

Supplementary Table S1. Summary of study characteristics of identified studies, including MMAT score

Source	Year	Setting	Design (QT/QL/MM)	YIC Sample Size	Male/ Female	Age, Mean (SD) or range	Relationship to care-recipient	Illness of care-recipient	Theme/measures used	MMAT Score (%)
Thomas, Stainton, Jackson et al. 'Your friends don't understand': Invisibility and unmet need: In the lives of 'young carers'	2003	Wales, UK	QL (focus groups)	27	8/13	Range = 9-18 Mean=14	12 Parent (primary) 6 Parent (secondary) 5 Sibling (secondary) 4 Undisclosed	Parent 15 Sick/Disabled 3 Substance abuse/Mental illness Sibling 3 Sick/Disabled 2 Behavioural problems	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (parentification; added responsibility rather than role reversal) Social Support from formal and unpaid networks (development of friendships; stigma and isolation compounded by low-income status; healthcare professionals and availability of social services; disclosure of identity to schools) Caring demands (emotional impact) Coping strategies (findings positives) 	100%
Cree. Worries and problems of young carers: Issues for mental health	2003	Scotland, UK	MM (survey n=50 + interview n=11)	61	25/34	Range = 5-16	41% Parent 13% Sibling 46% Both	40% Physical disability 15% Problematic behaviour 13% Learning difficulty 10% mental illness	<ul style="list-style-type: none"> Caring demands (general worries and problems as adolescents on top of those as a carer) Demographic factors: ethnicity (social support and caring demands), age (caring demands), gender (caring demands) Caring situation: length of time caring, existence of high/low risk group 	100%

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Eley. 'If they don't recognize it, you've got to deal with it yourself': Gender, young caring and educational support	2004	Scotland, UK	QL (interview)	11	5/6	Range=10-17 Mean=13	N/A	N/A	<ul style="list-style-type: none"> Demographic factors: gender (caring expectations and demands) Perceived normality of role and identifying as a carer (including recognition from professionals) Social Support from formal and unpaid networks 	100%
Levine, Hunt, Halper et al. Young adult caregivers: A first look at an unstudied population	2005	United States	QT (survey)	134	87.98/46.02	Range=18-25	Female family member (65.8%/59.4%) Grandmother (42.2%/24.1%) Mother (7.4%/15.4%)	N/A	<ul style="list-style-type: none"> Caring demands Coping strategies Social Support from formal and unpaid networks 	80%
Yahav, Vosburgh & Miller. Emotional responses of children and adolescents to parents with multiple sclerosis.	2005	Israel	QT (survey)	56	32/24	Range=10-18 Mean=14.69 (2.2)	56 Parent 33 Mother 23 Father	Multiple Sclerosis	<ul style="list-style-type: none"> Caring demands (gender effect) 	60%
Siskowski. Young caregivers: effect of family health situations on	2006	United States	QT (survey)	6,714/11,029	~3343.57/~3370.43	Range=14-15 (37.9%)	Parents	N/A	<ul style="list-style-type: none"> Caring demands (gender and ethnicity effect) 	80%

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school performance.						Range=16-18 (15.3%)				
Moore & McArthur. We're all in it together: Supporting young carers and their families in Australia	2007	Australia	QL (interview)	50	26/24	Range=9-24	26 Mother 16 Father/Stepfather 19 Brother 14 cared for more than one relative	25 Alcohol/Substance abuse 18 Mental health 13 Physical disability ~17 Multiple conditions	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (disclosure of caring identity) Social Support from formal and unpaid networks (support from services, problems with services, reluctance to interact within family, promotion of services, impact of support) Caring demands (need for respite, financial hardships) 	80%
Bolas, Van Wersch & Flynn. The well-being of young people who care for a dependent relative: an interpretative phenomenological analysis.	2007	England, UK	QL (interview)	5	3/2	Range=14-18 Mean=15.2	3 Mother 1 Step-father 1 Brother	N/A	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (making sense of identity and choice over caring; disclosure of caring identity) Social Support from formal and unpaid networks (isolation; illness-related stigma) 	80%

