Supplementary Tables

**Supplementary Table 1** Factor loadings and participant responses for final 26 items

| Item | Factor Loading | Strongly disagree n (%) | Somewhat disagree n (%) | Neither disagree nor agree n (%) | Somewhat agree n (%) | Strongly agree n (%) |
| --- | --- | --- | --- | --- | --- | --- |
| Factor 1: Perceived family stigma (α = 0.91) | | | | | | |
| Some people might feel embarrassed about associating with the family of someone with IDD. | 0.791 | 39 (9.6) | 56 (13.8) | 50 (12.3) | 204 (50.1) | 58 (14.3) |
| Some people might feel uncomfortable about going to the house of the family of someone with IDD. | 0.775 | 34 (8.4) | 42 (10.3) | 66 (16.2) | 210 (51.6) | 55 (13.5) |
| Some people might treat the family of someone with IDD more negatively. | 0.900 | 33 (8.1) | 42 (10.3) | 64 (15.7) | 190 (46.7) | 77 (18.9) |
| Some people might think that the family has done something wrong because of the person with IDD. | 0.658 | 87 (21.4) | 85 (20.9) | 99 (24.3) | 101 (24.8) | 33 (8.1) |
| Some people might behave negatively towards the family of someone with IDD when they are with the person with IDD in public. | 0.821 | 52 (12.8) | 62 (15.2) | 79 (19.4) | 162 (39.8) | 51 (12.5) |
| Some people might avoid making friends with the family of someone with IDD. | 0.805 | 37 (9.10) | 35 (8.6) | 60 (14.7) | 184 (45.2) | 89 (21.9) |
| Some people might not want to hear about any of the problems of the family of someone with IDD. | 0.746 | 32 (7.9) | 56 (13.8) | 70 (17.2) | 164 (40.3) | 85 (20.9) |
| Some people might not invite the family of someone with IDD to social events. | 0.621 | 42 (10.3) | 49 (12.0) | 47 (11.5) | 158 (38.8) | 111 (27.3) |
| Factor 2: Affective affiliate stigma | | | | | | |
| I feel embarrassed about my family member with IDD. | −0.793 | 281 (69.0) | 45 (11.1) | 28 (6.9) | 48 (11.8) | 5 (1.2) |
| I feel distressed about being associated with my family member with IDD. | −0.766 | 329 (80.8) | 35 (8.6) | 23 (5.7) | 12 (2.9) | 4 (1.0) |
| I feel guilty about having my family member with IDD in the family. | −0.796 | 327 (80.3) | 33 (8.1) | 16 (3.9) | 26 (6.4) | 4 (1.0) |
| I feel uncomfortable when I have friends over because of my family member with IDD. | −0.631 | 243 (59.7) | 48 (11.8) | 27 (6.6) | 76 (18.7) | 11 (2.7) |
| Factor 3: Cognitive affiliate stigma | | | | | | |
| I am treated differently by some people when I am with my family member with IDD. | −0.788 | 65 (16.0) | 44 (10.8) | 50 (12.3) | 194 (47.7) | 52 (12.8) |
| I am excluded from activities when other people find out about their IDD. | −0.745 | 78 (19.2) | 53 (13.0) | 62 (15.2) | 162 (39.8) | 51 (12.5) |
| I am aware of how some people look at me when I am out with my family member with IDD. | −0.752 | 30 (7.4) | 20 (4.9) | 32 (7.9) | 184 (45.2) | 138 (33.9) |
| I am treated differently by some people because of my family member with IDD. | −0.808 | 32 (7.9) | 29 (7.1) | 54 (13.3) | 200 (49.1) | 91 (22.4) |
| Factor 4: Behavioural affiliate stigma | | | | | | |
| I avoid introducing my friends to my family member with IDD. | 0.704 | 274 (67.3) | 53 (13.0) | 49 (12.0) | 18 (4.4) | 11 (2.7) |
| I avoid telling people that I am related to my family member with IDD. | 0.862 | 341 (83.8) | 36 (8.8) | 21 (5.2) | 3 (0.7) | 2 (0.5) |
| I avoid making new friends because of my family member with IDD. | 0.653 | 254 (62.4) | 54 (13.3) | 46 (11.3) | 39 (9.6) | 9 (2.2) |
| I avoid being seen with my family member with IDD. | 0.746 | 354 (87.0) | 27 (6.6) | 11 (2.7) | 9 (2.2) | 2 (0.5) |
| Factor 5: Positive aspects of caregiving | | | | | | |
| Caring for my family member with IDD has enabled me to develop a more positive attitude toward life. | 0.733 | 38 (9.3) | 63 (15.5) | 62 (15.2) | 120 (29.5) | 124 (30.5) |
| Caring for my family member with IDD has made me feel needed. | 0.579 | 27 (6.6) | 25 (6.1) | 116 (28.5) | 118 (29.0) | 120 (29.5) |
| Caring for my family member with IDD has strengthened my spirituality and faith. | 0.680 | 119 (29.2) | 50 (12.3) | 133 (32.7) | 56 (13.8) | 49 (12.0) |
| Caring for my family member with IDD has allowed me to form friendships with others in a similar situation. | 0.603 | 29 (7.1) | 43 (10.6) | 54 (13.3) | 145 (35.6) | 136 (33.4) |
| Caring for my family member with IDD has made me feel that I make a positive contribution to society. | 0.799 | 46 (11.3) | 65 (16.0) | 120 (29.5) | 97 (23.8) | 75 (18.4) |
| Caring for my family member with IDD has strengthened some of my relationships with family/friends. | 0.705 | 68 (16.7) | 99 (24.3) | 100 (24.6) | 92 (22.6) | 47 (11.5) |

