**Appendix. Data coding of the response alternatives for the logistic regression analyses**

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| --- | --- | --- |
| **Variables** | **Response alternatives** | **Dichotomised** |
| **DEPENDENT VARIABLES** |  |  |
| **General health** | 1 Very good  2 Rather good  3 Somewhat  4 Rather poor  5 Very poor | 0 = good health (score 1 and 2),  1 = poor health (score 3-5) |
|  |  |  |
| **HAD-A (anxiety)** | Score 0-11 | 0 = no anxiety (score 0-6),  1 = anxiety (score > 7) |
| **HAD-D (depression)** | Score 0-11 | 0 = no depression (score 0-6),  1 = depression (score > 7) |
|  |  |  |
| **INDEPENDENT VARIABLES** |  |  |
| **Number of caregiving activities** | 13 different activities to choose from | Mean 5 was used to dichotomise the group  0 = < 5 and 1 = > 6 |
| **Number of hours caregiving per week** | hours/week | Mean 11.9 was used to dichotomise the group  0 = < 12 h/week and 1= > 13 h/week |
| **Feeling responsible for the older person’s wellbeing**  **Feeling responsible for the older person’s getting sufficient formal assistance** | 1 Not at all  2 Low degree  3 Some degree 4 High degree  Same as above | 0 = Not at all  1 = High degree, Some degree, and Low degree |
| **Feeling powerless**  **Feeling guilty**  **Feeling of not helping enough** | 1 Never  2 Seldom  3 Often  4 Very often  Same as above   Same as above | 0 = Seldom and Never  1= Very often and Often |