

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

Variables	Response alternatives	Dichotomised
<b>DEPENDENT VARIABLES</b>		
<b>General health</b>	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)
<b>HAD-A (anxiety)</b>	Score 0-11	0 = no anxiety (score 0-6), 1 = anxiety (score $\geq 7$ )
<b>HAD-D (depression)</b>	Score 0-11	0 = no depression (score 0-6), 1 = depression (score $\geq 7$ )
<b>INDEPENDENT VARIABLES</b>		
<b>Number of caregiving activities</b>	13 different activities to choose from	Mean 5 was used to dichotomise the group 0 = $\leq 5$ and 1 = $\geq 6$
<b>Number of hours caregiving per week</b>	hours/week	Mean 11.9 was used to dichotomise the group 0 = $\leq 12$ h/week and 1 = $\geq 13$ h/week
<b>Feeling responsible for the older person's wellbeing</b>	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
<b>Feeling responsible for the older person's getting sufficient formal assistance</b>	Same as above	
<b>Feeling powerless</b>	1 Never 2 Seldom 3 Often 4 Very often	0 = Seldom and Never 1 = Very often and Often
<b>Feeling guilty</b>	Same as above	
<b>Feeling of not helping enough</b>	Same as above	