Appendix 1. Details on the Patient Reported Outcomes Measurement Information System® (PROMIS®) Short-Form (SF) v2.0 Instrumental Support 4a in the current study

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| **PROMIS Instrumental Support HINTS Item Identifier**  | **Floor**  | **Ceiling**  | **Unweighted Mean** | **Unweighted SD** | **Cronbach’s alpha (for item level, if item removed)** | **Item Text\*** |
| HelpDailyChores2 | 13.2% | 39.6% | 3.5 | 1.5 | 0.85 | Do you have someone to help with daily chores if you are sick? |
| HelpPreparingMeals | 16.7% | 38.6% | 3.5 | 1.5 | 0.87 | Do you have someone to prepare your meals if you are unable to do it yourself? |
| HelpRunErrands | 11.9% | 42.4% | 3.6 | 1.4 | 0.85 | Do you have someone to run errands if you need it? |
| HelpTransportDoctor | 8.7% | 51.8% | 3.9 | 1.5 | 0.92 | Do you have someone to take you to the doctor if you need it? |
|  |
| PROMIS Instrumental Support SF v2.0 4a | 5.5% | 31.5% | 50.4 | 10.6 | 0.90 | - |
| \*Item responses include: 1=Never; 2=Rarely; 3=Sometimes; 4=Often; 5=AlwaysData source: Health Information National Trends Survey (HINTS) V, Cycle 2, n=311 caregivers of adults with serious health problems. |