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Pakenham, Chiu, Bursnall et al. Relations between social support, appraisal and coping and both positive and negative outcomes in young carers	2007	Australia	QT (survey)	100	28/72	Range=10-25 Mean = 16.28 (3.75)	Parent 76 Mother 16 Father 7 Both	68 Physical illness 18 Mental illness 7 Physical disability 2 Sensory disability 2 Brain injury 1 Alcohol and/or drug problem 2 Other 21 Parent has additional illness(es)/disability(s)	<ul style="list-style-type: none"> Social Support from formal and unpaid networks (young people who gain support better adjust to caring) Caring demands (stress appraisal, distress) → Brief symptoms Inventory, Bradburn Affect Balance Scale, Satisfaction with Life Scale Coping strategies → Benefit Finding scale 	80%
Earley, Cushway, & Cassidy. Children's perceptions and experiences of care giving: a focus group study	2007	Europe (exact setting not mentioned, supposed Ireland or UK based on academic affiliation)	QL (interview + 2 focus groups)	17	13/4	Range=10-16 FG1: Mean=13.11 FG2: Mean=11.39	4 Brother 4 Sister 5 Mother 1 Grandparent 4 more than one	7 Learning disability 3 Physical disability 5 Chronic Illness 2 Combination	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (perceptions of responsibility, identity and transition into adulthood) Social Support from formal and unpaid networks (social restrictions) Caring demands (stigma, bullying, burden of responsibility) Coping strategies (regulating, helping others) 	100%
McMahon & Luthar. Defining Characteristics and Potential Consequences of	2007	United States	QT (survey)	356	163.76/192.24	Range=8-17 Mean=12.07	All Mothers	Mental health /Substance abuse	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (parentification) Caring demands → Child Caretaking Scale (caretaking 	100%

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Caretaking Burden Among Children Living in Urban Poverty									<p>burden from perspective of children), Behavioural Assessment System for Children (emotional-behavioural disturbance and competence in children), Clinical Maladjustment and School Maladjustment from the Self-Report of Personality (emotional distress and alienation from school), Internalizing Problems and Externalizing Problems from the Parent-Rating Scales (emotional-behavioural disturbance in the children from mother perspective)</p> <ul style="list-style-type: none"> Demographic factors: ethnicity, SES 	
Fruhauf & Orel. Developmental issues of grandchildren who provide care to grandparents	2008	United States	QL (interview)	34	15/19	<p>17 people aged 7-17 Mean=12.5,(3.12)</p> <p>17 people aged 21-19 Mean=24.12, (2.67)</p>	All Grandparents, aged 67-93 years	<p>N/A</p> <p>(mentions of cognitive and/or physical limitations)</p>	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (disclosure of caring identity) Social Support from formal and unpaid networks (school; family cohesion; worry and guilt) Caring demands (burden of responsibility, physical demands) 	100%

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									<ul style="list-style-type: none"> Coping strategies (regulating, respite) 	
Metzing-Blau & Schnepf. Young carers in Germany: to live on as normal as possible - a grounded theory study.	2008	Germany	QL (interview)	41	16/25	Range = 8-19	23 Mothers (67.6%) 7 Fathers (20.6%) 1 Grandmother (2.9%) 2 Siblings (5.9%) 1 Parents and Grandparent (2.9%)	21 somatically ill: Multiple Sclerosis, Stroke, Parkinson's Disease, Asthma, Cardiac Insufficiency, Cancer 9 mental illness: Depression, Psychosis, PTSD 4 both (somatically as well as a mentally ill)	<ul style="list-style-type: none"> Social Support from formal and unpaid networks (isolation; bureaucratic hurdles; distrust from support services) Demographic factors: SES 	100%
Östman. Interviews with children of persons with a severe mental illness - Investigating their everyday situation	2008	Sweden	QL (interview)	8	3/5	Range=10-18	7 Mothers 1 Father	Mental Illness (schizophrenia and affective disorder)	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (disclosure of caring identity) Caring demands (stigma, feeling of loneliness, experience of fear and blame) Coping strategies (maturity, love for family) 	100%
Allen, Oyeboode & Allen. Having a father with young onset dementia: The impact on well-	2009	England, UK	QL (interview)	12	5/7	Range=13-23 Mean=19	All Fathers, aged 51-64 years	Young onset Dementia Alzheimer's disease Vascular dementia Front-temporal dementia	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (reconfiguration of parental relationship; parentification; balancing responsibilities with youth) 	100%