**Supplementary Table 2** Results of regression analyses for all characteristics tested as potential predictors of different aspects of affiliate stigma (N = 407)

| Characteristic­ | Affective affiliate stigma | | | Cognitive affiliate stigma | | | Behavioural affiliate stigma | | | Total Affiliate stigma | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| B | SE B | β | B | SE B | β | B | SE B | β | B | SE B | β |
| Relationship to individuala | −0.03 | 0.10 | −0.01 | −0.35 | 0.12 | −0.14\*\* | −0.04 | 0.08 | −0.02 | −0.13 | 0.08 | −0.08 |
| Caregiver ageb | 0.03 | 0.04 | 0.05 | −0.15 | 0.05 | −0.15\*\* | 0.01 | 0.03 | 0.02 | −0.03 | 0.03 | −0.05 |
| Ethnicityc | 0.46 | 0.15 | 0.15\*\* | −0.25 | 0.18 | −0.07 | 0.15 | 0.12 | 0.06 | 0.12 | 0.11 | 0.05 |
| Diagnosesd | −0.04 | 0.04 | −0.05 | −0.01 | 0.05 | −0.01 | −0.02 | 0.04 | −0.03 | −0.03 | 0.03 | −0.04 |
| No. of physical disabilitiese | −0.07 | 0.05 | −0.07 | 0.18 | 0.06 | 0.14\*\* | −0.04 | 0.04 | −0.05 | 0.02 | 0.04 | 0.03 |
| Challenging behaviourf | 0.03 | 0.01 | 0.15\*\* | 0.04 | 0.01 | 0.17\*\* | 0.03 | 0.01 | 0.21\*\* | 0.03 | 0.01 | 0.23\*\* |
| *R2* |  |  | 0.05 |  |  | 0.10 |  |  | 0.05 |  |  | 0.07 |
| *F* |  |  | 3.61\*\* |  |  | 7.72\*\* |  |  | 3.52\*\* |  |  | 5.01\*\* |

a. Relationship to individual: 0 = mothers, 1 = all others.

b. Caregiver age: 1 = <30, 2 = 31–44, 3 = 44–54, 4 = 55–65, 5 = 55–65, 6 = >65.

c. Ethnicity: 0 = White, 1 = other.

d. Additional diagnoses: 1 = ID only, 2 = ID + ASD, 3 = ID + DS/Other, 4 = ID + ≥2.

e. Number of physical disabilities: 0 = none, 1 = < 2, 2 = ≥ 3.

\*\*P < 0.01.

**Supplementary Table 3** Results of regression analysis for all contextual/psychological variables tested as potential predictors of different aspects of affiliate stigma (N = 407)

| Variable | Affective affiliate stigma | | | Cognitive affiliate stigma | | | Behavioural affiliate stigma | | | Total Affiliate stigma | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| B | SE B | β | B | SE B | β | B | SE B | β | B | SE B | β |
| Positive aspects of caregiving | 0.04 | 0.07 | 0.04 | 0.14 | 0.07 | 0.15\* | −0.06 | 0.06 | −0.07 | 0.05 | 0.05 | 0.06 |
| Burden | −0.31 | 0.05 | −0.37\*\* | −0.13 | 0.06 | −0.16\* | −0.14 | 0.05 | −0.19\*\* | −0.19 | 0.04 | −0.31\*\* |
| Subjective wellbeing | −0.02 | 0.07 | −0.02 | −0.30 | 0.08 | −0.32\*\* | −0.14 | 0.06 | −0.20\* | −0.14 | 0.05 | −0.25\*\* |
| Self-esteem | −0.05 | 0.05 | −0.06 | −0.01 | 0.06 | −0.01 | −0.06 | 0.05 | −0.10 | −0.04 | 0.04 | −0.06 |
| Social support | −0.17 | 0.16 | −0.08 | 0.16 | 0.18 | 0.07 | 0.02 | 0.15 | 0.01 | <0.00 | 0.12 | 0.00 |

\*P < 0.05; \*\*P < 0.01.