

Supplemental Digital Content 1

Factors Associated with Informal Caregiver Burden

Factors	None or Minimal Caregiver Burden ¹ 43 (49) ²	Mild to Moderate Caregiver Burden 30 (34)	Moderate to Severe Caregiver Burden 15 (17)	Test Statistic	P value
Caregiver³ Age <i>mean</i> (year) ± SD	55.44 ± 14.24	51.53 ± 14.92	57.14±7.02	1.117	.332 ⁸
Caregiver Age Category				1.898	.387 ⁹
< 51 years	16 (52)	12 (39)	3 (10)		
≥ 51 years	27 (47)	18 (32)	12 (21)		
Survivor⁴ Age <i>mean</i> (year) ± SD	63.79±15.97	61.40±15.34	69.36±11.11	1.327	.271 ⁸
Survivor Age Category				2.451	.339 ⁹
<51 years	11 (61)	6 (33)	1 (6)		
≥ 51 years	32 (46)	24 (34)	14 (20)		
Caregiver Sex				8.221	.017 ⁹
Female	28 (46)	18 (30)	15 (25)		
Male	15 (56)	12 (44)	0 (-)		
Survivor Sex				3.308	.191 ⁹
Female	26 (57)	15 (33)	5 (11)		
Male	17 (42)	14 (34)	10 (24)		
Caregiver Race/Ethnicity				1.078	.900 ⁹
Non-Hispanic black	11 (48)	9 (39)	3 (13)		
Non-Hispanic white	24 (52)	14 (30)	8 (17)		
Hispanic or other	8 (42)	7 (37)	4 (21)		
Survivor Race/Ethnicity				3.924	.429 ⁹
Non-Hispanic black	12 (50)	9 (38)	3 (13)		
Non-Hispanic white	25 (54)	12 (26)	9 (20)		
Hispanic or other	6 (33)	9 (50)	3 (17)		
Relationship⁵				1.773	.785 ⁹
Parent	12 (60)	6 (30)	2 (10)		
Spouse	18 (46)	14 (36)	7 (18)		
Other ⁶	13 (48)	8 (30)	6 (22)		
Caregiver College Education Completed				.158	.924 ⁹
No	19 (51)	12 (32)	6 (16)		
Yes	24 (47)	18 (35)	9 (18)		
Caregiver Current Employment Status				4.498	.350 ⁹

Disability or Retired	17 (65)	6 (23)	3 (12)		
Employed	20 (43)	17 (36)	10 (21)		
Unemployed	4 (36)	5 (46)	2 (18)		
Time Elapsed Since Stroke				2.789	.248 ⁹
Less than 6 months	24 (44)	19 (35)	12 (22)		
6 months or greater	19 (58)	11 (33)	3 (9)		
Barthel Index⁷				12.682	.012 ⁹
95-99	9 (64)	4 (29)	1 (7)		
≤ 94	13 (31)	21 (50)	8 (19)		
No disability	21 (66)	5 (16)	6 (19)		
Survivor Memory/Thinking Problems Since Stroke				5.614	.059 ⁹
Yes	27 (42)	24 (37)	14 (22)		
No	15 (68)	6 (27)	1 (5)		

¹Caregiver burden as defined by the Zarit Burden Interview (ZBI). ZBI total scores of 0 to 20 indicate none to minimal burden, scores 21 to 40 indicate mild to moderate burden, and scores > 40 indicate moderate to severe burden. ² Values are in n (percentage) unless otherwise indicated. Values or percentages may not add up to 100% due to missing data or rounding. ³ Caregiver = informal caregiver. ⁴ Survivor = stroke survivor. ⁵ Relationship with the stroke survivor whom you are providing care. ⁶ Other includes son, daughter, sibling, or other relationship. ⁷Functional disability as measured by the Barthel Index (BI). ⁸ Denotes p-values obtained by analysis of variance with F_{2,84}. ⁹Denotes p-values obtained by chi-square test.