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being of young people									<ul style="list-style-type: none"> • Social Support from formal and unpaid networks (lack of help from relatives) • Caring demands (physical and psychological strain, stigma, worry about parent, caregiving strain, difficulties related to illness) • Coping strategies (problem or emotion focused) 	
Fraser & Pakenham. Resilience in children of parents with mental illness: Relations between mental health literacy, social connectedness and coping, and both adjustment and caregiving	2009	Australia	QT (survey)	44	17/27	Range=12-17 Mean=13 (1.58)	33 Mother 4 Father 7 Both	19 Depression 11 BPD 14 Psychosis/Schizophrenia 8 Drug Abuse 4 Personality disorder 1 Eating disorder 7 Anxiety disorder	<ul style="list-style-type: none"> • Social Support from formal and unpaid networks (Social Connectedness Scale; isolation and prosocial behaviour) • Caring demands (Children's Depression Inventory; Satisfaction with Life Scale; Strengths and Difficulties Questionnaire; Young Caregiver of Parents Inventory) • Coping strategies (Responses to Stress Questionnaire – Family Stress Version) 	80%
Svanberg, Stott & Spector. 'Just Helping': children living with a parent	2010	UK (no further information)	MM. (interview + survey)	12	6/9	Range=11-17 Mean=14.6	All parents, aged 39-59 years (Mean=50.7)	5 Alzheimer's disease 2 Pick's disease 2 vascular dementia 1 no formal diagnosis made, although Pick's	<ul style="list-style-type: none"> • Perceived normality of role and identifying as a carer (pride in their caring roles) • Caring demands: Recent Mood and Feelings 	60%

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with young onset dementia.								disease had been suspected	<ul style="list-style-type: none"> Questionnaire, Zarit Burden Interview-Short Coping strategies: Resilience Scale 	
Ireland & Pakenham. Youth adjustment to parental illness or disability: The role of illness characteristics, caregiving, and attachment.	2010	Australia	QT (survey)	81	28/53	Range=10-25 Mean 16.31 (3.36)	56 Mothers 17 Fathers 8 Both	28 Physical illness/disability 35 Mental Illness 18 Both	<ul style="list-style-type: none"> Social Support from formal and unpaid networks (young people who seek support better adjust to caring) Caring demands: Young Caregiver of Parents Inventory (YCOPI), Strengths and Difficulties Questionnaire (emotional symptoms, conduct problems, hyperactivity/inattention, peer problems and prosocial behaviour) Coping strategies: (resiliency – Inventory of Parent and Peer Attachment) 	80%
Moore, McArthur & Noble-Carr. Different but the same? Exploring the experiences of young people caring for a parent with an	2011	Australia	QL (interview)	15	7/8	Range=11-17	8 Mothers 5 Fathers	Substance abuse problems	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (“doesn’t sound right” especially if lower levels of care) Social Support from formal and unpaid networks (isolation and prosocial behaviour; need for 	100%

