***Appendix tables***

Table X1: Odds ratio (95% confidence interval) for probable common mental disorder in (a) April 2020 and (b) July 2020 according to home-carer status

|  |  |  |
| --- | --- | --- |
| Caring status  | Adjusted for baseline GHQ-12 | Additionally adjusted for age, sex, ethnicity and education |
|  | April  | July  | April  | July  |
|  |  |  |  |  |
| Non-carerHome carer | 1.001.40 (1.12, 1.74) | 1.001.59 (1.19, 2.13) | 1.001.51 (1.20, 1.90) | 1.001.66 (1.24, 2.22) |
|  |  |  |  |  |

Table X2: Odds ratio (95% confidence interval) for probable common mental disorder in (a) April 2020 and (b) July 2020 according to home-carer characteristics (analysis based on 565 home-carers)

|  |  |  |
| --- | --- | --- |
|  | Adjusted for baseline GHQ-12 | Additionally adjusted for age, sex, ethnicity and education |
|  | April  | July  | April  | July |
|  |  |  |  |  |
| Age group |  |  |  |  |
|  <40 41-70 71+ | 1.001.15 (0.66, 2.00)0.62 (0.32, 1.20) | 1.001.21 (0.65, 2.26)0.73 (0.39, 1.38) | - | - |
|  |  |  |  |  |
| Sex |  |  |  |  |
|  Male  Female | 1.002.41 (1.50, 3.88) | 1.001.53 (0.86, 2.72) | - | - |
|  |  |  |  |  |
| Education |  |  |  |  |
|  A-level or lower Degree or higher | 1.000.47 (0.30, 0.75) | 1.001.12 (0.65, 1.91) | - | - |
|  |  |  |  |  |
| Ethnicity |  |  |  |  |
|  White British Non-White/Other | 1.001.16 (0.72, 1.87) | 1.000.98 (0.59, 1.61) | - | - |
|  |  |  |  |  |
| Relationship of care recipient to carer |  |  |  |  |
|  Spouse/partner Child under 18 Adult child  (Grand)Parent Other More than one  | 1.001.65 (1.19, 2.28)2.00 (1.64, 2.47)0.95 (0.66, 1.36)0.89 (0.74, 1.07)2.69 (1.88, 3.85) | 1.000.79 (0.62, 1.00)3.37 (2.67, 4.25)1.59 (1.01, 2.49)1.04 (0.86, 1.26)2.80 (1.91, 4.10) | 1.001.40 (0.93, 2.12)1.46 (1.19, 1.78)0.66 (0.45, 0.97)0.87 (0.70, 1.08)2.24 (1.42, 3.53) | 1.000.71 (0.56, 0.91)2.76 (2.14, 3.54)1.52 (0.92, 2.50)0.92 (0.74, 1.15)2.60 (1.68, 4.01) |
|  |  |  |  |  |
| Care recipient has long term health condition |  |  |  |  |
|  No Yes | 1.000.79 (0.63, 1.00) | 1.001.56 (1.27, 1.91) | 1.000.87 (0.67, 1.13) | 1.001.66 (1.35, 2.03) |
|  |  |  |  |  |
| Care recipient has mental health condition |  |  |  |  |
|  No Yes | 1.002.11 (1.54, 2.89) | 1.001.70 (1.25, 2.33) | 1.001.86 (1.32, 2.63) | 1.001.66 (1.19, 2.30) |
|  |  |  |  |  |
| Care recipient has learning disability |  |  |  |  |
|  No Yes | 1.002.16 (1.71, 2.72) | 1.002.09 (1.67, 2.61) | 1.002.11 (1.64, 2.71) | 1.002.00 (1.57, 2.54) |
|  |  |  |  |  |
| Care recipient has physical disability |  |  |  |  |
|  No Yes | 1.000.90 (0.70, 1.17) | 1.001.39 (1.11, 1.73) | 1.000.87 (0.65, 1.14) | 1.001.36 (1.09, 1.70) |
|  |  |  |  |  |
| Care recipient has problem related to old age |  |  |  |  |
|  No Yes | 1.000.71 (0.57, 0.89) | 1.000.83 (0.55, 1.26) | 1.000.78 (0.61, 0.99) | 1.000.91 (0.57, 1.47) |
|  |  |  |  |  |
| Care recipient has other condition |  |  |  |  |
|  No Yes | 1.000.69 (0.47, 1.00) | 1.000.80 (0.36, 1.78) | 1.000.63 (0.47, 0.85) | 1.000.72 (0.35, 1.50) |
|  |  |  |  |  |
| Carer in 2019 |  |  |  |  |
|  No Yes | 1.001.06 (0.69, 1.64) | 1.000.91 (0.52, 1.60) | 1.001.31 (0.83, 2.06) | 1.000.90 (0.53, 1.53) |
|  |  |  |  |  |
| Hours of caring per week |  |  |  |  |
|  <20  20-100 101+ | 1.001.59 (1.29, 1.96)1.33 (0.94, 1.90) | 1.001.57 (1.17, 2.10)2.37 (1.75, 3.23) | 1.001.44 (1.15, 1.82)1.20 (0.84, 1.70) | 1.001.44 (1.09, 1.90)2.20 (1.61, 3.01) |
|  |  |  |  |  |
| State care/services |  |  |  |  |
|  Never had Had and lost Still have | 1.001.56 (1.21, 2.02)0.80 (0.42, 1.50) | 1.002.86 (1.56, 5.22)0.81 (0.44, 1.50) | 1.001.36 (1.02, 1.80)0.96 (0.51, 1.81) | 1.002.70 (1.62, 4.51)0.83 (0.48, 1.43) |
|  |  |  |  |  |
| Share caring responsibilities |  |  |  |  |
|  No Yes | 1.001.16 (0.96, 1.42) | 1.001.01 (0.78, 1.30) | 1.001.28 (1.05, 1.55) | 1.001.04 (0.81, 1.33) |
|  |  |  |  |  |