

Level 4: Quantitative Intervention research information: in-depth list of factors associated with different types of mental health outcome

Factors relating to Carer Quality of Life (QoL)

1: Patient condition

Factor (Overall theme)	Impact on Quality of Life (QoL)		
	Better QoL	Worse QoL	No change
Individual factor/s contributing to 'patient condition'			
Patient Quality of Life (QoL)			
Patient overall QOL <i>Nguyen 2018</i>			1
(measured using Functional Assessment of Cancer Therapy -Lung)			
Patient social quality of life (social wellbeing) <i>Northouse 2013</i>	1		
(measured using general Functional Assessment of Cancer Therapy (version 4) - relates to support from family and friends)			
Patient pain management			
Carer's perception the patient's pain was controlled <i>Parker-Oliver 2017</i>			1

2: Impact of caring responsibilities

Factor (Overall theme)	Impact on Quality of Life (QoL)		
	Better QoL	Worse QoL	No change
Individual factor/s contributing to 'Impact of caring responsibilities'			
Carer workload			
Caring for the patient			
Carer burden measure:			
<i>Subjective demand burden (defined as the extent to which the carer perceives care responsibilities to be overly demanding)</i> <i>Nguyen 2018</i>			1
(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)			

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Quality of Life (QoL)

3: Relationships

No factors identified

4: Finances

No factors identified

5. Carer internal processes

Factor (Overall theme)	Impact on Quality of Life (QoL)		
	Better QoL	Worse QoL	No change
Individual factor contributing to 'Carer internal processes'			
Acceptance of patient condition			
Belief that the patient's pain is inevitable and cannot be controlled <i>Parker-Oliver 2017</i>			1
Carer coping patterns			
Positive impact:			
Decrease in use of an avoidant coping strategy (i.e. denial) <i>Northouse 2013</i>	1		
Healthy behaviours (e.g. exercise, nutrition, adequate sleep) <i>Northouse 2013</i>	1		
Self-efficacy			
Self efficacy*	1		
*confidence in the carer's ability to manage the illness and the caregiving associated with it (measured using Lewis Cancer Self-Efficacy Scale) <i>Northouse 2013</i>			
Mastery			
Mastery*	1		
* the combined effects of a carer's self perception and their actual ability to successfully perform the activities of providing care. <i>Boele 2013</i>			
Preparedness for caregiving			
Preparedness for caregiving			1
measured using Preparedness for Caregiving Scale (PCS) <i>Nguyen 2018</i>			

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Quality of Life (QoL)

6: Support

Factor (Overall theme)	Impact on Quality of Life (QoL)		
	Better QoL	Worse QoL	No change
Individual factor contributing to 'Support'			
Quality of Care			
Carer satisfaction with care <i>McDonald 2017</i>			1

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Depression

1: Patient condition

Factor (Overall theme)	Impact on Depression		
	Better mental health (lower depression)	Worse mental health (higher depression)	No change
Individual factor contributing to 'patient condition'			
Patient symptoms			
Patient psychological symptoms			
Lower patient depression <i>Badr 2015</i>	1		
Patient distress due to breathlessness <i>Farquhar 2014</i>			1

2: Impact of caring responsibilities

Factor (Overall theme)	Impact on Depression		
	Better mental health (lower depression)	Worse mental health (higher depression)	No change
Individual factor contributing to 'Impact of caring responsibilities'			
Carer workload			
Caring for the patient			
Carer burden measure:			
- <i>lower carer burden</i> <i>Badr 2015</i>	1		
<i>(measured using 12-item short-form Zarit Burden interview, which measures subjective burden)</i>			

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Depression

3: Relationships

Factor (Overall theme)	Impact on Depression		
	Better mental health (lower depression)	Worse mental health (higher depression)	No change
Individual factor contributing to 'Relationships'			
Quality of patient-carer relationship			
Cohesion (the level of commitment and support in the relationship)			
Higher level of relatedness* <i>Badr 2015</i>	1		
<i>*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</i>			

4: Finances

No factors identified

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Depression

5: Carer internal processes

Factor (Overall theme)	Impact on Depression		
Individual factor contributing to 'Carer internal processes'	Better mental health (lower depression)	Worse mental health (higher depression)	No change
Autonomy			
Autonomy* Badr 2015	1		
* 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 Mosher 2016			1
Positive impact:			
Stress communicated by partner* carers within the patient-carer relationship)* Von Heymann-Horan 2018, 2019	1		
*carer is the partner of the patient			
Self-efficacy			
Self-efficacy * Badr 2015	1		
*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* Mosher 2016			1
*confidence for managing own emotions			
Competence for caregiving Henriksson 2012 Holm 2016			2
(measured using Caregiver Competence Scale (CCS), which measures carers' perceived adequacy of performance/feelings of competence for caregiving)			

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Depression

5: Carer internal processes (continued)

Factor (Overall theme)	Impact on Depression		
	Better mental health (lower depression)	Worse mental health (higher depression)	No change
Individual factor contributing to 'Carer internal processes'			
Positive aspects of caregiving			
Rewards of caregiving <i>Henriksson 2012</i>			1
<i>(measured using Rewards of Caregiving Scale (RCS))</i>			
Preparedness for caregiving			
Preparedness for caregiving <i>Henriksson 2012</i> <i>Holm 2016</i>			2
<i>(measured using Preparedness for Caregiving Scale (PCS))</i>			