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alcohol or other drug issue.									<ul style="list-style-type: none"> empathetic, responsive healthcare professionals) • Caring demands (types of caring, impact of caring, stigma, isolation, needs of young people) • Coping strategies (resiliency) • Demographic factors: SES 	
Smyth, Blaxland & Cass. 'So that's how I found out I was a young carer and that I actually had been a carer most of my life'. Identifying and supporting hidden young carers.	2011	Australia	QL (interview)	68	N/A (mentions of gender through quotes)	Range=11-25	Mentions of mothers and siblings	N/A (mentions of cared-for siblings having mental disabilities and visual impairment)	<ul style="list-style-type: none"> • Perceived normality of role and identifying as a carer (disclosure of caring identity; recognising oneself as carer through interaction with others, caring embedded within a normative framework of familial obligations and responsibilities) • Social Support from formal and unpaid networks (stigma compounded by low-income; bullying and home-schooling) 	100%
Barry. 'I realised that I wasn't alone': The views and experiences of young carers from a social	2011	Scotland, UK	QL (interview)	20	10/10	Range=12-23	9 Mothers 4 Siblings 4 Both parents 2 Father 1 Stepfather	N/A (Mentions of mental or physical disabilities, mental health problems, ADHD, alcoholism and physical illnesses)	<ul style="list-style-type: none"> • Perceived normality of role and identifying as a carer (different perceptions – no resentment but tensions within household) • Social Support from formal and unpaid networks 	100%

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capital perspective									(teachers, schools, friends, worry and guilt) <ul style="list-style-type: none"> • Caring demands (stigma/embarrassment, worry about the future, school as respite) • Coping strategies (family closeness) 	
Moyson & Roeyers. The overall quality of my life as a sibling is all right, but of course, it could always be better'. Quality of life of siblings of children with intellectual disability: the siblings' perspectives	2012	Belgium	QL (interview)	50	23/27	Range=6-14 Mean=9.16 (2.04)	All Siblings (30 Younger, 18 Older, 2 Twin)	Intellectual disability	<ul style="list-style-type: none"> • Social Support from formal and unpaid networks (respite, support from parents) • Caring demands (stress from misunderstanding, respite) • Coping strategies (ignoring behaviour, trying to understand, adapting to it, isolating themselves) 	100%
Graff, Mandileco, Dyches et al. Perspectives of adolescent siblings of children with Down syndrome	2012	United States	QL (interview)	23	11/12	Range=12-19 Mean= 16 (2.15)	Younger siblings, mean age 12 years (SD = 2.53)	Down Syndrome	<ul style="list-style-type: none"> • Caring demands (negative aspects of caring, impact on family and parents) • Coping strategies (positive aspects of caring) 	100%

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who have multiple health problems										
Hamilton & Adamson. Bounded agency in young carers' life course-stage domains and transitions.	2013	Australia	QL (interview)	33	19/14	Range=7-25	16 Mothers 7 Fathers 18 Siblings + others	23 Physical illness 17 Mental Illness 13 Intellectual disability 12 Long-term illness 11 Sensory difficulties 6 AOD 11 imited mobility/other	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (gradual pathway into care, perceived constraints) Social Support from formal and unpaid networks (social relationships, services and gaps identified) Caring demands (health and wellbeing, questions and constraints over thinking of the future, employment, and education) 	100%
Collins & Bayless. How caring for a parent affects the psychosocial development of the young.	2013	UK (no further information)	QT (survey)	20	N/A	Range=11-18	Parent	N/A	<ul style="list-style-type: none"> Caring demands: Strengths and Difficulties Questionnaire (behavioural strengths and difficulties), Satisfaction with Life Scale (life satisfaction), Visual Analogue Self-Esteem Scales (self-esteem) 	80%
Heyman & Heyman. 'The sooner you can change their life course the better':	2013	England, UK	QL (interview)	13	N/A (mentions gender)	Range=16-29	N/A	N/A	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (not seeing themselves as vulnerable) 	60%

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the time-framing of risks in relationship to being a young carer					through quotes)				<ul style="list-style-type: none"> • Social Support from formal and unpaid networks (services not perceived as helpful to help them plan future, insensitive education system) • Caring demands (identification of stresses) • Coping strategies (identifications of positives) 	
Ali, Ahlström, Krevers et al. Support for young unpaid carers of persons with mental illness: A mixed-method study	2013	Sweden	MM. (interview + survey)	253	74/179	Range=16-15	N/A	Mental illness	<ul style="list-style-type: none"> • Social Support from formal and unpaid networks (isolation, meaningful relationships, very few had professional support, but some said web-based support was helpful) • Caring demands (loneliness, anxiety) 	80%
Nichols, Fam, Cook et al. When dementia is in the house: Needs assessment survey for young caregivers	2013	Canada	QL (interview)	14	4/10	Range=11-18	Parent	Dementia (FTD)	<ul style="list-style-type: none"> • Perceived normality of role and identifying as a carer (balancing caring with youth) • Social Support from formal and unpaid networks (friends; family; guidelines from health professionals) • Caring demands (emotional impact) 	100%

