

Supplementary Tables

Table 1. Topics and contents included in “My Caregiver Booklet”

Sessions	Topics	Contents
Session 1	Introduction	Rapport building, risk appraisal, challenges and positive aspects of caregiving
Session 2	Introduction to dementia	Information about dementia: types, stages and challenges
Session 3	Being a family caregiver I	Support caregivers to understand their role as caregivers
Session 4	Being a family caregiver II	Coach caregivers on utilization of accessible tools and strategies for their recreation
Session 5	Mental strategies and mind-set	Assist caregivers about mental strategies and ways of thinking
Session 6	Free choice of topic	Topic that caregivers themselves felt they wanted to discuss
Session 7	Activities	Support caregivers to utilise activities strategically
Session 8	Behavioural and psychological symptoms in dementia (BPSD)	Help caregivers to manage BPSD
Session 9	Eat and sleep	Help caregivers to identify appropriate strategies to solve problems related to eating and sleeping
Session 10	Continued resources	Encourage to utilize the existing support system in the family, community and the government system

Table 2: Comparison of sample profile between respondents who dropped out and who remained in the study

	Dropped Out (n=16)	Remained in the Study (n=105)	Total (n=121)	<i>p</i> value
	n (%)	n (%)	n (%)	
Socio-economic Information				
Caregivers' Gender (%)				
Male	4 (25.0)	33 (31.4)	37 (30.6)	0.421
Female	12 (75.0)	72 (68.6)	84 (69.4)	
Age, mean±SD	50.00 ± 12.73	51.86 ± 12.70	51.61 ± 12.67	0.587
Religion (%)				0.256
Islam	11 (68.8)	70 (66.7)	81 (66.9)	
Buddhism	1 (6.3)	22 (21.0)	23 (19.0)	
Hinduism	3 (18.8)	7 (6.7)	10 (8.3)	
Others (Christian, Sikh, Atheist)	1 (6.3)	6 (5.7)	7 (5.8)	
Religion (%)				
Muslim	11 (68.8)	70 (66.7)	81 (66.9)	0.557
Non-Muslim	5 (31.3)	35 (33.3)	40 (33.1)	
Education level (%)				0.100
Primary	0 (0.0)	16 (15.2)	16 (13.2)	
Secondary	5 (31.3)	43 (41.0)	48 (39.7)	
Tertiary	11 (68.8)	46 (43.8)	57 (47.1)	
Education level (%)				
Primary or Secondary	5 (31.3)	59 (56.2)	64 (52.9)	0.055
Tertiary	11 (68.8)	46 (43.8)	57 (47.1)	
Marital status (%)				0.251
Married	10 (62.5)	79 (75.2)	89 (73.6)	
Unmarried	3 (18.8)	19 (18.1)	22 (18.2)	

Others (Divorced, Widowed)	3 (18.8)	7 (6.7)	10 (8.3)	
Marital Status (%)				
Married	10 (62.5)	79 (75.2)	89 (73.6)	0.216
Single	6 (37.5)	26 (24.8)	32 (26.4)	
Occupation (%)				
Employed (Government, Non-government)	9 (56.3)	35 (33.3)	44 (36.4)	0.207
Self-employed	2 (12.5)	20 (19.0)	22 (18.2)	
Others (Homemaker, Unemployed, Retired)	5 (31.3)	50 (47.6)	55 (45.5)	
Occupation (%)				
Employed	11 (68.8)	55 (52.4)	66 (54.5)	0.170
Unemployed	5 (31.3)	50 (47.6)	55 (45.5)	
Household income (%)				
B40 (RM4580 and below)	8 (50.0)	60 (57.1)	68 (56.2)	0.031
M40 (RM4581- RM10959)	4 (25.0)	39 (37.1)	43 (35.5)	
T20 (RM10960 and above)	4 (25.0)	6 (5.7)	10 (8.3)	
Household income Median $\pm$ SD	4750 $\pm$ 17491.5	4000 $\pm$ 4681.9	4000 $\pm$ 7886.8	0.231
Health problem (%)				
Yes	6 (37.5)	58 (55.2)	64 (52.9)	0.146
No	10 (62.5)	47 (44.8)	57 (47.1)	
Smoker (%)				
Yes	2 (12.5)	9 (8.6)	11 (9.1)	0.443
No	14 (87.5)	96 (91.4)	110 (90.9)	
Social Support, mean$\pm$SD	62.25 $\pm$ 20.15	58.79 $\pm$ 16.68	59.25 $\pm$ 17.12	0.454
Family support	22.44 $\pm$ 6.24	21.22 $\pm$ 6.39	21.38 $\pm$ 6.35	0.477

Friends support	17.31 ± 8.99	15.95 ± 7.05	16.13 ± 7.31	0.490
Significant others support	22.50 ± 7.61	21.62 ± 6.33	21.74 ± 6.48	0.615
Burden, mean±SD	39.00 ± 15.51	31.99 ± 18.65	32.92 ± 18.37	0.156
Anxiety, mean±SD	7.88 ± 4.80	5.90 ± 4.55	6.16 ± 4.62	0.110
Depression, mean±SD	6.44 ± 4.52	5.42 ± 4.21	5.55 ± 4.24	0.373
Psychological Distress, mean±SD	14.31 ± 8.14	11.31 ± 8.13	11.71 ± 8.16	0.172
Received Intervention				
Yes	11 (68.8)	49 (46.7)	60 (49.6)	0.084
No	5 (31.3)	56 (53.3)	61 (50.4)	

