

Table S1: Search strategy

Data base	Chain Used	Search date	Number of results
Pubmed	(perceived social support[tiab] OR perceived support[tiab]) AND (received social support[tiab] OR received support[tiab]) AND (caregiver[mh] OR Caregiv*[tiab] OR Care giv*[tiab] OR Carer*[tiab])	28/10/24	10
CINAHL	(AB perceived social support OR AB perceived support) AND (MH Caregivers OR AB Caregiv* OR AB Care giv* OR AB Carer*) AND (AB Received social support OR AB received support)	28/10/24	54
PsyInfo	AB("received social support") AND (SU(Caregivers) OR AB(caregiv*) OR AB(care giv*) OR AB(carer*)) AND AB("perceived social support")	28/10/24	7
Scopus	(INDEXTERMS(Caregivers) OR TITLE-ABS-KEY(carer*) OR TITLE-ABS-KEY(caregiv*) OR TITLE-ABS-KEY(care giv*)) AND (TITLE-ABS-KEY("Received social support") OR TITLE-ABS-KEY("Received support")) AND (TITLE-ABS-KEY("Perceived social support") OR TITLE-ABS-KEY("Perceived support"))	28/10/24	16

Table S2: Information on the instruments used to measure the types of social support

ACRONYM	FULL NAME	TYPE OF SUPPORT	REFERENCE
MSPSS	Multidimensional Scale of Perceived Social Support	Perceived social support	Zimet GD, Dahlem NW, Zimet SG, Farley GK. The multidimensional scale of perceived social support. <i>J Pers Assess</i> 1988;52(1):30–41.
KBC	Krause and Borawski-Clark	Perceived and received social support	Krause N, Borawski-Clark E. Social class differences in social support among older adults. <i>Gerontologist</i> 1995;35(4):498–508.
GLS	General Life Satisfaction	Perceived and received social support	Crnic KA, Greenberg MT, Ragozin AS, Robinson NM, Basham RB. Effects of stress and social support on mothers and premature and full-term infants. <i>Child Dev</i> 1983:209–217.
SPS	Social Provisions Scale	Perceived social support	Cutrona CE, Russell DW. The provisions of social relationships and adaptation to stress. <i>Advances in personal relationships</i> 1987;1(1):37–67.
PSQ	Psychosocial Support Questionnaire	Perceived and received social support	Reig A, Ribera D, Miquel J. Psychological support and daily stress in non-institutionalized elderly. <i>Evaluación Psicológica</i> 1991.
NSSQ	Norbeck Social Support Questionnaire at baseline	Perceived social support	Norbeck JS, Lindsey AM, Carrieri VL. Further development of the Norbeck Social Support Questionnaire: Normative data and validity testing. <i>Nurs Res</i> 1983;32(1):4–9.
GSS	Global Satisfaction Scale	Perceived social support	Fiore J, Coppel DB, Becker J, Cox GB. Social support as a multifaceted concept: Examination of important dimensions for adjustment. <i>Am J Community Psychol</i> 1986;14(1):93.

ISSB	Inventory of Socially Supportive Behaviors	Received social support	Stokes JP, Wilson DG. The inventory of socially supportive behaviors: dimensionality, prediction and gender differences. Am J Community Psychol 1984;12(1):53.
SNL-A	Social Network list (current contact)	Received social support	Fiore J, Coppel DB, Becker J, Cox GB. Social support as a multifaceted concept: Examination of important dimensions for adjustment. Am J Community Psychol 1986;14(1):93.
LSN	Lubben Social Network	Received social support	Lubben JE. Assessing social networks among elderly populations. Fam Community Health 1988;11(3):42–52.