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									<ul style="list-style-type: none"> Coping strategies (sense of reward, relationship with family) 	
Sieh, Visser-Meily, & Meijer. Differential Outcomes of Adolescents with Chronically Ill and Healthy Parents	2013	Netherlands	QT (survey)	161	77.924/83.08	Range=10-20 Mean=15.1 (2.3)	Parent (67% female)	Multiple sclerosis (28.2%) Rheumatoid arthritis (19.4%) Brain damage (16.5%) Muscle disease (14.6%) Spinal cord injury (6.8%) Inflammatory bowel disease (5.8%) Parkinson disease (5.8%) Diabetes type I with physical complications (2.9%)	<ul style="list-style-type: none"> Caring demands (Young Caregiver of Parents Inventory (YCOPI), Daily Hassles Questionnaire (Stress and Coping Variables), Youth self-report of problem behaviour) Social Support from formal and unpaid networks (Inventory of Parent and Peer Attachment; isolation and prosocial behaviour) Coping strategies (Daily Hassles Questionnaire) 	80%
Llyod. Happiness and Well-Being of Young Carers: Extent, Nature and Correlates of Caring Among 10 and 11 Year Old School Children	2013	Northern Ireland, UK	QT (survey)	192/4192	Of total sample: 1970.24/2221.76	Range=10-11	Grandmother (44%), Mother (33%) Brother (33%) Grandfather (27%) Father (26%) Sister (26%) 57% of the children helped look after one person 16% helped look after two people	N/A	<ul style="list-style-type: none"> Caring demands: KIDSCREEN (health-related quality of life) 	60%

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							27% helped to look after three or more people			
Cassidy, Giles, & McLaughlin. Benefit finding and resilience in child caregivers	2014	UK (no further information)	QT (survey)	442	174/268	Range=12-16 Mean=13.4 (1.38)	203 Parent 168 Sibling 71 More than one family member	143 chronic illness 106 learning disability 47 physical disability 76 mental illness 70 with a combination of caring needs	<ul style="list-style-type: none"> • Social Support from formal and unpaid networks: Perceived Social Support Scale • Caring demands: The General Health Questionnaire, The Perceived Impact of Child Caregiving Scale • Coping strategies: Adolescent Coping Scale-short form, The Brief Resilience Scale, The Benefit-Finding in Child Caregivers Scale 	60%
Millenaar, Van Vliet, Bakker et al. The experiences and needs of children living with a	2014	Netherlands	QL (interview)	14	6/8	Range=15-27 Mean=21	Parent 3 Mothers 11 Fathers The mean age of the parent was 53.6	5 Alzheimer's disease 4 fronto-temporal dementia (2 with the behavioral variant and 2 with primary progressive aphasia)	<ul style="list-style-type: none"> • Social Support from formal and unpaid networks (children need of care and support) 	100%

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parent with young onset dementia: Results from the NeedYD study							years (SD 4.5, range 47–62)	1 vascular dementia 1 dementia not otherwise specified	<ul style="list-style-type: none"> Caring demands (impact of dementia on daily life, anxieties about future) Coping strategies (different ways of coping with the disease) 	
Pakenham, & Cox. Comparisons between youth of a parent with MS and a control group on adjustment, caregiving, attachment and family functioning.	2014	Australia	QT (survey)	126	58/68	Mean=14.04 (3.00)	Parent	Multiple Sclerosis	<ul style="list-style-type: none"> Social Support from formal and unpaid networks: Inventory of Parent and Peer Attachment, Family Environment Scale Caring demands: Young Carers of Parents Inventory (YCOPI), Strengths and Difficulties Questionnaire, Brief Symptom Inventory 	80%
Kavanaugh. Children and Adolescents Providing Care to a Parent with Huntington's Disease: Disease Symptoms, Caregiving Tasks and Young Carer Well-Being	2014	United States	MM (interview + survey)	40	9/31	Range=12-20	40 Parents 25 Mothers 15 Fathers	Huntington's Disease	<ul style="list-style-type: none"> Caring demands: Young Carers of Parents Inventory (YCOPI), Children's Depression Inventory, Conflict Behaviour Questionnaire, the Multidimensional Assessment of Caring Activities (MACA) 	60%

