89 | 82 |
| Son/daughter  | 10 | 11 | 9 |
| Father/mother  | 5 | 0 | 9 |
| Employment status (%) |  |  |  |
| Retired  | 60 | 44 | 73 |
| Full time caregiver | 30 | 44 | 18 |
| Employed full time | 5 | 0 | 9 |
| Employed part time | 5 | 11 | 0 |
| Yearly household income (%) |  |  |  |
| 0 to 9.999 | 10 | 0 | 18 |
| 10.000 to 19.999 | 35 | 56 | 18 |
| 20.000 to 29.999 | 30 | 11 | 46 |
| 30.000 to 39.999 | 5 | 0 | 9 |
| Missing  | 20 | 33 | 9 |
| Highest level of academic qualification (%) |  |  |  |
| None  | 35 | 33 | 36 |
| Secondary education | 25 | 22 | 27 |
| Post-secondary education | 25 | 33 | 18 |
| University level education  | 15 | 11 | 18 |
| Living with stroke survivor (%) | 95 | 100 | 91 |
| Time caring in years M(SD) | 8.2 (9.3) | 6.6 (7.0) | 9.5 (11.0) |
| Stroke survivor characteristics  |  |  |  |
| Female (%) | 35 | 22 | 45 |
| Age M(SD) | 67.9 (12.0) | 68.6 (10.3) | 67.4 (13.6) |
| Ethnic background (%) |  |  |  |
| White British  | 95 | 89 | 100 |
| Filipino  | 5 | 11 | 0 |
| Relationship status (%) |  |  |  |
| Married/partner | 90 | 89 | 91 |
| Widowed | 10 | 11 | 9 |
| First stroke type (%) |  |  |  |
| Ischemic | 45 | 67 | 27 |
| Hemorrhagic | 40 | 22 | 55 |
| TIA | 15 | 11 | 18 |
| Most recent stroke (%) |  |  |  |
| Ischemic  | 10 | 11 | 9 |
| Hemorrhagic  | 15 | 11 | 18 |
| TIA | 25 | 11 | 36 |
| Not applicable  | 50 | 67 | 36 |
| Aphasic (%) | 50 | 56 | 45 |

*Note*: M = mean; SD = Standard deviation, % reported as whole numbers; means, standard deviations and *p*-value reported to 1 decimal place

Appendix 2. Study clinical outcome measures by time point

|  |  |
| --- | --- |
| Outcome measure | Time point |
| PHQ-9  | Initial screen; four months post-randomisation; six months post-randomisation |
| GAD-7  | Initial screen; four months post-randomisation; six months post-randomisation |
| CIS-R  | Full screen; four months post-randomisation; six months post-randomisation |
| WASAS  | Baseline; four months post-randomisation; six months post-randomisation |
| CBS  | Baseline; four months post-randomisation; six months post-randomisation |
| BI  | Baseline; four months post-randomisation; six months post-randomisation |
| FAI  | Baseline; four months post-randomisation; six months post-randomisation |
| SF-36  | Baseline; four months post-randomisation; six months post-randomisation |
| EQ-5D  | Baseline; four months post-randomisation; six months post-randomisation |

*Note*. BI, Barthel activities of daily living index; CBS, Caregiver burden scale; CIS-R, Clinical interview schedule; EQ-5D, EuroQol-5D; FAI, Frenchay activities index; GAD-7, Geeralised anxiety disorder 7-item scale; PHQ-9, Patient health questionnaire-9; SF-36, Short form (36) health survey; WSAS, Work and social adjustment scale.

Appendix 3. *Stage of enrolment by source of recruitment*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Source of recruitment, *n* (%) | Stroke survivors identified, *n* | Informal caregivers invited, *n* (%) | Initial contact with study team, *n* (%) | Initial screen, *n* (%) | Full screen, *n* (%) | Randomised, *n* (%) |
| *n* =  | *n* = 2 734‬ | *n* = 101 | *n* = 56 | *n* = 33 | *n* = 20 |
| General practice | 6,104b | 2,055 (33.7) | 75 (3.7) | 46 (2.2) | 28 (1.4) | 15 (0.7) |
| Stroke healthcare | 1,520c | 395 (26.0) | 8 (2.0) | 6 (1.5) | 2 (0.5) | 2 (0.5) |
| Community outreach | - | 284 (-) | 4 (1.4) | 3 (1.1) | 3 (1.1) | 3 (1.1) |
| Othera | - | - | 14 (-) | 1 (-) | 0 (-) | 0 (-) |

*Note*. % at stage of enrolment calculated from total number of informal caregivers invited. As number of informal caregivers invited cannot be known for the ‘other’ source of recruitment category, % at stage of enrolment cannot be calculated, however n’s are presented

aParticipants who contacted the study team via non-official recruitment sources, for example, word-of-mouth

bTotal number of stroke survivors initially identified from general practice database searches

cEstimated number of stroke admissions during the study recruitment period

Appendix 4: *Clinical Outcomes at Baseline, 4 and 6-Months Post-Treatment for the PHQ-9, GAD-7, WSAS and CBS*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Outcome Measure | Group | Baseline | 4 MonthsPost-Treatment | 6 Months Post-Treatment |
|  |  | *n* | Mean | SD | *n* | Mean | SD | *n* | Mean | SD |
| PHQ-9 | InterventionControl | 911 | 15.614.6 | 3.62.8 | 59 | 7.013.4 | 3.25.2 | 45 | 5.810.6 | 6.54.6 |
| GAD-7 | InterventionControl | 911 | 13.010.6 | 4.43.5 | 59 | 4.09.8 | 2.74.8 | 45 | 4.57.2 | 5.95.3 |
| WSAS | InterventionControl | 910 | 25.921.8 | 9.510.4 | 59 | 14.619.4 | 12.510.9 | 45 | 15.314.8 | 11.06.3 |
| CBS Total | InterventionControl | 910 | 2.92.9 | 0.60.5 | 58 | 2.72.6 | 0.60.8 | 45 | 2.62.6 | 0.70.5 |

