

Supplementary File S1. Data coding of the response alternatives for the logistic regression analyses

Variables	Response alternatives	Dichotomised
DEPENDENT VARIABLES		
General health	1 Very good 2 Rather good 3 Somewhat 4 Rather poor 5 Very poor	0 = good health (score 1 and 2), 1 = poor health (score 3-5)
HAD-A (anxiety)	Score 0-11	0 = no anxiety (score 0-6), 1 = anxiety (score ≥ 7)
HAD-D (depression)	Score 0-11	0 = no depression (score 0-6), 1 = depression (score ≥ 7)
INDEPENDENT VARIABLES		
Number of caregiving activities	13 different activities to choose from	Mean 5 was used to dichotomise the group 0 = ≤ 5 and 1 = ≥ 6
Number of hours caregiving per week	hours/week	Mean 11.9 was used to dichotomise the group 0 = ≤ 12 h/week and 1 = ≥ 13 h/week
Feeling responsible for the older person's wellbeing	1 Not at all 2 Low degree 3 Some degree 4 High degree	0 = Not at all 1 = High degree, Some degree, and Low degree
Feeling responsible for the older person's getting sufficient formal assistance	Same as above	
Feeling powerless	1 Never 2 Seldom 3 Often 4 Very often	0 = Seldom and Never 1 = Very often and Often
Feeling guilty	Same as above	
Feeling of not helping enough	Same as above	