

Additional file 1: **Table S1.** Results of the Goal Attainment Scale (GAS)

|                                                                                |                                                                                 | Case 1                                                                                                                         | Case 2                                                                                                                     | Case 3                                                                                                      | Case 4                                                                                                                                | Case 5                                                                            |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Goal Level*                                                                    | Description*                                                                    |                                                                                                                                |                                                                                                                            |                                                                                                             |                                                                                                                                       |                                                                                   |
| Much more than expected/much better success (+2)                               | -Complete attainment of goal criteria                                           | Stress in the interaction was reduced substantially compared to the initial condition immediately after the counselling (50%). | The person with bvFTD is generally much more relaxed than before counselling and can be put to bed in the evening (+ 50%). | Positive moods in the interaction have become significantly more frequent and last much longer than before. | The carer understands much better and more often how her husband is, what he wants and what his true opinion is.                      | The carer is much more confident in caring for the person with bvFTD than before. |
| More than expected/better success (+1)                                         | -Positive change from the initial state<br>-Partial attainment of goal criteria | Stress in the interaction was reduced a little compared to the initial condition immediately after the counselling (25%).      | The person with bvFTD is somewhat more relaxed than before counselling but still lacks a day-night rhythm (+ 25%).         | Positive moods in the interaction have become more frequent and last longer than before.                    | The carer understands better and more often how her husband is doing, what he wants and what his true opinion is.                     | The care is much more confident in caring for the person with bvFTD than before.  |
| Expected success (0)                                                           | -Maintained the initial state<br>-Deterioration could be stopped                | Stress in the interaction was maintained compared to the initial condition immediately after the counselling ( $\pm$ 0%).      | The person with bvFTD is just as tense as before the consultations and still lacks a day-night rhythm ( $\pm$ 0%).         | Positive moods in the interaction remain infrequent and last as long as before.                             | The carer understands as well and as often as ever how her husband is, what he wants and what his true opinion is.                    | The carer is as confident in caring for the person with bvFTD as before.          |
| Less than expected/worse success (+1)                                          | -Partial or complete deterioration of defined goal criteria                     | Stress in the interaction increased slightly compared to the initial condition immediately after the counselling (25%).        | The person with bvFTD is even more tense than before counselling and still lacks a day-night rhythm (-25%).                | Positive moods in the interaction have become more infrequent and last shorter than before.                 | The carer understands worse and less frequently than before how her husband is, what he wants and what his true opinion is.           | The carer is less confident in caring for the person with bvFTD than before.      |
| Much less than expected/much worse success (+2)                                | -Complete deterioration of defined goal criteria                                | Stress in the interaction increased strongly compared to the initial condition immediately after the counselling (50%).        | The person with bvFTD is much more tense than before counselling and still lacks a day-night rhythm (-25%).                | Positive moods in the interaction have become much more infrequent and last much shorter than before.       | The carer understands much worse and much less frequently than before how her husband is, what he wants and what his true opinion is. | The carer is less confident in caring with the person with bvFTD than before.     |
| * The table cell of the description of the expected goal level is printed bold |                                                                                 |                                                                                                                                |                                                                                                                            |                                                                                                             |                                                                                                                                       |                                                                                   |

bvFTD = behavioural variant frontotemporal dementia