

Supplementary Information File 1: Factor Analysis regarding frequency of care activities

In the original dataset there were eighteen variables describing different caregiving activities. Caregivers were asked about the frequency, in which they had to perform these activities: 1-daily, 2-multiple times per week, 3-multiple times per month; 4-rarely or 5-never. Aiming to facilitate a parsimonious data analysis we reduced these variables to a small set of uncorrelated principal components containing most the information of the original data, using principal component analysis (PCA) (Cozzolino et al., 2019). 1445 cases were analyzed (considering listwise missing values elimination). In a first step, the requisites for conducting a PCA were evaluated: sample adequacy using Kaiser-Meyer-Olkin Criterium (KMO=0.922) and Bartlett's sphericity test (X^2 (df=153) =18133.171, $p<0.001$) was verified. Secondly, for an observed cumulated explained variance of 68.8%, four factors with eigenvalues >1 were retained. Using a varimax rotation, we observed loadings between 0.405-0.818 for component 1, 0.654-0.823 for component 2, 0.646-0.854 for component 3 and 0.512-0.868 for component 4. Internal consistency analysis showed a high Cronbach's alpha for the developed components (component 1 (8 items)=0.921; component 2 (4 items)=0.829; component 3 (3 items)=0.807; component 4 (3 items)=0.717). After discussing the PCA results in the project team, component one was label as "Activities regarding direct care," component 2 as "Activities regarding support in daily life," component 3 as "Activities regarding mobility and joint dislocations" and component 4 as "Organizational activities."

Descriptive Statistics

	M	SD	N
Preparing meals	2.0	1.4	1445
Shopping	2.0	0.9	1445
Doing household chores	1.9	1.3	1445
Organizing heating material	3.0	1.8	1445
Dealing with finances	2.6	1.2	1445
Dealing with authorities and mail	2.7	1.1	1445
Preparing medication	2.4	1.6	1445
Assisting with eating and drinking	3.1	1.8	1445
Assisting with taking medication	2.8	1.8	1445
Helping with getting up or walking	2.8	1.6	1445
Helping with climbing stairs	3.1	1.7	1445
Accompanying to doctor's appointments and other trips	2.8	1.3	1445
Helping with bathing/showering	2.7	1.6	1445
Supervising	2.7	1.7	1445
Helping with dressing and undressing	2.6	1.7	1445
Helping with toilet visits or incontinence care	3.2	1.8	1445
Keeping company	1.5	0.8	1445
Cheering up	1.8	1.1	1445

KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		0.922
Bartlett's Test of Sphericity	Approx. Chi-Square	18133.171
	df	153
	Sig.	<0.001

Communalities

	Initial	Extraction
Preparing meals	1.000	0.768
Shopping	1.000	0.652
Doing household chores	1.000	0.797
Organizing heating material	1.000	0.409
Dealing with finances	1.000	0.787
Dealing with authorities and mail	1.000	0.804
Preparing medication	1.000	0.626
Assisting with eating and drinking	1.000	0.694
Assisting with taking medication	1.000	0.740
Helping with getting up or walking	1.000	0.745
Helping with climbing stairs	1.000	0.814
Accompanying to doctor's appointments and other trips	1.000	0.722
Helping with bathing/showering	1.000	0.701
Supervising	1.000	0.687
Helping with dressing and undressing	1.000	0.758
Helping with toilet visits or incontinence care	1.000	0.754
Keeping company	1.000	0.555
Cheering up	1.000	0.354

Extraction Method: Principal Component Analysis.

Total Variance Explained

Component	Initial Eigenvalues			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	8.372	46.512	46.512	4.674	25.964	25.964
2	1.547	8.597	55.109	3.089	17.159	43.123
3	1.239	6.883	61.992	2.328	12.931	56.054
4	1.217	6.759	68.751	2.286	12.697	68.751

Rotated Component Matrix ^a

	Component				Labels
	1	2	3	4	
Helping with toilet visits or incontinence care	0.818				Direct care
Assisting with taking medication	0.791				
Assisting with eating and drinking	0.786				
Supervising	0.730				
Helping with dressing and undressing	0.720	0.348	0.340		
Preparing medication	0.659	0.368			
Helping with bathing/showering	0.566	0.423	0.434		
Cheering up	0.405	0.392			
Doing household chores		0.823			Support in daily life
Preparing meals	0.310	0.794			
Keeping company	0.334	0.659			
Shopping		0.654		0.380	
Helping with climbing stairs			0.854		Mobility & joint dislocations
Accompanying to doctor's appointments and other trips			0.754	0.306	
Helping with getting up or walking	0.552		0.646		
Dealing with authorities and mail				0.868	Organizational
Dealing with finances				0.834	
Organizing heating material		0.317		0.512	

Extraction Method: Principal Component Analysis.

Rotation Method: Varimax with Kaiser Normalization.

a. Rotation converged in six iterations.