Supplementary Online Content


eAppendix 1. Search Strategy for Interventions in Caregiver Burden
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eBox. Online Resources Clinicians Can Recommend to Caregivers

This supplementary material has been provided by the authors to give readers additional information about their work.

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Meta-analyses and systematic reviews on caregiver burden interventions that attempt to ameliorate caregiver burden were identified by searching the biomedical electronic databases Ovid MEDLINE, AgeLine and the Cochrane Library. Searches were conducted on January 2, 2014. Search terms used for Ovid MEDLINE included: caregivers/ OR ((family or families or relative$ or parent$ or spouse$ or partner$ or husband$ or wife or wives or significant other$ or child$ or friend$ or neighbor$) adj2 (care$ or caring)) AND (Stress, Psychological/ OR Depression/ OR exp depressive disorder/ exp Suicide/) OR (distress$ or stress$ or burnout or suicid$ or emotion$ or depressed or depression or depressive or psycholog$ or cope or coping or or burden) AND (exp Aged/ Old or aged or elderly or senior$ or geriatric$). Ovid MEDLINE search limits were applied to yield systematic reviews or meta-analysis from 2000 to present. Full details of the MEDLINE search strategy are presented in Appendix II. Appendix III depicts major inclusion/exclusion criteria. Exclusion criteria included studies of single interventions (non-meta-analyses), studies in which the patient was a child under the age of 18, and studies in which pharmacologic therapy was directed at the caregiver (as opposed to the patient). We also required that the primary focus of the systematic review or meta-analysis be caregiver outcomes and that the conditions under study be chronic. A summary effect size for a caregiver burden measure had to be included. This summary effect size was typically calculated and reported as Cohen’s d, which is the difference in the post-treatment measure between the treatment and control group divided by pooled standard deviation, or the closely related Hedges g, which corrects for biases in smaller sample sizes. For either measure, an effect size of 0.2 is considered weak, 0.5 is considered moderate, and 0.8 is considered strong.
eAppendix 2. Search Strategy for Primary Research Articles

Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present (Searched January 2, 2014)

1. caregivers/
2. ((family or families or relative$ or parent$ or spouse$ or partner$ or husband$ or wife or wives or significant other$ or child$ or friend$ or neighbor$) adj2 (care$ or caring)).tw.
3. 1 or 2
4. Stress, Psychological/
5. Depression/
6. exp depressive disorder/
7. exp Suicide/
8. (distress$ or stress$ or burnout or suicid$ or emotion$ or depressed or depression or depressive or psycholog$ or cope or coping or burden).tw.
9. or/4-8
10. 3 and 9
11. exp Aged/
12. (Old or aged or elderly or senior$ or geriatric$).tw.
13. 11 or 12
14. 10 and 13
15. limit 14 to (yr="2000 -Current" and (meta analysis or systematic reviews))
Records identified through database searching
Ovid MEDLINE, AgeLine and the Cochrane Library
(n = 1785)

Records after duplicates removed
(n = 1645)

Records screened
(n = 1645)

Records excluded by abstract and title screening
(n = 1615)
Exclusion Criteria:
1. Non-English article
2. Non-systematic reviews and meta-analyses
3. Study is over 10 years old
4. Caregiver is caring for a child under the age of 18
5. Article involving professional (non-family) caregiver
6. Out of scope of the review (ie intervention for end stage terminal illness, focus is patient and not caregiver outcomes)
7. Intervention involved pharmacologic therapy wherein the medication was administered to the caregiver (as opposed to the patient)
8. Not an intervention study (eg, observational cohort study)

Full-text articles assessed for eligibility
(n = 30)

Articles excluded after reviewing full-text
(n = 22)
Exclusion Criteria:
1. Qualitative systematic review of multiple studies
2. Quantitative review or meta-analysis with effect sizes reported or plotted for each, but no summative effect size statistic reported (ie smd, Cohen’s d, or Hedges g)

Studies included in quantitative synthesis
(n = 8)

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eBox. Online Resources Clinicians Can Recommend to Caregivers

**Caregivers’ Resources**

A set of web pages designed to guide readers through the landscape of caregiving information resources. This website is a source of general information on caregiving, agencies and organizations, support programs, national reports, research, and educational material associated with caregiving for cancer patients. Additionally, the website provides a list of resources for legal issues, finding support for caregivers from USA.gov and caregivers providing long distance care.


**Family Caregiver Alliance (FCA)**

The website includes a state-by-state resource that locates government, nonprofit, private programs, and services for family caregivers and older or disabled adults living at home or in a residential facility. FCA also provides policy information, legal resources, facts and tip sheets, and 4 different online support groups.


**Well Spouse Association**

This is a nonprofit membership organization that provides advocacy and addresses the needs of individuals caring for a chronically ill and/or disabled spouse or partner. The website, which includes an online chat forum for spousal caregivers, provides resources for coping skills, government benefits, and caregiver tools.


**The Caregiver Action Network (CAN)**

CAN (formerly the National Family Caregivers Association) is a nonprofit organization providing education, peer support, and resources to family caregivers. The website provides links to agencies and organizations and a robust tool kit, which includes checklists, technology resources, and on-demand webinars with such topics as communicating effectively with healthcare professionals.

[http://caregiveraction.org/about/](http://caregiveraction.org/about/)
continued…

**eBox. Online Resources Clinicians Can Recommend to Caregivers**

**Eldercare Locator**

A comprehensive resource that helps older adults, their families, and caregivers identify trustworthy local support resources. The Eldercare Locator database includes area agencies on aging, state units on aging, aging information and referral programs, aging and disability resources centers, and special-purpose information and assistance resources for legal services, elder abuse prevention, health insurance counseling, and the Long-Term Care Ombudsman Program.

http://eldercare.gov/Eldercare.NET/Public/Index.aspx

**Aging Care**

A comprehensive source of supportive informational resources for family caregivers. Topics include senior living, caregiver support, daily life, elder care, and money and legal issues. Aging Care provides interactive communications between caregivers through the caregiver support forum.

http://www.agingcare.com

**eCare Diary**

eCare diary is a free online tool designed to help caregivers provide and manage long-term care for a loved one. The electronic structure allows for the tracking of medication, meals, doctor visits, contact information, documents, and the communicating, managing, and coordinating of care among other family caregiving members. Additional resources on nursing homes and home care services, financing information, guides, and health care documents are built in into the eCare Diary database.

http://www.ecarediary.com

**American Bar Association Commission on Law and Aging**

This website is a comprehensive source of legal issues, state laws, and elder rights. It provides a consumer toolkit for health care advance planning.

http://www.americanbar.org/groups/law_aging/resources.html

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