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Pakenham & Cox. The effects of parental illness and other ill family members on youth caregiving experiences.	2015	Australia	QT (survey)	706/2474	967.04/1506.96 (of total sample)	Range=9-20	336 Parents 254 Other, including: 96 Grandparents 99 Siblings 116 Both	Physical illness or disability, Mental illness, Alcohol and/or drug problems	<ul style="list-style-type: none"> Caring demands: Young Carers of Parents Inventory (YCOPI) 	100%
Kavanaugh, Noh & Studer. "It'd be nice if someone asked me how I was doing. Like, 'cause I will have an answer": exploring support needs of young carers of a parent with Huntington's disease	2015	United States	QL (interview)	40	9/31	Range=12-20	40 Parents 25 Mothers 15 Fathers	Huntington's Disease	<ul style="list-style-type: none"> Social Support from formal and unpaid networks (types of support: instrumental, emotional, and personal needs; peer support groups; isolation; difficulties in development of friendships) 	100%
Kavanaugh, Noh, Zhang et al. Caregiving Youth Knowledge and Perceptions of Parental End-of-Life Wishes in	2016	United States	QL (interview)	40	9/31	Range=12-20	40 Parents 25 Mothers 15 Fathers	Huntington's Disease	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (caregiving responsibility) Social Support from formal and unpaid networks (respect of parental and caregiver wishes about the future and care) 	100%

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Huntington's Disease										
Meltzer. 'I couldn't just entirely be her sister': The relational and social policy implications of care between young adult siblings with and without disabilities.	2017	Australia	QL (interview)	21/46	22/24 (of total sample)	Range=15-29	25 Siblings	Disability	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (framing of the care, double identity – sister and carer) Social Support from formal and unpaid networks (helping within family) Caring demands (caring tasks) 	100%
Greene, Cohen, Siskowski et al. The Relationship Between Family Caregiving and the Mental Health of Emerging Young Adult Caregivers.	2017	United States	QT (survey)	157/353 (non-carer comparison group)	34/123 (excludes non-carer: 36/160)	No Range. Mean=20.79 (1.64)	Parent & Grandparent	N/A	<ul style="list-style-type: none"> Caring demands: Center for Epidemiological Studies of Depression Scale, State-Trait Anxiety Inventory, Rosenberg Self-Esteem Scale, Response to Stress Questionnaire 	100%
Moberg, Larsen, & Brødsgaard. Striving for balance between caring and	2017	Denmark	QL (interview)	14	2/12	Range=18-25 Mean=20.6	15 Parents 10 Mother 5 Father	Multiple Sclerosis	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (type of caring task and how they help identify as a carer) 	100%

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restraint: young adults' experiences with parental multiple sclerosis									<ul style="list-style-type: none"> • Social Support from formal and unpaid networks (lack of openness and knowledge) • Caring demands (participant emotions in reaction to caring, worry and guilt, shame, anxiety, depression) • Coping strategies (choosing health professions, advantages of responsibility) 	
Lakman, Chalmers, & Sexton. Young carers' educational experiences and support: A roadmap for the development of school policies to foster their academic success.	2017	Canada	QT (survey)	145	58/82 (5 undisclosed)	Range=8-18 Mean=12	N/A	N/A	Not mentioned – related to social support (education)	100%
Bowman, Alvarez-Jimenez, Wade et al. The positive and negative experiences of caregiving for siblings of young	2017	Australia	QT (survey)	157	81/76	Mean=21.7 (4.4)	157 Siblings 81 Brother 76 Sister	Early Psychosis	<ul style="list-style-type: none"> • Caring demands: Experience of Caregiving Inventory (mental health issues) • Coping strategies: Experience of Caregiving Inventory 	80%

