**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 Months Post-Treatment | | | 6 Months  Post-Treatment | | |
|  |  | *n* | Mean | SD | *n* | Mean | SD | *n* | Mean | SD |
| PHQ-9 | Intervention Control | 9 11 | 15.6 14.6 | 3.6 2.8 | 5 9 | 7.0 13.4 | 3.2 5.2 | 4 5 | 5.8 10.6 | 6.5 4.6 |
| GAD-7 | Intervention Control | 9 11 | 13.0 10.6 | 4.4 3.5 | 5 9 | 4.0 9.8 | 2.7 4.8 | 4 5 | 4.5 7.2 | 5.9 5.3 |
| WSAS | Intervention Control | 9 10 | 25.9 21.8 | 9.5 10.4 | 5 9 | 14.6 19.4 | 12.5 10.9 | 4 5 | 15.3 14.8 | 11.0 6.3 |
| CBS Total | Intervention Control | 9 10 | 2.9 2.9 | 0.6 0.5 | 5 8 | 2.7 2.6 | 0.6 0.8 | 4 5 | 2.6 2.6 | 0.7 0.5 |

*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 months post-treatment | | | 6 months  post-treatment | | |
| *n* | Mean | SD | *n* | Mean | SD | *n* | Mean | SD |
| CIS-R distress | Intervention Control | 9 11 | 22.6 22.4 | 7.2 5.5 | 5 9 | 13.0 22.3 | 10.4 6.3 | 4 5 | 10.3 16.4 | 12.7 8.1 |
| BI | Intervention Control | 9 10 | 15.2 12.7 | 3.4 6.2 | 5 7 | 16.2 12.1 | 5.4 4.7 | 4 5 | 14.0 9.8 | 6.7 2.8 |
| FAI total | Intervention Control | 9 10 | 12.2 12.5 | 7.6 6.7 | 5 7 | 17.2 13.6 | 10.1 6.3 | 4 5 | 16.0 10.4 | 11.4 9.0 |
| FAI  domestic | Intervention Control | 9 10 | 2.4 2.5 | 4.5 2.8 | 5 7 | 4.0 3.4 | 4.7 3.8 | 4 5 | 3.5 2.0 | 5.7 2.5 |
| FAI leisure/work | Intervention  Control | 9 10 | 6.2 5.2 | 1.9 2.0 | 5 7 | 7.6 5.6 | 3.4 1.7 | 4 5 | 7.0 4.6 | 2.7 3.6 |
| FAI  outdoor | Intervention Control | 9 10 | 3.6 4.8 | 2.8 3.6 | 5 7 | 5.6 4.6 | 3.1 3.4 | 4 5 | 5.5 3.8 | 4.8 3.3 |
| EQ5D VAS | Intervention Control | 9 10 | 57.2 58.0 | 23.6 16.0 | 5 9 | 65.0 61.7 | 12.8 21.1 | 4 5 | 65.5 54.0 | 18.6 17.1 |
| SF-36 physical health | Intervention Control | 9 11 | 58.7 52.5 | 25.5 20.7 | 5 9 | 57.0 47.4 | 19.9 19,9 | 4 5 | 58.1 51.7 | 20.2 26.5 |
| SF-36 mental health | Intervention Control | 9 11 | 42.7 46.0 | 15.1 13.6 | 5 9 | 57.8 52.2 | 11.0 14.9 | 4 5 | 59.4 62.4 | 21.5 16.2 |
| SF-36 physical functioning | Intervention Control | 9 11 | 66.1 62.3 | 39.6 33.1 | 5 9 | 63.0 57.8 | 30.1 35.8 | 4 5 | 61.3 58.0 | 39.5 44.4 |
| SF-36 role limitations (physical) | Intervention Control | 9 11 | 61.1 50.6 | 32.7 22.3 | 5 9 | 62.5 47.9 | 28.3 21.2 | 4 5 | 68.8 53.8 | 21.0 26.7 |
| SF-36 role limitations (emotional) | Intervention Control | 9 11 | 55.6 53.0 | 22.8 15.5 | 5 9 | 75.0 64.8 | 17.7 18.1 | 4  5 | 77.1  81.7 | 21.9  19.9 |
| SF-36  vitality | Intervention Control | 9 11 | 30.6  23.3 | 17.2  19.0 | 5  9 | 35.0  23.6 | 21.9  12.4 | 4  5 | 42.2  33.8 | 24.1  20.5 |
| SF-36 mental health | Intervention Control | 9  11 | 38.9  53.2 | 15.2  17.8 | 5  9 | 61.0  57.8 | 8.2  15.8 | 4  5 | 65.0  64.0 | 15.8  19.8 |
| SF-36 social functioning | Intervention Control | 9  11 | 45.8  54.6 | 27.2  31.8 | 5  9 | 60.0  62.5 | 16.3  31.9 | 4  5 | 53.1  70.0 | 35.9  24.4 |
| SF-36 bodily pain | Intervention Control | 9  11 | 60.8  54.1 | 24.7  22.2 | 5  9 | 54.5  43.3 | 10.4  19.6 | 4  5 | 53.8 52.0 | 14.9  22.0 |
| SF-36 general health | Intervention Control | 9  11 | 46.7  43.2 | 17.3 18.1 | 5  9 | 48.0  40.6 | 18.9  20.7 | 4  5 | 48.8  43.0 | 18.9  24.4 |
| SF-36 health transition | Intervention Control | 9  11 | 50.0  61.4 | 17.7  23.4 | 5  9 | 55.0  52.8 | 20.9  23.2 | 4  5 | 50.0  55.0 | 28.9  11.2 |

*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.