6. Support

No factors identified

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Anxiety

1: Patient condition

Factor (Overall theme)	Impact on Anxiety		
	Better mental health (lower anxiety)	Worse mental health (higher anxiety)	No change
Individual factor/s contributing to 'patient condition'			
Patient symptoms			
Patient psychological symptoms			
Lower patient depression <i>Badr 2015</i>	1		
Patient distress due to breathlessness <i>Farquhar 2014</i>			1
Patient pain management			
Carer's perception the patient's pain was controlled <i>Parker-Oliver 2017</i>			1

2: Impact of caring responsibilities

Factor (Overall theme)	Impact on Anxiety		
	Better mental health (lower anxiety)	Worse mental health (higher anxiety)	No change
Individual factor/s contributing to 'Impact of caring responsibilities'			
Carer workload			
Caring for the patient			
Carer burden measure:	1		
- <i>lower carer burden (measured using 12-item short-form Zarit Burden interview, which measures subjective burden) Badr 2015</i>			

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Anxiety

3: Relationships

Factor (Overall theme)	Impact on Anxiety		
Individual factor/s contributing to 'Relationships'	Better mental health (lower anxiety)	Worse mental health (higher anxiety)	No change
Quality of patient-carer relationship			
Cohesion (the level of commitment and support in the relationship)			
Higher level of relatedness* <i>Badr 2015</i>	1		
<i>*assesses the quality of the carer-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</i>			

4: Finances

No factors identified

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Anxiety

5: Carer internal processes

Factor (Overall theme)	Impact on Anxiety		
	Better mental anxiety (lower anxiety)	Worse mental anxiety (higher anxiety)	No change
Individual factor/s contributing to 'Carer internal processes'			
Acceptance of patient condition			
Belief that the patient's pain is inevitable and cannot be controlled <i>Parker-Oliver 2017</i>			1
Autonomy			
Autonomy* <i>Badr 2015</i>	1		
* <i>autonomous (internal) motivation or willingness to tend to patient needs and provide care</i>			
Carer coping patterns			
No impact			
Perceived constraint in discussing patient's illness with them <i>Mosher 2016</i>			1
Positive impact			
Stress communicated by partner* carers within the patient-carer relationship)* <i>Von-Heymann-Horan 2018, 2019</i>	1		
*carer is the partner of the patient			

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Anxiety

5: Carer internal processes (continued)

Factor (Overall theme)	Impact on Anxiety		
	Better mental health (lower anxiety)	Worse mental health (higher anxiety)	No change
Individual factor/s contributing to 'Carer internal processes'			
Self-efficacy			
Self-efficacy * <i>Badr 2015</i>	1		
<i>*carer has the *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 partner of the patient</i>			
Competence for caregiving <i>Henriksson 2012</i> <i>Holm 2016</i>			2
<i>(measured using Caregiver Competence Scale (CCS), which measures carers' perceived adequacy of performance/feelings of competence for caregiving)</i>			
Self-efficacy <i>Mosher 2016</i>			1
<i>*confidence for managing own emotions</i>			
Positive aspects of caregiving			
Rewards of caregiving <i>Henriksson 2012</i>			1
<i>(measured using Rewards of Caregiving Scale (RCS))</i>			
Preparedness for caregiving			
Preparedness for caregiving <i>Henriksson 2012</i> <i>Holm 2016</i>			2
<i>(measured using Rewards of Caregiving Scale (RCS))</i>			

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer **Anxiety**

6: Support

No factors identified

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Distress

1: Patient condition

Factor (Overall theme)	Impact on Distress		
	Better mental health (lower distress)	Worse mental health (higher distress)	No change
Individual factor contributing to 'patient condition'			
Patient Quality of Life (QoL)			
Patient overall QOL <i>Nguyen 2018</i>			1
(measured using Functional Assessment of Cancer Therapy -Lung)			
Patient symptoms			
<i>Patient psychological symptoms</i>			
Patient distress due to breathlessness <i>Farquhar 2014</i>			1

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Distress

2: Impact of caring responsibilities

Factor (Overall theme)	Impact on Distress		
	Better mental health (lower distress)	Worse mental health (higher distress)	No change
Individual factor contributing to 'Impact of caring responsibilities'			
Carer workload			
Caring for the patient			
Carer burden measure:			
<i>Higher carer burden Sulmasy 2017</i>	1		
<i>(measured using 12-item short-form Zarit Burden interview, which measures subjective burden)</i>			
<i>Subjective demand burden Nguyen 2018</i>			1
<i>(defined as the extent to which the carer perceives care responsibilities to be overly demanding) (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)</i>			

3: Relationships

No factors identified

4: Finances

No factors identified

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).

Factors relating to Carer Distress

5: Carer internal processes

Factor (Overall theme)	Impact on Distress		
	Better mental health (lower distress)	Worse mental health (higher distress)	No change
Individual factor/s contributing to 'Carer internal processes'			
Control over the care situation			
Support for mutual decision making* <i>Sulmasy 2017</i>	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 * <i>Sulmasy 2017</i>	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?'			
Self-efficacy			
Competence for <i>caregiving</i> <i>Hudson 2013</i>			1
(measured using Caregiver Competence Scale (CCS), which measures carers' perceived adequacy of performance/feelings of competence for caregiving)			
Preparedness for caregiving			
Preparedness for caregiving <i>Hudson 2018</i> <i>Nguyen 2018</i>			2
(measured using Preparedness for Caregiving scale (PCS))			

6. Support

No factors identified

To note:

The numbers in each column relate to the total number of research studies that looked at the individual factor and identified a positive impact, negative impact or no change on carer mental health for each different type of mental health outcome (anxiety, depression, distress, psychological wellbeing).