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people with first episode psychosis.										
Heyman. What do young adult carers learn through supporting family members? Extending the affirmation model	2018	England, UK	QL (biographical accounts)	13	8/5	Range=16-30	N/A	Physical disability, Acute illness, Learning disability	<ul style="list-style-type: none"> • Caring demands (skills learned) • Coping strategies (learning valued, personal growth, self-assertion) 	100%
Spratt, McGibbon, & Davidson. Using Adverse Childhood Experience Scores to Better Understand the Needs of Young Carers.	2018	Northern Ireland, UK	MM (Interview + survey)	16/22	4/18	Range=8-18	Parent	Mental Illness	<ul style="list-style-type: none"> • Perceived normality of role and identifying as a carer (feeling used to caring due to caring for a long time) • Caring demands: Adverse Childhood Experiences Questionnaire (mental illness, etc.) 	60%
Nuttall, Coberly, & Diesel. Childhood Caregiving Roles, Perceptions of Benefits, and	2018	United States	QT (survey)	~68/108	N/A	Range=18-25 Mean=18.14 (5.49)	Siblings	Autism Spectrum Disorder Autism Asperger's Pervasive Developmental Disability	<ul style="list-style-type: none"> • Perceived normality of role and identifying as a carer (Parentification Inventory, Intention for Caring Involvement in the Future) 	80%

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Future Caregiving Intentions Among Typically Developing Adult Siblings of Individuals with Autism Spectrum Disorder.									<ul style="list-style-type: none"> Coping Strategies: Autism benefit-finding scale 	
Leu, Frech, & Jung. Young carers and young adult carers in Switzerland: Caring roles, ways into care and the meaning of communication.	2018	Switzerland	QL (interview)	29	5/23	Range=10-25	19 Parents 16 Mothers 2 Fathers 9 siblings 1 Grandparent	15 Physical impairment 10 Mental Impairment 1 Addition 3 No diagnosis	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (pathways into caring; awareness of roles) Social Support from formal and unpaid networks (communication about the caring situation with family, professionals, friends, extended family and stigma) Caring demands (nature of caring roles and intensity of caring roles) 	80%
Boumans & Dorant. A cross-sectional study on experiences of young adult carers compared to young adult noncarers:	2018	Netherlands	QT (survey)	297 School 1: 181 School 2: 116	65/232	Range=18-24 School 1: Mean=18.9	N/A	Chronic disease, physical and intellectual disability	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (Parentification, Maastricht Parentification Scale) Coping Strategies: Brief Resilience Scale, Utrechtse Coping Lijst 	100%

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parentification, coping and resilience						School 2: Mean=19.0				
McDougall, O'Connor, & Howell. "Something that happens at home and stays at home": An exploration of the lived experience of young carers in Western Australia.	2018	Australia	QL (interview)	13 1ary (n=4), 2ary carer (n=9)	6/7	Range=14-25 Mean=18	7 cared for parents and grandparents 7 cared for siblings 1 cared for cousins 1 cared for non-family member	Disability, mental illness, chronic condition, terminal illness, alcohol or other drug issue, or frail aged	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (not disclosing identity due to desire for normalcy and privacy) Social Support from formal and unpaid networks (solace in socialising and solidarity, lost in the system) Caring demands (navigating competing demands) Coping Strategies (Lessons from Experience, solace in solitude) 	100%
Kallander, Weimand, Becker et al. Children with ill parents: extent and nature of caring activities	2018	Norway	QT (survey)	246	106.03/139.97	Range=8-17	238 Parents	135 physical illness (neurological disease or cancer) 75 mental illness 28 substance abuse	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer: Family Adaptability and Cohesion Evaluation Scale Social Support from formal and unpaid networks: Interpersonal Support Evaluation List Caring demands: Multidimensional Assessment of Caring Activities (MACA), Social 	100%

