Level 3: Quantitative Intervention research information: in-depth list of factors associated with caregiver mental health overall

1: Patient condition

Factor (Overall theme)	Impact on mental health		
Individual factor/s contributing to 'patient condition'	Better mental health	Worse mental health	No change
Patient quality of life (QoL)			
Patient overall QOL			2
(measured using Functional Assessment of Cancer Therapy -Lung)			
Patient social quality of life (social wellbeing)	1		
(measured using general Functional Assessment of Cancer Therapy (version 4) - relates to support from family and friends)			
Patient symptoms			
Patient psychological symptoms			
Lower patient depression	2		
Patient distress due to breathlessness			3
Patient pain management			
Carer's perception the patient's pain was controlled			2

To note:
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(For details on the total number of research studies that looked at the individual factor for each different type of mental health outcome (anxiety, depression, distress, mental health Quality of Life), please refer to 'Appendix 2 Interventions –details of factors related to different types of mental health outcome').

2: Impact of caring responsibilities

Factor (Overall theme)	Impact on mental health		
Individual factor/s contributing to 'impact of caring responsibilities'	**Better mental health**	**Worse mental health**	**No change**
Carer workload			
Caring for the patient			
Carer burden measures:			
Lower carer burden	2	1	
(measured using 12-item short-form Zarit Burden interview, which measures subjective burden)			
Subjective demand burden (defined as the extent to which the carer perceives care responsibilities to be overly demanding)			2
(measured using subdomain of Montgomery Caregiver Burden Scale which measures the impact of caregiving on 3 dimensions of burden: objective, subjective demand, and subjective stress)			

3: Relationships

Factor (Overall theme)	Impact on mental health		
Individual factor/s contributing to 'relationships'	**Better mental health**	**Worse mental health**	**No change**
Quality of patient-carer relationship			
Cohesion *(the level of commitment and support in the relationship)*			
Higher level of relatedness*	2		
assesses the quality of the caregiver–care recipient relationship (according to the family carer). It includes: the ability to communicate, similarity of views, and the degree to which the family members get along			

4: Finances

No factors identified

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5: Carer internal processes

Factor (Overall theme)	Impact on mental health		
Individual factor/s contributing to 'Carer internal processes'	Better mental health	Worse mental health	No change
Acceptance of patient condition			
Belief that the patient's pain is inevitable and cannot be controlled			2
Autonomy			
Autonomy*	2		
autonomous (internal) motivation or willingness to tend to patient needs and provide care			
Carer coping patterns			
No impact:			
Perceived constraint in discussing patient's illness with them			2
Positive impact:			
Decrease in use of an avoidant coping strategy (i.e. denial)	1		
Healthy behaviours (e.g. exercise, nutrition, adequate sleep)	1		
Stress communicated by partner* carers within the patient-carer relationship	2		
carer is the partner of the patient			
Control over the care situation			
Support for mutual decision making*	1		
(measured using Decision Control Preferences scale) likelihood of carer supporting a balance of their own wishes and what the patient thinks in mutual decision making for the patient*			
Satisfaction with involvement in decision making *	1		
measured using a single item question 'Regarding the extent to which you are involved in helping your family member to make decisions about his/her health care: How satisfied are you with your level of involvement?'			

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5: Carer internal processes (continued)

Factor (Overall theme)	Impact on mental health		
Individual factor/s contributing to 'Carer internal processes'	**Better mental health**	**Worse mental health**	**No change**
Self-efficacy			
Self efficacy*	1		
*confidence in the carers's ability to manage the illness and the caregiving associated with it (measured using Lewis Cancer Self-Efficacy Scale)			
Self-efficacy*	2		
*confidence in relation to seeking and understanding medical information, managing stress, managing emotions, managing physical symptoms, seeking support, and working together with patient as a team			
Self-efficacy*			2
*confidence for managing own emotions			
Competence for caregiving			5
(measured using Caregiver Competence Scale (CCS), which measures carers' perceived adequacy of performance/feelings of competence for caregiving)			
Mastery			
Mastery*	1		
* the combined effects of a carer's self perception and their actual ability to successfully perform the activities of providing care.			
Positive aspects of caregiving			
Rewards of caregiving			2
(measured using Rewards of Caregiving Scale (RCS))			
Preparedness for caregiving			
Preparedness for caregiving			7
(measured using Preparedness for Caregiving Scale (PCS))			

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6: Support

Factor (Overall theme)	Impact on mental health		
Individual factor/s contributing to 'Support'	Better mental health	Worse mental health	No change
Patient pain management			
Carer's perception the patient's pain was controlled			2
Quality of Care			
Carer satisfaction with care			1

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