Table 3: Information on PWDs and caregiving among respondents who dropped out and who remained in the study

	Dropped Out (n=16)	Remained in the Study (n=105)	Total (n=121)	<i>p</i> value
	n (%)	n (%)	n (%)	
PWD's Gender (%)				
Male	7 (43.8)	38 (36.2)	45 (37.2)	0.374
Female	9 (56.3)	67 (63.8)	76 (62.8)	
PWD's Age (years)	77.13 ± 11.68	74.88 ± 9.81	75.17 ± 10.05	0.407
Relationship with PWDs (%)				
Spouse	2 (12.5)	31 (29.5)	33 (27.3)	0.078
Children	14 (87.5)	62 (59.0)	76 (62.8)	
Others (Sibling, In-Law, Grandchildren)	0 (0.0)	12 (11.4)	12 (9.9)	
Relationship with PWDs (%)				
Children	14 (87.5)	62 (59.0)	76 (62.8)	0.023
Non-children	2 (12.5)	43 (41.0)	45 (37.2)	
Duration of care, (months) Mean±SD	41.31 ± 31.74	48.92 ± 44.29	47.92 ± 42.81	0.510
Hours of care per day	17.63 ± 6.86	18.73 ± 7.01	18.59 ± 6.97	0.556
PWD's ability to self-care				
Yes	4 (25.0)	64 (61.0)	68 (56.2)	0.007
No	12 (75.0)	41 (39.0)	53 (43.8)	
Shared Care (%)				
Yes	7 (43.8)	66 (62.9)	73 (60.3)	0.119
No	9 (56.3)	39 (37.1)	48 (39.7)	
Number of family member as caregiver, Mean±SD	1.00 ± 1.41	1.38 ± 1.53	1.33 ± 1.52	0.352

Table 4: Linear mixed model analysis showing the effect of intervention on QoL comparing the sample with (N=105) and without (N=121) dropouts

	Adjusted (N=105)				Adjusted (N=121)			
	β	Std. error	95% CI	<i>p</i> value	β	Std. error	95% CI	<i>p</i> value
IG (ref: CG)	-1.79	1.83	-5.42 – 1.85	0.332	-0.95	1.76	-4.43 – 2.52	0.590
T1 (ref: T0)	-1.59	0.97	-3.51 – 0.33	0.104	-1.40	0.96	-3.31 – 0.51	0.149
IG $\times$ T1 (ref: CG $\times$ T0)	5.02	1.41	2.20 – 7.83	0.001	5.00	1.40	2.21 – 7.78	0.001

The model was adjusted for FC's gender, religion, comorbidity, household income and their relationship with the PWD

Supplementary Figures

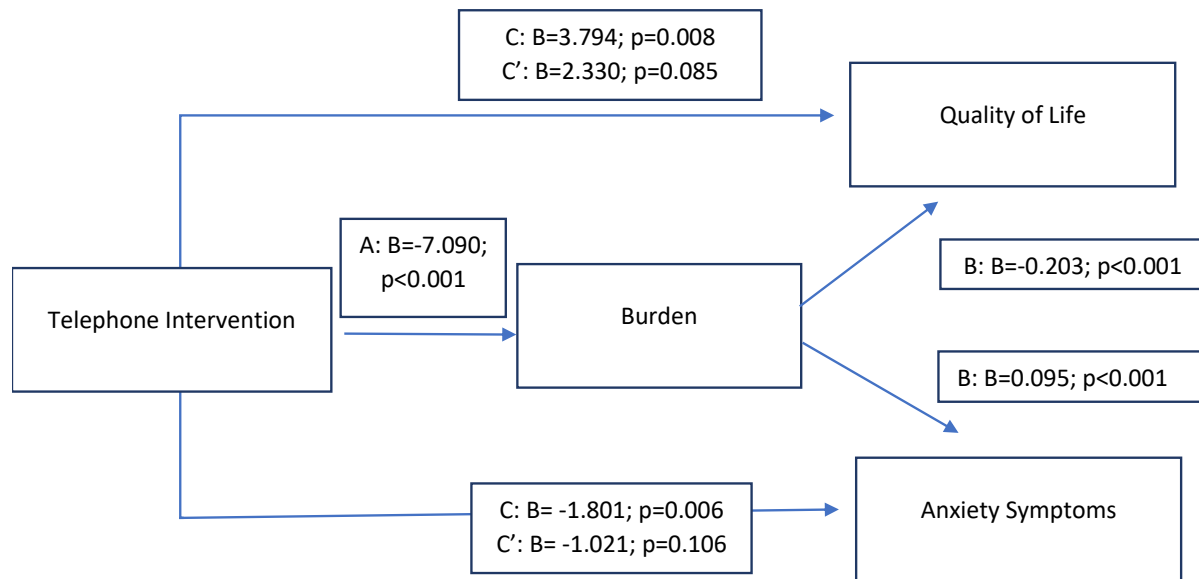


Figure 1: The overall mediation model illustrating the effect of the telephone-based intervention on caregivers' quality of life and anxiety symptoms mediated by caregiver burden. The standardized path coefficient (B) was shown along the arrows.