

## Pictorial guide of overarching themes and factors related to carer mental health

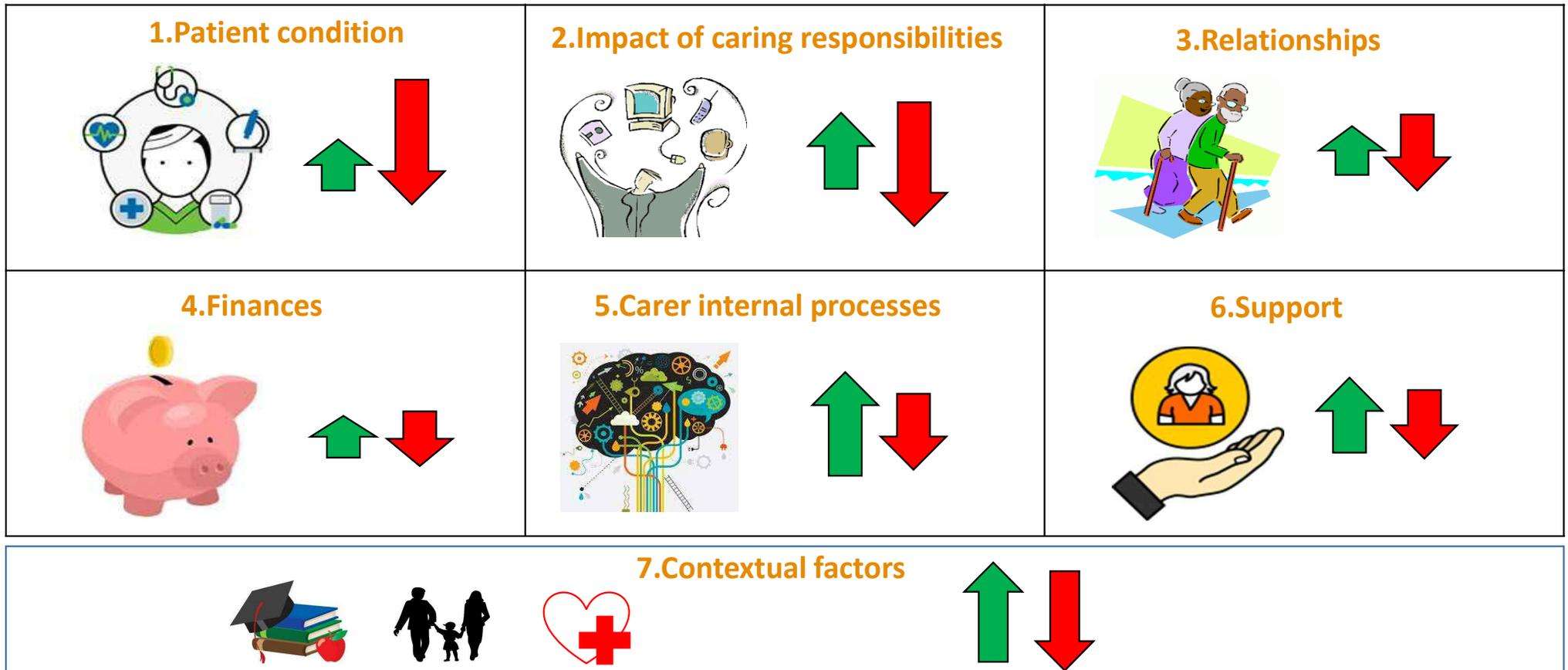
The Seven, numbered, overarching themes were identified from analysis of the **qualitative**\* evidence.

Each piece of quantitative\* evidence found was categorised into one of the overarching themes. The arrows represent this **quantitative** evidence.

**Arrows in green** represents evidence of a positive relationship between parts of that theme and carer mental health.

**Arrows in red** represents evidence of a negative relationship.

Size of arrow suggests amount of **quantitative** evidence.



\***Qualitative** evidence is usually words or pictures that describe people's own stories and experiences. **Quantitative** evidence is usually numbers or statistics which measure something (e.g., level of pain or anxiety) or captures observable information (e.g., length of time caring).