*Note*. Means and standard deviations reported to 1 decimal place. SD=Standard deviation, PHQ-9=Patient Health Questionnaire-9, GAD-7=Generalised Anxiety Disorder 7-item Scale, WSAS=Work and Social Adjustment Scale, CBS=Caregiver Burden Scale.

Appendix 5: *Clinical outcomes at baseline, 4 and 6 months post-treatment for CIS-R, BI, FAI and SF-36.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Outcome measure | Group | Baseline | 4 monthspost-treatment | 6 months post-treatment |
| *n* | Mean | SD | *n* | Mean | SD | *n* | Mean | SD |
| CIS-R distress | InterventionControl | 911 | 22.622.4 | 7.25.5 | 59 | 13.022.3 | 10.46.3 | 45 | 10.316.4 | 12.78.1 |
| BI | InterventionControl | 910 | 15.212.7 | 3.46.2 | 57 | 16.212.1 | 5.44.7 | 45 | 14.09.8 | 6.72.8 |
| FAI total | InterventionControl | 910 | 12.212.5 | 7.66.7 | 57 | 17.213.6 | 10.16.3 | 45 | 16.010.4 | 11.49.0 |
| FAI domestic | InterventionControl | 910 | 2.42.5 | 4.52.8 | 57 | 4.03.4 | 4.73.8 | 45 | 3.52.0 | 5.72.5 |
| FAI leisure/work  | Intervention Control | 910 | 6.25.2 | 1.92.0 | 57 | 7.65.6 | 3.41.7 | 45 | 7.04.6 | 2.73.6 |
| FAI outdoor | InterventionControl | 910 | 3.64.8 | 2.83.6 | 57 | 5.64.6 | 3.13.4 | 45 | 5.53.8 | 4.83.3 |
| EQ5D VAS | InterventionControl | 910 | 57.258.0 | 23.616.0 | 59 | 65.061.7 | 12.821.1 | 45 | 65.554.0 | 18.617.1 |
| SF-36 physical health  | InterventionControl | 911 | 58.752.5 | 25.520.7 | 59 | 57.047.4 | 19.919,9 | 45 | 58.151.7 | 20.226.5 |
| SF-36 mental health | InterventionControl | 911 | 42.746.0 | 15.113.6 | 59 | 57.852.2 | 11.014.9 | 45 | 59.462.4 | 21.516.2 |
| SF-36 physical functioning  | InterventionControl | 911 | 66.162.3 | 39.633.1 | 59 | 63.057.8 | 30.135.8 | 45 | 61.358.0 | 39.544.4 |
| SF-36 role limitations (physical) | InterventionControl | 911 | 61.150.6 | 32.722.3 | 59 | 62.547.9 | 28.321.2 | 45 | 68.853.8 | 21.026.7 |
| SF-36 role limitations (emotional) | InterventionControl | 911 | 55.653.0 | 22.815.5 | 59 | 75.064.8 | 17.718.1 | 45 | 77.181.7 | 21.919.9 |
| SF-36 vitality | InterventionControl | 911 | 30.623.3 | 17.219.0 | 59 | 35.023.6 | 21.912.4 | 45 | 42.233.8 | 24.120.5 |
| SF-36 mental health  | InterventionControl | 911 | 38.953.2 | 15.217.8 | 59 | 61.057.8 | 8.215.8 | 45 | 65.064.0 | 15.819.8 |
| SF-36 social functioning  | InterventionControl | 911 | 45.854.6 | 27.231.8 | 59 | 60.062.5 | 16.331.9 | 45 | 53.170.0 | 35.924.4 |
| SF-36 bodily pain | InterventionControl | 911 | 60.854.1 | 24.722.2 | 59 | 54.543.3 | 10.419.6 | 45 | 53.852.0 | 14.922.0 |
| SF-36 general health  | InterventionControl | 911 | 46.743.2 | 17.318.1 | 59 | 48.040.6 | 18.920.7 | 45 | 48.843.0 | 18.924.4 |
| SF-36 health transition  | InterventionControl | 911 | 50.061.4 | 17.723.4 | 59 | 55.052.8 | 20.923.2 | 45 | 50.055.0 | 28.911.2 |

*Note*. Means, standard deviations and ranges reported to 1 decimal place. SD = Standard deviation, CIS-R = Clinical Interview Schedule, BI = Barthel Activities of Daily Living Index, FAI = Frenchay Activities Index, SF-36 = Short Form (36) Health Survey, EQ-5D VAS = EuroQol-5D Visual Analogue Scale.