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									<ul style="list-style-type: none"> Skills Rating System, Health Survey SF-8, Hopkins Symptoms Checklist, Family Adaptability and Cohesion Evaluation Scale Coping Strategies: Family Adaptability and Cohesion Evaluation Scale 	
Stamatopoulos. The young carer penalty: Exploring the costs of caregiving among a sample of Canadian youth	2018	Canada	QL (interview + focus groups)	15	3/12	Range=15-19 Mean=16	Siblings (50%+) Parent Both	Substance Abuse (alcohol) Terminal Cancer Autism Comorbid conditions Physical illness and/or disability (e.g., late-stage cancer, stroke, and diabetes resulting in double amputation).	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (balancing caring with youth; disclosure of caring identity) Social Support from formal and unpaid networks (friendship sustainability and social media use; isolation; future decisions with care-recipient in mind) Caring demands: personal penalties like familial strain, limited social opportunities, emotional health and wellbeing, penalties in education and employment Coping Strategies: benefits of youth-based caregiving 	100%

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Becker & Sempik. Young Adult Carers: The Impact of Caring on Health and Education.	2019	UK (no further information)	QT (survey)	295	62/231	Range=14-25 Mean=18.8	154 mother 41 father 12 both parents 63 cared for siblings/step-siblings 12 cared for grandparents 200 (68%) cared for 1 person, 72 (24%) cared for two people, 10 (3%) cared for three people, 13 (4%) cared for four+ people	163 Physical disability 139 Long term illness 144 Mental ill health 69 Learning disabilities 34 Old Age 13 Dementia	<ul style="list-style-type: none"> Caring demands: Multidimensional Assessment of Caring Activities (MACA) for level of caring and perceived health, perceptions of school, college and university, impact of caring on education 	80%
Järkestig-Berggren, Bergman, Eriksson, et al. Young carers in Sweden—A pilot study of care activities, view of caring, and psychological well-being	2019	Sweden	MM (survey + focus groups)	30	7/23	Range=10-18	21 Mother 19 Sibling 15 Father 16 children explicitly stated that they help more than one person.	Parental addiction, mental health problems, or violence against a parent	<ul style="list-style-type: none"> Social Support from formal and unpaid networks (perceptions of caring based on family recognition and support) Caring demands: Multidimensional Assessment of Caring Activities (MACA) and Positive and Negative Outcomes of Caring (PANOC), KIDSCREEN and Strengths and Difficulties Questionnaire for health- 	80%

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									<ul style="list-style-type: none"> related quality of life and psychological wellbeing Demographic variables: Family Affluence Scale 	
McGibbon, Spratt, & Davidson. Young Carers in Northern Ireland: Perceptions of and Responses to Illness and Disability within the Family.	2019	Northern Ireland, UK	QL (interview)	22	4/18	Range=8-18 Mean=14	Parent and sibling 11 young carers were providing care for more than one person	16 mental health problems 8 comorbid physical/mental illness) Care-recipients under 18: cerebral palsy, ADHD and autism.	<ul style="list-style-type: none"> Perceived normality of role and identifying as a carer (choice in caregiving, feelings of obligation, awareness of role through interaction with other carers) Caring demands (impact of physical illness, spreading out responsibility and caring for sibling) Coping Strategies (heightened intuition, building resilience, gratitude and closeness with sibling) 	100%
Lakman, & Chalmers. Psychosocial comparison of carers and noncarers.	2019	Canada	QT (Comparative Analysis)	124/248	52/72	Range=10-17 (Mean unclear)	N/A	N/A	<ul style="list-style-type: none"> Caring demands: Dimensions of Temperament Survey, Youth Leisure Study and Life Optimism Test, Depression Scale (CES-D), Rosenberg's self-esteem scale, Ginsburg, LaGrevia and Silverman social Anxiety scale, Louvain Loneliness Scale for Children and Adolescence 	80%

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									<ul style="list-style-type: none">Social Support from formal and unpaid networks: Louvain Loneliness Scale for Children and Adolescence & Ginsburg, LaGrevé and Silverman social Anxiety scale	